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19/MHS11/014

GST 122

## BULLYING

Bullying is the use of force, coercion, or threat, to abuse, aggressively dominate or intimidate someone. Bullying ranges from one-on-one, individual bullying through to group bullying called mobbing in which the bully may have one or more people who are willing to assist the primary bully in their bullying activities. One essential requirement is the perception (by the bully or by others) of an imbalance of physical or social power.

Robert Fuller analyzed bullying in the context of rankism. Dan Olweus (a Swedish-Norwegian researcher) says bullying occurs when a person is “exposed, repeatedly and over time, to negative actions on the part of one or more other persons” and that negative action occurs “when a person intentionally inflicts injury or discomfort upon another person, through physical contact, through words or in other ways”. Individual bullying is usually characterized by a person behaving in a certain way to gain power over another person.

Behaviors used to assert such domination may include physical assault or coercion, verbal harassment, or threat, and such acts may be directed repeatedly toward particular targets. Rationalizations of such behavior sometimes include differences of social class, race, religion, gender, sexual orientation, appearance, behavior, body language, personality, reputation,

lineage, strength, size or ability. If bullying is done by a group, it is called mobbing.

Bullying has been classified into two which are individual and collective bullying; based on the perpetrators or the participants involved. Individual bullying can be in the form of verbal, physical, relational and cyber bullying. Collective bullying simply includes mobbing which means an individual is being bullied by a group.

Physical bullying which is a form of individual bullying is any bullying that hurts someone's body or damages their possessions. Stealing, shoving, hitting, fighting, and intentionally destroying someone's property are types of physical bullying.

Verbal bullying is one of the most common types of bullying. This is any bullying that is conducted by speaking or other use of voice and does not involve any physical contact. Verbal bullying includes such things like threatening someone, laughing at someone, spreading rumors or lying about someone, making insults or otherwise making fun of someone. In verbal bullying, the main weapon the bully uses is voice. In many cases, verbal bullying is common to both genders, but girls are more likely to perform it.

Relational bullying which is another form of individual bullying is sometimes referred to as social aggression is the type of bullying that uses relationships to hurt others. The term also denotes any bullying that is done with the intent to hurt somebody's reputation or social standing which can also link with the techniques included in physical and verbal bullying. Relational bullying can be used as a tool by bullies to both improve their social standing and control others.

Cyber bullying is the use of technology to harass, threaten, embarrass, or target another person. Cyber bullying includes use of email, text messages, social media websites (such as Facebook), text messages and cell phones. It is stated

that cyber bullying is more common in secondary school than in primary school.

Collective bullying is another classification of bullying which includes mobbing.

Mobbing refers to an individual been bullied by a group such as a family, peer group, school, workplace, neighborhood or community. When it occurs as emotional abuse in the workplace, such as “ganging up by co-workers, to force someone out of the workplace through rumor, intimidation, humiliation and isolation, it is referred to as malicious, nonsexual, nonracial/racial, general harassment.

Effects of bullying include risk of suicide, positive development like teaching life lessons and instilling strength, hormonal effects (production of less testosterone from girls and production of more testosterone from boys). Bullying could make the bullied person have thoughts of suicide. The bullied person feels depressed and thoughts of suicide run through his or her mind. Another effect of bullying is positive development like teaching life lessons and instilling strength. A victim of bullying would be able to manage disputes and interact with others when left alone to respond to bullies themselves.

Hormonal effect is another effect of bullying. This states that verbally bullied girls produce less testosterone and verbally bullied boys produce more testosterone than their non-bullied counterparts.

Even though bullying helps a bullied boy produce more testosterone and helps the bullied person learn how to manage disputes, bullying should be a behavior which shouldn't be tolerated anywhere because it could affect the person being harmed physically, emotionally, socially and psychologically. Therefore, we must try to put an end to every form of bullying we see around us, whether in schools amongst students or in workplaces amongst co-workers.