

Bullying essay example

[Law](#), [Criminal Justice](#)



Bullying is using the threat, coercion or force to abuse, cause intimidation or to aggressively impose one's domination and influence over others. This behavior must be repeated in order for it to qualify to be termed as bullying. There must be an imbalance of both physical and social power between the bully and the bullied. Behavior or conduct used to impose such domination includes verbal harassment, physical assault or such other acts directed towards a particular target repeatedly(Moon). Cyber-bullying is a modern form of bullying that is done by the use of modern technology. Because of lacking parental or authoritative supervision, cyber-bullying easily goes undetected. It is very anonymous because a bully may easily pose as another person. It includes abuse via email, text messaging, instant messaging and websites. The target of bullying is termed to as a bullying victim. Bullying ranges from simple to complex bullying. Simple bullying entails a confrontation with the bully whereas complex bullying in instances where the primary bully have some assistants to assist him or her in the bullying activities. Bullying can arise in any context that involves interaction between human beings. This includes home, family, school, neighborhood and the workplace.

The major causes of bullying are poor parental upbringing and outright parental neglect. A majority of bullies grow up in families where parents are uninvolved or cold or parents who have taught them on using violence and rage in handling their problems. These children may not perceive their physical aggression and verbal attacks as bullying. Their environment of upbringing shapes them to be bullies(Sarazen). They may pick on anyone and everyone who they come across. Poor supervision by the parents results

to the child growing up into a bully. This is especially in those families where children are allowed doing whatever they please. These children grow up having no self-control. Lacking consequences for their bad behavior make the children dominate their peers in school and at home. In some instances, the parents fail to set limits for their children because the parents were themselves abused during their childhood. They, therefore, view disciplinary actions against their own children as abuse. Parents' aggressive behavior also causes bullying. As a result of a child continuously observing his or her parents using aggressive means to control neighbors and family members, the child may adopt this aggressive behavior. In such a situation, it is very difficult for the school to effectively address the bullying traits in a school setting. Jealousy and inadequacy feelings may also drive individuals to bully others. These individuals might resent continued attention that another person receives from their boss or their teacher because of their positive achievements. In this particular instance, bullying may include the spreading of rumors concerning the individual targeted, calling them names or even belittling their achievements. This behavior of the bullying individual is aimed at reducing the victim's popularity and bolstering the social standing of the bully. Prejudicial attitudes towards an individual or group of individuals also cause bullying. Homophobic individuals may bully by physically harming or mocking one of their classmate who is gay.

In a school setting, many students from different social, religious and geographical backgrounds who have been brought up in varying ways come together. Some turn out to be bullies because of the way in which depression, loneliness and anxiety. It also causes individuals to develop low

self-esteem and increases susceptibility to some illnesses. A great number of people commit suicide, as a result, of being bullied. Bullying has also been linked to the numerous cases of violence in school settings and other settings where human beings interact. Research has shown that a majority serial killers are individuals who were constantly bullied using either direct or indirect methods during their childhood stages or during their adolescent stage. Continued bullying may result to the erosion of a person's self-confidence, cause health problems hence ruining their career. Some individuals may also develop post-traumatic stress disorders. Bullying also affects domestic tranquility and stability. It may trigger a dangerous urge in the victim to hurt family members. This may cause and has, in fact, caused family break ups and disintegration. This eventually culminates to family separations and divorce. Bullying lowers academic performance of students. This is because it instills fear to the student. Such a student finds it hard to concentrate with his or her studies because of psychological torture. A student whose academic performance was average or high might portray a decline in his or her academic performance. The student's performance in other activities beyond academics might also be negatively affected. There has also been a positive view of the effects of bullying. This holds that bullying teaches some life lessons and instills strength in the victims of bullying. Although the majority of the victims of bullying might feel harmed and threatened by the repeated acts of bullying from bullies, bullying has some positive results. Repeated bullying enables victims of bullying to adapt to the bullying conduct of bullies and develop coping strategies. A victim who adopts coping strategies learns how to stand up for him or herself in various

ways that bring about the balancing of power between him or her and the bully. Former victims of bullying have reported becoming better persons because of their past bullying ordeals.

Works Cited

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- Sarazen, Jennifer. " Bullies and Their Victims: Identification and Interventions." *Social Studies* (2012): 33.