Causes And Effects Of School Bullying

Abdulameer Ashwan Hamza [1] , Prof. Dr. Salah Kadhim Jabir [2]

[1] *College of Arts, Department of Sociology, University of Al-Qadisiyah/Iraq, Abdulameer80ashuan@gmail.com*
[2] *College of Arts, Department of Sociology, University of Al-Qadisiyah/Iraq, alsalihysalah67@gmail.com*

Abstract

The present study aims to identify forms and causes of school bullying among students. It is also an attempt to identify the effects that bullying causes on students who are victims. Bullying preoccupies the minds of those interested in the field of education. The Results indicate that bullying can develop into violence or aggression. The results also indicate that most bullies are of poor academic level. The researcher recommends paying attention to educational guidance programs, studying causes that lead to school bullying, and developing necessary solutions to address it.

Keywords: School bullying, behavior, causes of school bullying, effects of school bullying.

Introduction

Educational institutions are based on lofty goals. They teach skills. They also expand students' information base to enable them to face educational and life problems in the future. The behavioral aspect is also viewed by the educational institution as a very important matter. Therefore, the Ministry of Education is called to advance education and prioritize education over learning because humanity is a great and sacred characteristic that everyone must respect.

School is one of these educational institutions through which within it positive and stable social relations are sought to achieve the desired goals because social relations and positive interaction helps in scientific and educational progress as an achievement achieved by the educational institution. But, if social relations within the institution are turbulent, negative results and undesirable consequences will occur.

School bullying is negative as it involves an attack on others in various physical, verbal, and even sexual forms, which affects the victim as well as the school environment as it affects the psychological, social, and security structure of the school community.

School bullying has become a phenomenon whose effects that the whole world is complaining and suffering from. This phenomenon causes educational stakeholders to investigate causes of this phenomenon and try to develop necessary solutions to reduce it.

The sudden social change that occurred in the Iraqi community during the past two decades, the spread of social media, and rapid openness made its impact on the behavior of young people and affected their thinking, which made this phenomenon a harmful matter that requires an in-depth study to determine causes leading to school bullying and its effects. It also requires persistent quest to develop solutions and treatments for this phenomenon.

The Problem Statement

The twenty-first century is witnessing a great and different technological progress, which is reflected in the behavior of adolescent young people, especially in developing countries, including Iraq. Those who are interested in the educational process are looking for ways to address this widespread phenomenon. As the researcher works as an educational guide at secondary schools, he noticed that this phenomenon needs study and diagnosis because it affects the psychological, educational, and even social aspects of students.

The Iraqi schools have become the subject of operations for school bullying, which caused many students to leave their schools because they

Significance of the study

The issue of treating and diagnosing the phenomenon of school bullying is of great importance to specialists and experts in the field of psychology and sociology in particular and to those working in the educational field in general because of the great impact of this phenomenon on the school and academic level and building student personality. The researcher believes that there are psychological, social, or biological reasons that push students for this Behavior. The researcher believes that it is possible to reduce the negative behavior of bullies by alleviating their suffering and the problems that most of them suffer from, which improves their mood and enhances their mental health significantly, which greatly limits reckless behavior such as bullying behavior.

Objectives of the study

Every scientific effort has a set of interrelated objectives that are the main objective of the

It means causing physical, psychological, or emotional harm, embarrassment, harassment, or ridicule by a bullying person against another person who is weaker than him/her (Ibn Mandhour, 1983; Bahnasy, and Hassan, 2015).

It is a complex phenomenon that includes a greater desire to harm an individual and put him/her under pressure. This phenomenon is of a physical, verbal, or psychological nature and usually occurs

are constantly bullied. This problem is exacerbated when educators see it as a natural issue, which makes the matter more complicated. The study problem is represented in answering a number of questions, including:

1. What are the levels of school bullying behavior in schools?

2. Is there a relationship between school bullying and low academic achievement?

3. What are the main causes of school bullying?

4. What are the effects of school bullying on the victims?

researcher to achieve. Otherwise, the work will be useless.

1. Identifying forms and types of school bullying among students.

2. Finding out reasons that push students to engage in bullying behaviors.

3. Identifying effects of school bullying.

4. Identifying the impact of school bullying on academic achievement.

5. Finding ways to reduce school bullying behavior.

Defining concepts

Addressing the concepts and terminology of research is one of the important things that the researcher should do and explain to the reader so that the browser of the lines of this or that research can identify the terms of the research and their meanings accurately.

1. Bullying

by one individual or a group of individuals. It may lead to fear and tension by threatening future attacks. Bullying is often directed against any individual that is unable to defend him/herself and the victim alone is subjected to repeated abuse (Abu Ghazal, 2011).

