

## Symptoms of Bullying

Name of University

Name of Student:



EssayCorp **5** years  
★★★★★

## **Introduction:**

Bullying refers to the aggressive and unwanted behaviour among school going children that originates from perceived or real power imbalance. In other words, bullying takes place when a children or a group of children intentionally abuse individual powers to hurt or oppress another one on a repetitive basis. The key problem associated with this type of child behaviour is that bullying can take place on repeated basis and can cause serious harm to children. Studies indicate that one out of every five children has the possibility of getting bullied.

## **Type of bullying:**

In the view of Kim et al. (2011), stated that bullying can be basically classified into Physical bullying, Verbal bullying, social bullying, Psychological bullying and Cyber bullying. These are discussed below:

### **Physical bullying:**

Physical bullying involves physical actions like pushing, hitting or tripping with an intention to hurt others.

### **Verbal bullying:**

Verbal bullying consists of use of abusive or negative words with an intention to insult or upset someone. This can include name calling, racist slurs, slang words and similar others.

### **Social bullying:**

Mimicry, rumour spreading, lies and nasty pranks are the leading examples of social bullying.

### **Psychological bullying:**

Psychological bullying includes involves intentional use of such words or body language that can hurt the emotions and sentiments of others.

### **Cyber bullying:**

Cyber bullying is one of the most critical of all types of bullying as it is the intentional use of cyber technology to physically, psychology or socially bully others.

### **Symptoms of bullying:**

In the view of Lester et al. (2012), kids who are victim of bullying in early school days are likely to have nine times more thoughts on suicidal attempts and are more prone to depression. On the other hand, girls who suffer bullying at an early age are most likely to remain as a victim for the later part of the life. In addition, children who are victim of bullying often suffer from psychological problems during adolescence period.

Therefore, it is highly important for parent to identify bullying behaviour among the children and get the same treated through qualified psychiatrists. There are various symptoms that indicate that a person is being bullied by others some of which are mentioned below:

- Physical injury
- Poor academic results
- Unwillingness to go to school
- Talk and attitude of hating schools
- Bed wetting
- Avoiding discussion related to school activities

- Loss of appetite
- Overeating
- Changes in eating habits
- Unexplained physical cuts or scrapes
- Damaged cloth, school dress, toys, lunch boxes, water bottles, pencil boxes, books and similar others
- Loss of cloth, school dress, toys, lunch boxes, water bottles, pencil boxes, books and similar others
- Afraid in riding in the school bus
- Afraid in staying alone
- Behavioural changes
- Mood swings that can include anxiety, depression or anger
- Frequent illness
- Headaches, Stomachaches, loose motion and others
- Nightmares and insomnia
- Starts bullying other children
- Waiting in the school to get back to home to use the washroom
- Reduction in the number of friends
- Pessimism about academic performance
- Helpless feeling

All the above symptoms are often observed among children who have been bullied by others.

However, the symptoms to identify that a child is bullying others are presented below:

- Easily and frequently gets into verbal or physical fights
- Have a friend circle in which the friends bully others

- Increase in aggressive attitude and behaviour
- Repeated complaints from school
- Repetition in getting punishments
- Brings unexplained belongings like toys, stationeries, books and similar others along with money
- Development of blaming attitude
- Inability to accept responsibility for misdeeds
- More concerned with personal reputation
- Increase in competitive attitude

According to Yoo et al. (2012), bullying creates a feeling of helplessness in children. Kids often try to tackle the problem by own without consulting with the parents but in most times the children fail in this attempt. The children might feel of being scolded by the parents or beaten by the bullying friends. This further worsens the situation. Some kids also hide torture from bullying because such children fear that others might consider them weak.

On the other hand, Topper et al. (2011) observed that bullying is often a humiliating experience for the children and hence the children are often reluctant in sharing such experience with the parents. Children fear that parents might misunderstand the whole situation. In addition, a feeling of isolation crops up among the children because of repeated bullying by other children in school. In fact, such children think that no one else would understand the situation or problem. These children can also think that there is none to care these children. Furthermore, children having been bullied others fear of getting rejected by the friends because of bullying. Studies also suggest that bullying leads to fall in confidence level among the children which further adversely affect the performance of such children in academic and extra-curricular activities.

**Conclusion:**

Bullying is fast becoming a common problem and a matter of concern among the parents. Parents need to be cautious of children getting bullied by others and children bullying others, both. Parents can play the most vital role in identifying bullying issues among the children and take suitable actions to cure the issue. It is often suggested by experts that parents need to maintain a peer like relationship with the children. In addition, consulting a psychiatrist can help a lot in this type of problems.



EssayCorp 5 years ★★★★★

## Reference list:

Lester, L., Cross, D., & Shaw, T. (2012). Problem behaviours, traditional bullying and cyberbullying among adolescents: longitudinal analyses. *Emotional and behavioural difficulties*, 17(3-4), 435-447.

Kim, M. J., Catalano, R. F., Haggerty, K. P., & Abbott, R. D. (2011). Bullying at elementary school and problem behaviour in young adulthood: A study of bullying, violence and substance use from age 11 to age 21. *Criminal Behaviour and Mental Health*, 21(2), 136-144.

Topper, L. R., Castellanos-Ryan, N., Mackie, C., & Conrod, P. J. (2011). Adolescent bullying victimisation and alcohol-related problem behaviour mediated by coping drinking motives over a 12month period. *Addictive behaviors*, 36(1), 6-13.

Yoo, H. K., Kim, J. H., Kim, B., Lee, Y. S., Ahn, D., Suh, D. S., ... & Bahn, G. H. (2012). Victims of bullying among Korean adolescents: prevalence and association with psychopathology evaluated using the adolescent mental health and problem behavior screening questionnaire-II standardization study data. *Journal of the Korean Academy of Child and Adolescent Psychiatry*, 23(1), 23-30.