

**Effect of bullying behaviour on Pakistani Adolescents: Roll of self-esteem and Academic Achievements in gender Perspectives**

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**Abstract**



Existing study objectives was to investigating the impact of bullying behaviour on adolescent's self-esteem and academic achievements in gender perspectives. The population of existing research was all young people of Punjab Pakistan. The sample contained of 3200 students aged between 13 to 19 who were enrolled public schools in Punjab province, stratified sampling procedure was used. For the present research cross-sectional research and quantitative research technique was designed. To assess the face to face bullying Problem Behaviour Frequency Scale was adapted. For assessing self-esteem of adolescents Rosenberg Self-Esteem Scale adopted and accessing academic achievements grades were included. The findings were analysed after data cleaning, used Statistical Package for Social Sciences (SPSS) version 26. Regression analysis was carried out to see the sights of impact of bullying behaviour. T-Test was used to measure differences of gender differences. Pearson Moment Co relational Analysis was used to measure the effect of bullying behaviour on self-esteem and educational achievement of adolescents. The results demonstrated that majority of the respondents agreed upon that there is an impact of traditional bullying on adolescents. The results exhibited that traditional bullying had a moderate correlation with academic achievement and self-esteem. Findings revealed that a significant difference between female and male and adolescents with regard to traditional bullying. Female students indicate that their opinion is stronger with traditional bullying as compared to male students. Programs for bullies must be put in place by teachers and administration in order to decrease bullying behaviour at institutions.

**Keywords:** Traditional Bullying, Cyber Bullying, Depression, Anxiety, Self-Esteem, Academic Achievement.

**Introduction**

Bullying in institutes is increasing concern worldwide (Fatima et al., 2021). Bullying has long been a problem in all civilizations, whether they are developed or developing (Germain & Knight, 2021) Traditional bullying has normally been divided into three categories such as hitting, kicking (physical), (ignoring or isolating (social) and naming, teasing (verbal), bullying (Wade & Beran, 2011). The frequency and negative effects of bullying behaviours are alarmingly in institutes. Bullying begins at adolescents age. Children begin to form a basic understanding of bullying victimization. Then it begins to rise and keeps exploit, until the basic stages have reached its peak. At the secondary level, it starts to decline after continuing through the upper basic stage (Al-Raqqad et al., 2017). Violence in school environments is frequently perceived as occurring through bullying. According to numerous studies, bullying makes schools hazardous for children, which adds to the perception that some schools are no longer safe. (Yang et al., 2013). Bullying can negatively impact a student's life for a long time, whether they are the victim or the aggressor (Phinney, 1989). According to (Al-Raqqad et al., 2017) in academic institutions around the world, bullying is seen as a severe problem. Bullying, they found, had a negative impact on academic success. Bullying had a more detrimental effect on women than it did on males.

In school-aged children's life, bullying is a complexed issue. This problem affects all kids, including those who have observed interpersonal violence as well as bullies and victims. Bullying can occur in a variety of ways, including using abusive words, physical contact, threats, derogatory

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remarks, and criticizing others (Domino, 2013). Bullying against children is influenced by all of these factors, whether they act individually or collectively. It is common knowledge that bullying is challenging to be stopped or eradicated in institutes due to student safety (Haller & Kleine, 2001). According to Alison (2016), bullying is a problem that globally affects the emotional, social, and physical wellness of school-age children. According (Al-Raqqad et al., 2017) bullying can occur inside or outside in institutions such as buildings, as well as in and around places like bus waiting areas, restrooms, group projects in class, and after-school activities. A common issue that affects children's psychological, academic, and professional development is a bullying in schools. According to (Sekol & Farrington, 2016), bullies have experienced as a bullied more frequently than non-bullied individuals. When bullying can occur inside or outside of buildings, as well as in or around waiting places for buses, restrooms, group projects in class, and extracurricular activities. Children's psychological, academic, and professional development are all impacted by bullying in schools, which is a common issue. Victims often miss out on possibilities even to enjoy school events and colloquia. Numerous studies have exposed a direct link between bullying and academic accomplishment (Al-Raqqad et al., 2017).