A more comprehensive definition of bullying according to the researcher's opinion considers that it is a form of abuse of others that occurs when

an individual or group of individuals uses a victim or victims in various forms, including what is physical, psychological, verbal, or social. It also has three characteristics intended, imbalance between The bully and the victim, and the repeated (Al-Desouky, 2016).

The researcher puts a procedural definition of bullying as every harmful behavior, whether physical or psychological, that the bullying person repeats against a person who is weaker than him/her and who cannot respond in kind.

2. Behavior

The word behavior is defined as all kinds of activities and processes emanating from the individual that can be observed in an objective way with the possibility of recording and measuring them accurately (Rassool, et al. 2010).

It is also defined as every activity carried out by an individual so that it is connected to another individual or to other individuals and through which the way in which this individual interacts with these individuals and others can be determined (Mansi, 1988).

It is also defined as any change in the movement or the level of mental, motor, and emotional activity in a particular situation. This is usually a response or a number of responses to certain stimuli, such as movement, speech, thinking, remembering, cognition, and an increase or decrease in the secretion of glands (Al-Darraji, 2002).

Behavior is also defined as any intended movement or activity performed by an individual that takes into account the presence of other individuals. It may be caused by the environment and the events in which they occur, or by people who accompany the social factor that performs the process of the event or behavior (Al-Hassan, 1999).

The researcher procedurally defines behavior as the activities, events, and movements carried out by the individual, whether they are intended or unintended, provided that these activities are subject to the evaluation of society and judged negatively or positively.

3. School

Many scholars have identified this important concept. It is described as the institution that implements the goals that society wants and draws them according to specific plans and curricula, interaction processes and programmed activities inside and outside the classroom at all academic, artistic, social and cultural levels. It serves the interests of society and individuals in a way that ensures education for the children of that society.

It is also an intense social phenomenon with its components and functions, which in turn requires reliance on an integrated scientific system of solid sociological concepts away from the traps and illusions of general perceptions of naive sociology that is often based on the concept and analysis of school (Watfa, 2008).

It is also defined as a social and educational institution that was purposely established by the community to nurture and educate new generations in a way that makes its members integrated into the culture of their community and able to engage in community activities (Al-Hajj Muhammad, 2012).

It is noticed that it is established by the desire of the community and it is supportive of it because it performs a great service to the society in which it is located. It educates its children.

The researcher puts a procedural definition of school as an educational institution governed by regulations and laws to maintain the performance of its duties for which it was established in a manner that serves the community and educates its children.

Causes and effects of school bullying

It is clear to everyone who seeks to identify reasons behind school bullying that it is certainly the result of palliative circumstances or reasons that make it a result of them. This behavior leaves a significant impact within the school environment and its effects may extend to the social environment and also cause psychological problems and effects on the victims.

Every social behavior has its reasons that motivate individuals' behavior. The researcher has

identified a number of social, psychological, and biological reasons for bullying as follows:

1. Social reasons

Bullying behavior often occurs within a group of peers and friends. Many studies indicate that bullying students suffer from a lack of social skills, they are unable to make realistic judgments on the intentions of others, and their knowledge of others' perception is incomplete.

The family environment plays a major role in the emergence of bullying behavior. The problems of family disintegration and the chaotic behavior of parents are a major reason for the emergence of this phenomenon in their children. The negative relationships that these children suffer from, especially deprivation, are reflected on their behavior in the manner of bullying.

school plays a major role in controlling the behavior and balance of the student within the school. It also makes dealing with students by the teachers in a more appropriate way in order to identify their family conditions by following up on their parents and giving information to the school. If the relationship is not good and the students feel Excessive pampering, that is reflected on their behavior inside the school and the phenomenon of school bullying exacerbates.

2. Psychological reasons

They are factors related to the psychological characteristics and motives of the bullying student, which makes him/her act recklessly towards the victim. Most of these factors come as a result of other reasons that lead to psychological disorders. At home, it appears in the form of undesirable behavior towards his/her peers or even to people he/she does not know (Al-Sabhin and Al-Qudah, 2013).

and pushes him/her to practice bullying behavior on others. The characteristics of the victim on whom the behavior of bullying is located is the opposite of these attributes in many cases. So, he/she may be small in size and short Or he/she is skinny, or he/she has a physical disability or a specific handicap, which attracts the bullying individual towards him/her. So, he/she becomes

The means of corporal punishment practiced by some parents on their children and their extreme cruelty casts a shadow on the child's personality and makes them tend to behave violently with his/her friends and peers (Al-Desouki, 2016).

