**The Pessimistic Sequel of Bullying**

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 Bullying plays a huge role in today’s day and time by affecting the bully, the victim as well as the witness bystanders. Bullies and their victims are given a power imbalance. Both are greatly impacted by this behavior in such a discouraging way. Bullies are the defeatists in the relationship, while the victim is powerless. It is causes such as bullying that lead to negative impacts for the bully, the victim, and the bystanders. A child suffering from depression, having declension in academic achievement, and encountering health issues are just a few consequences of bullying.

 When it comes to bullying and depression, the victim of the relationship is usually the one that is silent as regards to needing and wanting support from others. The victim is overwhelmed with depression in relation to being bullied. Depression, considered a configuration of feedback to bullying, engenders many to become hopeless and discouraged. The bully, also known as the aggressor, on the other hand has a rise of confidence, dominance, and power (Dervishi, 2019). The bully of the relationship can also experience depression. There may be many causes to the bully that in result, gives them depression. A bully’s home life might be completely relevant to how they act in school or go about things in their daily life. In quite a difference of a manner, a bully is known to be aggressive and have significant anger and release it on their victim. The victim may be the direct target for the aggressor to let out his depressive anger on, but the victim may also be their own target when it comes to letting out the rage and pain, they have due to their depression (Dervishi, 2019).

 Though depression is a big impact of bullying, academic achievement is a big impact as well. A child’s academic achievement is sabotaged and compromised when a situation occurs, such as bullying. In some cases, the victim may have the short end of the stick in school not only with the bully they are up against, but their teacher-student relationship being deficient as well. With the teacher-student relationship remaining inferior, the difficulty for a child to succeed academically becomes greater (Gomes, Martins, Farinha, Silva, Ferreira, Caldas, & Brandão, 2020). The impact that bullying might have on a victim’s academic achievement may be substantial. The victim may not participate in school activities nor show interests in their academic studies. Whereas the bully may not experience below par academic achievement. The acts of bullying have a huge association with academic achievement for the bully and the victim (Gomes, Martins, Farinha, Silva, Ferreira, Caldas, & Brandão, 2020).

 Bullying is powerful in the matters of impacts, health issues being another negative to add on to a child’s struggle in life. Health of any human being is salient when it comes to all dangerous situations. Health issues such as asthma, hearing and vision impairments, eating disorders, obesity, cerebral palsy, depression, anxiety, suicidal thoughts and acts, sleep deprivation, insomnia, etc. are all impacts of bullying. In some instances, bullying may be so severe and prolonged that these symptoms are carried into adulthood (Hong, Espelage, & Rose, 2019). Children who have a suffrage of insomnia and/or sleep deprivation have greater odds of being the bully, being the victim, as well as being a bully/victim. Stress is another health issue that bullying implies on children of all ages. In schools, females show more impact of bullying through stress than males. Victims and bully/victims, children who are victims and later become the bully, more than likely agonize from stress caused by bullying (Hong, Espelage, & Rose, 2019).

 The influence of depression, inferiority of academic achievement, and undermining of health are just a few reverberations children encounter when bullying takes effect. Depression is dynamic when a numerous number of children are affected by it daily and causes children to feel hopeless and less confident. The result of a child’s academic achievement is in disarray when negatively impacted by bullying, especially when brought on by a weak teacher-student relationship. A child’s health is spiraling down when a child suffers from being bullied, being the aggressor, or being a bystander. Many health issues occur, as well as negative impacts and become exposed when bullying takes place. A child’s life begins to become a hassle and somewhat of a burden when living with bullying. These effects of bullying are lived by more children than realized.

**References**

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