

The problem of bullying

Psychology



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Most causative agents of such behavior include substance abuse, anxiety, peer influence, discrimination and depression among other factors (Smokowski & Kopasz 107). Bullying has registered long term effects among the victims which makes it a wrongful act.

Bullying is a leading cause of serious health problems; emotional, physical and emotional problems, especially to victims. This, in the long run, increases the chances of depression, withdrawal due to poor relationship management and anxiety-related disorders. There is a strong association between bullying and suicide cases (Hertz & Wright 52). Surprisingly, it gives way to increased substance abuse which escalates the chances of an individual committing suicide. This can be a result of post-stress and self-denial after a bullying incidence Newman et al 352). Among students, bullying has a direct link to poor performance. An exact instance is a change in reading habits due to a reduction in concentration, attention, ability to remember information and creativity. The inability to maximize these cognitive resources is because a student lives in fear and channels a lot of effort on strategies that can offer security against further bullying (Schafer et al, 382).

The best way to stop bullying is by avoiding situations that always lead to such a negative act. This a nice adaptive behavior that a victim can use in reducing bullying instances. Learning institutions, where bullying is very rampant, administrators can come up with prevention programs that involve counseling the bullies and victims, offering correctional punishments and teaching students on how to co-relate.

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Conclusion

Bullying occurs without force but considered a negative action because of the effects it brings with it. It causes health problems that may permanently cause damage to people; it can lead to change in behavior such as substance abuse and increase the chances of people committing suicide. In schools, bullying can affect performance. The best way to stop it is by avoiding it and the implementation of prevention programs.