



## IMPACT OF CHILD BULLYING ON SELF-ESTEEM AMONG ADOLESCENTS: A DESCRIPTIVE STUDY

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### ABSTRACT

**Background:** Bullying is a form of abuse it comprises repeated act overtime that involves a real or perceived imbalance of power with the more powerful individual. Bullying is a pervasive and serious issue affecting the school children.

**Aim:** The aim of the study is to assess the impact of child bullying on self-esteem among adolescents.

**Methodology:** A non-experimental, descriptive design was used to assess the impact of child bullying on self-esteem among 50 adolescents were selected by non probability purposive sampling technique in a Selected School, Badal. Data was collected by using self administered knowledge Bullying questionnaires & Rosenberg Self-Esteem Scale was used to assess the bullying and self esteem.

**Results:** Study findings revealed that 78% of the subjects had normal level of bullying and 72% of the subjects had normal self esteem. The frequency and percentage distribution of Adolescents according to level of bullying shows that 39 (78%) of the subjects had normal level of bullying and 11(22%) had mild level of bullying and no subject lies in moderate and severe level of bullying. The frequency and percentage distribution of Adolescents according to level of Self esteem shows that 36 (72%) of the subjects had normal self esteem and 14(28%) had low self esteem.

**Conclusion:** In conclusion, the study revealed that although majority of adolescences had normal level of bullying and normal self esteem.

**Key words:** Bullying, Self- esteem, Adolescents.

### INTRODUCTION

Over the last few years, there has been an increase nationally in the number of reported school bullying incidents. Currently, approximately 30% of students report being involved in bullying situations (Carlyle & Steinman, 2007)<sup>1</sup>.

Bullying refers to the use of force, coercion or threat to intimidate abuse or aggressively control others. The behavior is usually repeated and habitual<sup>2</sup>. Bullying is among the widespread phenomena among the children and can manifest itself in various forms such as exclusion, pushing, name calling, hitting or gossiping. The involvement of children in the act of bullying as either victim or bully has a serious effects as far their health and psychiatric issues like anxiety, low self esteem, psychotic symptoms and depression. On the other bullies also are likely to face

various challenges. In most cases, bullies are likely to have poor emotional adjustment and behavioral issues later in life<sup>3</sup>.

Back in the 18<sup>th</sup> century, harassment or bullying was viewed as it's today. By that period bullying was less recognized and understood. Unlike today, bullying in the 18<sup>th</sup> century was not seen as dangerous as it is seen today<sup>2</sup>. Today, the practice remains a critical problem among the adults and children. The tremendous transformation or evolution of bullying has resulted in a further understanding of the adverse effects of the practice, especially among the children<sup>2</sup>. Historically, the turning point for bullying occurred in the mid-1970s when several studies were conducted to examine the psychological effects of bullying among the children<sup>4</sup>. These studies significantly contributed to the fight against the practice since it brought awareness and influenced other researchers to conduct more research on bullying<sup>1</sup>.

### **AIM OF THE STUDY**

The aim of the study is to assess the impact of child bullying on self-esteem among adolescents.

### **METHODOLOGY**

A non-experimental, descriptive design was used in the study using Self administered knowledge Bullying questionnaires; Rosenberg Self-Esteem Scale was used to assess the bullying and self esteem. This research design was selected for this study as it is convenient, less expensive, and not a time-consuming means of gathering data.

### **SAMPLES AND SETTING**

The target population of present study includes child bullying adolescences and accessible population was 50 subjects at selected School Badal, Sri Mukstar Sahib, Punjab.

### **DEVELOPMENT OF TOOL**

Self-structured bullying scale used to assess the child bullying among adolescents in selected school, Badal, Sri Mukstar Sahib, Punjab after an extensive review of literature and after consulting with subject experts.

**Part I** :Socio-demographic variables.

**Part II** : Rosenberg self-esteem scale

**Part III** :Self structured bullying scale regarding child bullying among adolescents.

### **DATA COLLECTION**

Prior to the data collection procedure formal permission was obtained from ethical institute state institute of nursing and paramedical sciences, Badal, Sri Mukstar Sahib, Punjab. The structured tool was used to collect data. Before the data collection the investigator gave self introduction to the subjects and explained the purpose of gathering information; a good rapport was established with the subjects. They were assured that their responses will be kept confidential and information will be used only for research purposes written consent was taken from community people.

### **RESULTS**

Study findings revealed that 78% of the subjects had normal level of bullying and 72% of the subjects had normal self esteem. The frequency and percentage distribution of Adolescents

according to level of bullying shows that 39 (78%) of the subjects had normal level of bullying and 11(22%) had mild level of bullying and no subject lies in moderate and severe level of bullying. The frequency and percentage distribution of Adolescents according to level of Self esteem shows that 36 (72%) of the subjects had normal self esteem and 14(28%) had low self esteem.

<b>Level of Child Bullying</b>	<b>Frequency</b>	<b>Percentage (%)</b>
Normal(0-15)	39	78%
Mild(16-30)	11	22%
Moderate (31-45)	00	0%
Severe(Above than 45)	00	0%

**FREQUENCY, PERCENTAGE DISTRIBUTION OF ADOLESCENTS (11-20) ACCORTING TO LEVEL OF BULLYING**

The frequency and percentage distribution of Adolescents according to level of bullying. It shows that 39 (78%) of the subjects had normal level of bullying and 11(22%) had mild level of bullying and no subject lies in moderate and severe level of bullying. Hence, it can be concluded that majority of the adolescents had normal level of bullying.

<b>Level of Self Esteem</b>	<b>Frequency</b>	<b>Percentage (%)</b>
Low (Below 15)	14	28%
Normal (15-25)	36	72%

**FREQUENCY, PERCENTAGE DISTRIBUTION OF ADOLESCENTS (11-20) ACCORTING TO LEVEL OF SELF ESTEEM**

The frequency and percentage distribution of Adolescents according to level of Self esteem. It shows that 36 (72%) of the subjects had normal self esteem and

14(28%) had low self esteem. Hence, it can be concluded that majority of the Adolescents had Normal self esteem.

**CONCLUSION**

Most of the adolescents had 72% of the subjects had normal self esteem. In socio- demographic variables sex, Qualification and occupation had association with knowledge where as other variables like sage, type of family, source of information had no association with knowledge.

### Limitations

1. The study was limited to school, Badal. The possibility for wider generalization was limited.
2. The size of sample in study was small and is 50 and hence it is difficult to make generalization.

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