### **Literature Review**

#### **Impact of bullying on Academic achievement:**

Traditional bullying is defined as a victim who cannot easily defined his or herself who is exposed to offensive, repeated and international acts by a group or individual (D. Olweus et al., 2019). Up to 30% of adolescents' self-reported engaging in this classic bullying (Aoyama et al., 2011). According to some researches bullying's short and long-term effects on students' performance were examined by (Rosenberg, 2015). The extent of bullying and academic performance have various associations based on the student's academic achievement, according to several research (Al-Raqqad et al., 2017). (Al-Raqqad et al., 2017) looked examined how bullying affects students' potential for academic success. They are afraid to attend class because they think they are unsafe. They find it difficult to concentrate on their studies, which has a detrimental effect on their academic progress, according to the various reports (Arnett, 2000). (Subrahmanyam & Greenfield, 2008) also studied the association between bullying in elementary institutes. They observed that bullied perform worse academically, and the effects of bullying are greater if it is more severe. Bullying and its correlation studied by (Safaria, 2016) also and revealed that bullied acts worse in educational circumstances and the effects of bullying are countless if it is more severe. (Oncology, 2013) revealed that dominating bullying was thought to include somatic abuse. (Cross et al., 2015) said when bullying is viewed as a problem at a school, students report feeling unsafe, which has a detrimental effect on their relationships with other students. They therefore have less motivation to perform well in school and do not participate in its activities. The impact of bullying on students' academic performance might be varied. Bullying adversely affects pupils' academic achievement in the now and in the future (van Geel et al., 2014). According to (Nixon, 2014) teenagers that are bullied often have a reserved, weak, and worried demeanour. The victims of bullying also stated that they do poorly in academic and extracurricular activities and skip class to avoid being picked on (Lenhart, 2007). Victimization involvement might cause absenteeism in academic achievement. According to (Alessandri et al., 2015) suicidal thoughts were less likely to be reported by bullies than by victims. According to (Juvonen et al., 2016) involvements have a direct as well as indirect effect on victims' academic accomplishment. Students who bullied by their peers may start to uneasiness and fear being harassed as a result. They may stop participating in class trouble focusing on classwork out of fear. They added that adolescence who often encounter. Murillo (2011) studied aggressive behaviour in institutes has a harmful effect on Latin American students' academic achievements. Researchers confirmed that sufferers of verbal and physical abuse revealed lower academic accomplishment. According to (Hamm et al., 2015) bullying is a significant issue across latin America. They distinguished that pupils who experience peer of the realm aggression perform worse in mathematics and reading than those who do not and adolescents who are in classes with higher levels of verbal or physical violence perform even worse than those less violent in schoolroom situations. (Korhonen et al., 2013) stated that bullying at school environment has a negative consequences on students' education. (Chaux et al., 2016) also stated that bullying occurred to 10 to 15 percent of youngsters worldly at least twice per month.

### **Bullying association with Self esteem**

Self-esteem, a key element of happiness, is one's perception of their own worth or significance. Adolescents with high self-esteem are better able to build supportive social relationships and are more inclined to believe in themselves. There is evidence from numerous research that victimization and low self-esteem are related (Tsaryk et al., 2019). A study in municipal schools found that bullying was more prevalent in 53.7% of adolescents with poor self-esteem, and that both the bully and the victim had lower average self-esteem scores. (Brochado et al., 2017). High self-esteem was linked to less bullying victimization and less criminal activity, according to a meta-analysis. Another study found a connection between low self-esteem and both self-victimization and racial/cultural victimization (Prinstein et al., 2001). Beyond other experiences of bullying in institutes or other settings, online victimization contributes to the prediction of low self-esteem and psychological distress (Cesaroni et al., 2012). According to a meta-analysis, having a high sense of self was linked to less incidents of bullying and less criminal activity. According to a different study, low self-esteem is associated with both self-victimization and racial/cultural victimization (Chu et al., 2018).

