

Bullying

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Abstract

Bullying is a prevalent issue affecting around one-third of children worldwide, affecting them in various settings such as schools and online. It is a violent behavior that can take various forms, including physical contact, words, and subtle actions. Bullies may make fun of people based on physical appearance, behavior, racial or spirituality, societal status, or sexual orientation.

There are three types of bullying: person-to-person bullying, invisible bullying, cyberbullying, and psychological bullying. Person-to-person bullying involves violent conduct, while indirect bullying is carried out in secret and is often overlooked. Cyberbullying involves using data or interaction technology, while psychological bullying involves rumors about or excluding others to cause unease. In India, there is no law-making bullying illegal, but bullies who cause significant harm to those targeted over 18 may face prosecution under the Indian Penal Code. Initiatives to stop bullying include anti-bullying ambassadors, programs, the Anti-Bullying Charter Mark, and the slogan "Courage is fire; bullying is smoke."

Introduction

Bullying is a widespread occurrence, impacting approximately one-third of children around the world. Bullying can occur anywhere, including schools and via the internet. Though it can be viewed as a childhood ritual of passage, bullying is a type of aggression that may have long-term negative health and psychological consequences for everyone involved.

Bullying is a type of violent conduct that occurs when one person deliberately and repeatedly causes someone else harm or discomfort. Bullying can take several forms, including physical contact, words, and more subtle actions. Bullying occurs when individuals constantly and deliberately employ actions or words towards someone or an entire group of people in order to cause emotional distress and put their well-being at risk. These acts are typically carried out by those who have more authority or influence over others, or who wish to make someone else feel more powerless or helpless. Bullying is different as interpersonal conflict

(such as a fight) or dislike for someone, even if people may bully each other as a result of disagreement or dislike. It can occur in educational institutions, at dwelling, on the job, in online social environments, via texting, or via email. It can take the form of verbal, physical, or emotional abuse, as well as messages and public statements, and online behavior aimed at causing distress or harm. Bullying, regardless of its form, can cause extreme suffering and pain for those who are being bullied.

Key Characteristics of Bullying

Bullying occurs when someone gets picked on by another person or group. Criminals may make

fun of people they believe do not fit in. Bullies may make fun of others for many reasons, including:

- Physical appearance (how a person looks)
- Behavior (the way someone acts)
- Racism or Spirituality
- Status in society (a person's popularity)
- Sexual orientation (as gay, lesbian, or transgender)

Types of bullying

1. Person-to-person bullying (also known as direct bullying) can take the form of violent conduct like punching or kicking, as well as direct verbal actions like name-calling and insulting.

2. Invisible bullying (also known as indirect bullying) is not as direct, but equally unpleasant. It refers to bullying that is not visible to other people and is carried out within secret, such as exclusion from groups or the dissemination of lies or rumors. Due to it is less obvious, it is frequently overlooked by adults as well.

3. Cyberbullying occurs when people use data or interaction technology like messaging applications or chat, text messages, email, and social media platforms or forums. It has numerous parallels to offline bullying, but it is also anonymous, can reach a broad demographic, and is difficult to remove. The majority of cyberbullies also harass others offline.

4. Psychological bullying is the practice of rumors about or excluding others in order to cause them feel uneasy about himself or herself.

Effects of bullying on health and well-being

- Bullying can have an immediate and long-term impact on one's physical and emotional health. It can cause physical harm, social issues emotional distress, and even death. Bullied students are more likely to experience mental health issues, headaches, and difficulty adjusting to school.
- Bullying can also have long-term negative effects on self-esteem. Kids and teens who bully others are more likely to use substances, have academic problems, and commit violence against others throughout their life.
- Those who have been victims as well as bullies of bullying experience the most severe consequences of bullying and are more likely to develop mental and behavioral issues compared to those which are only bullied or bullies.
- According to NICHD research, anyone involved in bullying—those who harass other people, those who get bullied, and individuals who both bully and are bullied—is more likely to develop depressive disorders.

Initiatives for stop bullying

While this may come as no surprise to some, there is at present no law in India that makes bullying illegal. Bullies who cause significant harm to those targeted over the age of 18 may face prosecution under multiple sections of the IPC (Indian Penal Code), including Abetment of Suicide under Section 306 of the IPC.

Anti-Bullying Ambassadors: are trained, passionate young people who will confront bullying and believe they can make a difference.

Anti-bullying programs: seek to decrease bullying in schools. They typically include not only the bullied children, but also students from other schools, school staff, parents, and members of the community.

The Anti-Bullying Charter Mark: is a device developed by young people to assist educational institutions and other organizations in promoting the work they do to stop bullying.

Slogan for stop bullying: "Courage is fire; bullying is smoke." "Bullying is not just about physical violence, it's also about psychological violence - the kind of violence that leaves scars on the soul." "Bullying is a learnt behavior. It is up to ourselves to demonstrate to our children to be respectful and loving of others.

Conclusion

Bullying can have immediate and long-term effects on physical and emotional health, leading to mental health issues, academic problems, and even death. Victims and bullies of bullying are more likely to develop mental and behavioral issues. According to NICHD research, anyone involved in bullying is more likely to develop depressive disorders.

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