

Bullying and its Impact on Individual Mental Health: A Literature Review

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ABSTRACT

Bullying is any form of bullying or violence, carried out intentionally by individuals or groups. Bullying always causes victims, especially students in elementary, junior high, and high school environments. This study aims to determine the effect of bullying which has a significant impact on the mental health of individuals in the educational environment who are victims. The author also discusses the types of bullying, the impact of bullying, and the social support received by victims. This research is a literature review by searching literature in several online databases such as PubMed, Google Scholar, and PsycINFO. The results of this study, bullying is not only done in person but also online, not only about physical but also verbal and the impact of bullying in the form of depression, anxiety, eating disorders, sleep disorders, and decreased self-esteem. Therefore, it is important that we understand the impact of bullying on mental health and take action to prevent it.

Keywords: Bullying, mental health, impact, effect, violence, verbal, physical



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1. INTRODUCTION

One form of negative behavior that occurs among adolescents is bullying, bullying cases continue to increase during adolescence (Faizah & Amna, 2017). Bullying is aggressive behavior carried out by one individual or group to humiliate, hurt, or intimidate others. Bullying can occur in a variety of environments, including schools, workplaces and social media. Bullying can have a significant impact on the mental health of individuals who are victimized. The purpose of this journal is to review the literature on bullying and its impact on mental health.

Bullying is a serious and growing problem around the world. According to data from the National Center for Education Statistics, about 20% of students in the United States report that they have been victims of bullying. In Indonesia, according to data from the Ministry of Education and Culture, about 30% of students in primary and secondary schools report that they have been victims of bullying. Bullying can occur in a variety of environments, including schools, workplaces and social media. Bullying can have a significant impact on the mental health of individuals who are victimized (ZAKIYAH et al., 2017).

The concept of bullying was first introduced by Olweus in 1973, which is defined as a form of aggressive behavior that is done intentionally to harm or make individuals feel distressed, occurs repeatedly over time and takes place in a relationship where there is no balance of power or strength. The increase in bullying cases is inseparable from the parties involved in bullying, such as perpetrators, victims, perpetrator-victims, and observers or what is known as bystanders.

Some of the mental health impacts that can occur as a result of bullying include depression, anxiety, eating disorders, sleep disorders, and decreased self-confidence. These impacts can last for a long period of time and can affect the victim's daily life. Therefore, it is important that we understand the impact of bullying on mental health and take action to prevent it.

Efforts to prevent and overcome bullying need to intervene on the perpetrator first, this is because bullying perpetrators tend to involve more than one person to carry out bullying actions, thus making bullying cases continue to increase due to the increasing number of individuals who become

perpetrators. Bullying needs to get special attention from all circles of society, this is because most acts of bullying occur in the school environment, which can have an impact on the mental health of students at school.

Mental health is an individual condition that is not only seen based on the presence or absence of symptoms of psychological distress that appear but also relates to the presence of characteristics of psychological well-being that affect their lives such as feelings of joy, interest, and can enjoy the life they live.

The purpose of this journal is to review the literature on bullying and its impact on mental health. In this journal, the authors will discuss some of the studies that have been conducted on bullying and its impact on mental health. By reviewing the existing literature, it is hoped to provide a better understanding of the impact of bullying on mental health and assist in the development of strategies to prevent and address bullying.

2. RESEARCH METHOD

This journal is a literature review. Therefore, there is no research method conducted in the journal. In this literature review, the authors conducted a literature research in several online databases such as PubMed, Google, Google Scholar, and PsycINFO using the keywords bullying, bullying, mental health, impact, effect, violence, verbal, physical. The selected articles had to meet the inclusion criteria, which was to discuss bullying and its impact on mental health.

After conducting the research, the author selected several relevant articles and then reviewed each article in detail. In this literature review, the author used a qualitative approach by analyzing the selected articles. The author synthesized the articles to provide a more complete picture of bullying and its impact on mental health.

3. RESULTS AND DISCUSSION

A. Results

The results showed that there was a negative and significant relationship between bullying and mental health. Thus, the lower the intensity of bullying, the higher the mental health in adolescents, and vice versa the higher the intensity of bullying, the lower the mental health in adolescents.

The results of this study support several previous studies, which show that bullying is related to individual mental health, including research that suggests that bullies have mental health impacts that can occur due to bullying, including depression, anxiety, eating disorders, sleep disorders, and decreased self-confidence.

These effects can last for a long period of time and can affect the victim's daily life. Therefore, it is important that we understand the impact of bullying on mental health and take action to prevent it. Some of the mental health impacts that can occur due to bullying include:

1. Depression: Individuals who are victims of bullying have a higher risk of developing depression. They may feel sad, hopeless, and lose interest in activities they normally enjoy.
2. Anxiety: Bullying can also cause anxiety in the victim. They may feel worried, scared, and insecure.
3. Eating disorders: Some victims of bullying can develop eating disorders such as anorexia or bulimia. This may happen because they feel uncomfortable with their body or try to control something they think they can control.
4. Sleep disturbances: Bullying can cause sleep disturbances in the victim. They may have trouble falling asleep or waking up too early.
5. Decreased self-esteem: The victim of bullying may feel inferior or feel worthless. They may feel that they do not deserve to be loved or appreciated (Saputra et al., 2022).