### **Bullying from a Gender Perspective**

Bullying involves a bully (the attacker) and a victim. Bullies tend to act in a dominant manner, whereas victims act in a submissive one. On the other hand, this relationship is not always dyadic: Bullying can happen between individuals or between groups, according to (Powell & Ladd, 2010), adolescents are more likely to view groups and individuals favourably when they exhibit traits that are consistent with the social roles that are expected of them. Many studies have demonstrated the distinction between boys and girls in bullying, both as bullies and victims. According to (D. A. Olweus, 2014), males are generally more violent than females, particularly throughout the early school years. Males are more likely to become victims of bullying, according to (Tenenbaum et al., 2011). Also, it has been exposed that boys are found to be bully aggressors 2 to 3 times more frequently than girls (Espelage et al., 2013). In line with earlier researches of forty nations revealed comparable findings that bullying of boys is more common worldwide. Also, they claimed that men were more likely than women to engage in all forms of bullying, and this finding held true across all 40 nations (Gini & Pozzoli, 2013)

### **Objective and questions of the Study**

- Impact of bullying behaviour on students' self-esteem and academic achievements in public schools.
- To investigate the gender differences in the level of bullying.

### **Research Questions**

- What is the impact of bullying behaviour on student's self-esteem and academic achievement?
- What are the gender differences in level of bullying behaviours?

### **Methodology and Design**

In existing research cross-sectional research also quantitative research technique was designed.

### **Population and Sampling**

The population of existing research was all of the Punjab Pakistan. The sample contains of 3200 students aged between 13 to 19 who were enrolled public schools in Punjab province, stratified sampling procedure was used. Sample size has been estimated through G. Power. Equally selected girls and boys from the whole population. The sampling technique used to approach the population has been stratified random sampling technique.

### **Study Instrument**

Problem Behaviour Frequency Scale (Farrell et al., 2018) was adapted. Total 3600 questionnaires were distributed and 3250 were returned from the girls and boys adolescents.

### **Data Collection and Analysis**

The responses were also adapted into a 5-point Likert scale SPSS version 26 was used for data exploration.

### **Results of the Study**

#### ***Students' Responses on Tradition bullying: Mean and standard deviation***

Item	M	S.D
❖ Had someone you been forced or moved by them?	2.26	0.807
❖ Had you ever been hit by your peers?	2.08	0.934
Had someone you been forced or moved by them?	2.26	0.807

Had you ever been hit by your peers?	2.08	0.934
Had they ever shouted at or called bad names?	2.38	1.011
Had someone you been forced or moved by them?	2.26	0.807
Had anyone ever attacked or wounded you with a weapon?	1.85	0.890
Had anyone tried to assault or physically hurt you?	1.66	0.849
Had someone you been asked to fight?	1.90	0.787
Did anyone tell you that they wouldn't like you unless you refused to commit what they asked you to commit?	1.76	0.765
Had someone you been asked to fight?	1.90	0.787
Had someone you been asked to fight?	1.90	0.787
Had someone who was angry with you, did not let you in his /her group?	1.56	0.541
Had someone lied to make others dislike you?	1.48	0.642
Had anyone ever discourage others from loving you?	1.51	0.545
Had someone ever left you out intentionally at the time of any activity?	1.49	0.708
Did anyone tell you that they wouldn't like you unless you refused to commit what they asked you to commit?	1.76	0.765
Traditional Bullying as a whole	1.80	0.301

The overall results revealed that  $M = 1.80$ ,  $S. Deviation = 0.301$ . Adolescents perceived traditional bullying. They ever shouted at or called bad names had the premier  $M$  Score  $M = 2.38$ ,  $S. Deviation = 1.01$ . This is the only statement where students were agreed.