Just as the family environment has a role, the school environment has a very influential role on the behavior of bullying, which is represented by the school's culture, friends, and the teacher's relationship with students. These factors will certainly be a motive for bullying and encouraging it. Bad friends push towards bad behavior and the teacher's violent behavior with students may lead to acquiesce temporarily for fear of punishment, but students will bear strong hatred for this teacher and it will appear in the form of verbal or physical abuse at the earliest opportunity (ibid). Cooperation between home and

The bullying student usually seeks to assert him/herself and draw attention of those around him/her and attract their attention, which makes him/her the center of their admiration. There are characteristics that characterize the victims of bullying that may encourage abuse by bullying students, support their behavior, and increase the continuation of bullying behavior. The victim sometimes tends to surrender, withdraw, and cry, which makes him/her an easy prey for bullying individuals. Self-esteem and appreciation is an important factor and may be essential in the behavior of school bullying. Losing a person's self-esteem creates either a bullying individual or a prey to bullying individuals.

3. Biological reasons

Biological reasons are related to the physical characteristics represented by large body, large muscles, and physical strength possessed by the bullying individual, which makes him/her arrogant among his/her peers

an easy prey (Al-Desouky, 2016). The physical and biological characteristics contribute in one way or another to the emergence of bullying behavior.

The effects of school bullying

Often, every harmful behavior leaves a lot of effects on the victims or their families. Sometimes, these effects extend even to the one who does this behavior. Regarding bullying behavior, it has serious effects that the researcher can summarize as follows:

1. Psychological effects

School bullying is characterized as a very negative behavior. So, this negativity is accompanied by negative effects. Certainly, psychological effects may constitute a large part of these effects and can be divided or classified into two directions. The first direction is for the bullying individuals themselves. In reaching their victims, this method may have evolved to become more hostile and tend to take more dangerous forms and more harmful to society in general and themselves in particular (Bahnasawy and Hassan, 2015).

As for the other negative psychological direction, it is specific to the victims of bullying when they feel that they are weak. So, they become frustrated and afraid of bullying individuals. Their personalities become shaky and their confidence in themselves and others is shaken, which destroys their psyche. Some of the victims of bullying may resort to dangerous behaviors to escape from this reality, which may sometimes lead to suicide (Al-Ibadi, 2018).

It is clear that psychological effects of bullying are dangerous and destructive if it is repeated and continuous without confrontation or treatment by educational specialists, in particular educational counselors, and the development of the necessary plans to reduce this phenomenon and its dangerous effects.

2. Social Effects

Bullying behavior often leads to many social problems and quarrels that may result from bullying between students and may extend to bad relations between parents and each other. The school law subjects bullying students to penetration as a result of this behavior. Students

Recommendations

The researcher recommends some recommendations to educational institutions that

who engage in bullying behavior are prone to engaging in disruptive anti-social behavior such as shoplifting and other negative behavioral manifestations that can eventually lead to social deviation and the formation of drug-abuse gangs and abuse of others (Abu Al-Diyar, 2012).

The social effects of school bullying extend outside the school walls as bullying individuals may gather to practice their behavior on passers-by in the street, which reflects a bad view of the school, its students, and even its teachers.

The results

Upon completing the present study, the researcher reached the following results:

1. The phenomenon of bullying is clearly prevalent in the school community and can be observed in the school corridors or near its walls.

2. School bullying may develop into violence or aggression as the continuation of bullying without deterrence or treatment is evident that it may develop in an aggressive direction that is more dangerous than the current situation.

3. Most of the bullying students are of poor academic level because of their neglect of lessons and their indifference to educational matters.

4. Poor school discipline causes cases of bullying. The bullying individual may take advantage of poor school discipline to do what he/she likes without deterrence.

5. Many bullying students suffer from family problems that lead them to behavioral disorders, including bullying.

6. The school societal relations of the bullying student are troubled. So, they find that they do not have sincere relationships or connections with colleagues, but rather they resort to blocs for the purpose of practicing bullying behavior on weak students.

will reduce the phenomenon of bullying and treat it, which are as follows:

1. Paying attention to educational guidance programs and taking the recommendations of

educational advisors regarding bullying and its effects.

2. Activating school discipline laws in order to be deterrent means that reduce manifestations of bullying.

3. Intensifying educational courses for educational counselors and teaching staffs to deal with the phenomenon of bullying in an educational and professional manner.

4. Paying attention to educational lessons, such as a moral education lesson, and emphasizing that they are taught seriously.

5. Absorbing students' energies and investing them in physical sports or drawing talents and others.

6. Conducting more studies and research on the subject of school bullying.

7. Activating parent-teacher councils and coordinating with parents for educational cooperation between home and school.

8. Parents should follow up on their children and take care of them through continuous review of the school administration.

9. Studying the conditions and causes that lead to school bullying and developing solutions to address them.

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