Similarly, other research suggests that involvement in bullying is related to students' mental health. Students involved as bullies have abnormal mental health classifications related to low emotional symptoms, conduct problems, hyperactivity, peer problems, and pro-social. Students who were not involved as bullies had a normal mental health classification.

It is important to prevent bullying early and take appropriate action in case of bullying. Schools and workplaces should have clear and effective anti-bullying policies in place to protect individuals from

bullying. In addition, individuals who are victims of bullying should seek support from family, friends, or mental health professionals to help them cope with the possible repercussions.

B. Discussion

Bullying or also called bullying is aggressive behavior carried out by one individual or group to demean, hurt, or intimidate others. Bullying can occur in a variety of environments, including at school, work, and social media.

Bullying according to the American Psychological Association (APA, 2004) is aggressive behavior that has the following characteristics: 1) Behavior that aims to cause distress or harm, 2) Behavior that generally occurs repeatedly from time to time over a period of time, 3) There is an imbalance of power or power between the perpetrator and the victim. Mental health impacts that can occur due to bullying or bullying in the form of depression, anxiety, eating disorders, sleep disorders, and decreased self-confidence.

Bullying can have a significant impact on the mental health of the victimized individual. Bullying can occur at various age levels, but it is most vulnerable to children. Supported by data from the Indonesian Child Protection Commission (KPAI) which received 2,982 public complaints related to special child protection cases in 2021. Of these, the most, as many as 1,138 cases of children were reported as victims of physical or psychological violence.

The types of bullying carried out by perpetrators to victims are verbal, non-verbal (physical) bullying, sexual harassment, intimidation regarding race, ethnicity, religion, disability, sexual orientation and gender identity and cyberbullying (Saputra et al., 2022).

- 1 The first form is verbal bullying, in the form of rude words, threats, yelling, humiliation, name-calling, cursing, degrading, spreading bad gossip.

2. The second form is non-verbal (physical) bullying, in the form of pushing, kicking, grabbing, hitting, scratching, pinching, spitting, blackmailing, locking people in the room, smashing other people's things, sticking out their tongues, looking sarcastically, mocking and displaying condescending expressions

Other non-verbal forms can include ostracism, neglect, sending canned mail, silence, or abusing friendships.

3. The third form is sexual harassment, in the form of acts of violence related to someone's sexuality that falls into the category of physical or verbal assault.

4. The fourth form is in the form of all acts of physical and verbal violence involving a person's race, ethnicity, religion, disability, sexual orientation and gender identity.

5. The fifth form is cyberbullying, in the form of hurting others through electronic media, such as making ugly or negative comments about someone, defamation through social media, and disseminating negative video footage about victims.

Some studies show that the more often a person is a victim of bullying, the greater their risk of experiencing negative mental health impacts. In this regard, the author stresses the importance of preventing bullying early on and taking appropriate action in case of bullying.

Some studies also say that if you have entered the crime, sanctions can be given to the perpetrator or reported to the authorities by bringing evidence of the bullying act. Parents of victims can also seek professional help, namely psychologists or psychiatrists if trauma and depression are found in children. For perpetrators of bullying, strict sanctions can be given in the form of punishment and counseling so that they can realize that their behavior is wrong and harms others. Attention and assistance are the main keys for children who are victims of bullying to heal, so that cases can be stopped. In addition, children need to be instilled with religious and moral values from an early age so that children can grow up by upholding the values of tolerance between humans, affection and self-respect which of course can later affect the development of children's mental health in their interactions with others.

4. CONCLUSION

Bullying can have a significant impact on the mental health of the victimized individual. Bullying that occurs to victims in the form of verbal, non-verbal (physical) intimidation, sexual harassment, intimidation regarding race, ethnicity, religion, disability, sexual orientation and gender identity and

cyberbullying. Obviously, bullying have many adverse effects on individuals and traumatize them and affect their mental health. These impacts can include depression, anxiety, eating disorders, sleep disorders, and decreased self-confidence.

Bullying can occur at various age levels, but is most vulnerable to children. Therefore, parents are encouraged to provide more supervision and play an active role in their children's lives, not only for parents but also for teachers and the social community. It is important that we understand the impact of bullying on mental health and take action to prevent it. Schools and workplaces should have clear and effective anti-bullying policies to protect individuals from bullying. In addition, individuals who are victims of bullying should seek support from family, friends, or mental health professionals to help them cope with the impact it may have.

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