**Regression Analysis of traditional bullying and students' academic achievement**

Dependent Variable	$\beta$	t	F	$R^2$
Academic Achievement	0.058	19.082	10.848	0.003

\*\* $p < .01$ , \* $p < .05$ . Traditional Bullying is Independent variable

Table determines that the results of regression analysis for traditional bullying with students' academic achievement. Traditional bullying showed a significant contribution ( $R^2 = 0.003$ ,  $F = 10.848$ ,  $p < 0.01$ ). It is obvious that one-unit increase in traditional bullying ( $\beta = 0.058$ ,  $p < 0.01$ ) will cause 05.8% increase in students' academic achievement.

❖ What is the impact of bullying behaviour on student's self-esteem and academic achievement?

**Regression Analysis of self-esteem and students' academic achievement**

Dependent Variable	$\beta$	t	F	$R^2$
Academic Achievement	0.091	13.754	26.863	0.008

\*\* $p < .01$ , \* $p < 0.05$ . Independent Variable = Self-Esteem

Table shows the results of regression analysis for self-esteem with students' academic achievement. Self-esteem showed a significant contribution ( $R^2 = 0.008$ ,  $F = 26.863$ ,  $p < 0.01$ ). It is evident that one-unit increase in self-esteem ( $\beta = 0.091$ ,  $p < 0.01$ ) will cause 9.1% increase in students' academic achievement.

**Gender-wise comparison of Self-Esteem**

	Gender Male			Female			95% CI for M Difference		
	M	S. Deviation	N	M	S. Deviation	N	t	df	
Self-Esteem	2.56	0.279	1614	2.35	0.381	1622	0.180, .226	17.331	29

\*  $p < .05$ .

Table 4.10 Traditional bullying showed a significant contribution ( $R^2 = 0.003$ ,  $F = 10.848$ ,  $p < 0.01$ ). It is evident that one-unit increase in traditional bullying ( $\beta = 0.058$ ,  $p < 0.01$ ) will cause 05.8% increase in students' academic achievement.

❖ What are the gender differences in level of bullying behaviours?

**Gender-wise comparison of Traditional Bullying**

	Gender Male			Female			95% CI for M Difference		
	M	S.D	N	M	S.D	n	t	Df	
Traditional Bullying	1.74	.351	1614	1.85	.237	1622	.129, .088	-10.354	28

\*  $p < 0.05$ .

Table 4.7, the result show that a significant difference existed between male ( $M = 1.74$ ,  $S.D = 0.351$ ) and female ( $M = 1.85$ ,  $S.D = 0.237$ ) with regard to traditional bullying,  $t = -10.354$ ,  $p < .000$ . The high Mean score of female students indicates that their opinion is more strong with traditional bullying as compared to male students.

### **Discussion**

Bullying is too characterized into an aggressive behaviours involving the subsequent three features such as repetition of bearing behaviours over time, intent to damage and repetition of (Rigby & Smith, 2011).

First question of this study was that what was the impact of bullying behaviour on student's self-esteem and academic achievement? Bullying affects teenagers living in institutions more often than not and is a major source of societal anxiety. With recent awful events, this was especially pertinent. Bullying had become a serious issue all over the world, and many nations placed anti-bullying measures in place so that students can feel safe. Numerous studies had looked at this problem and its effects in Pakistan. To examine the effects of bullying on Pakistani adolescent populations, existing research was allowed to be conducted. Existing study results showed a significant association between academic achievements and self-esteem and It was seemed that one-unit increased in self-esteem will reason to increase in students' academic achievement. (Marsden, 2018; Martin-Albo et al., 2007; Martin et al., 2006) studies supported existing study results.

The study's second goal and question of this research was to look into how bullying rates varied by gender. The findings showed that there was a substantial difference in traditional bullying between male and female teenagers. As comparison to male students, female students' high Mean scores show that they have stronger opinions on traditional bullying. (Gimbel & Muhammad, 2018; Marsden, 2018; Subon et al., 2020) results supported these findings a significant difference existed between male and female with regard to traditional bullying. Teenagers are socialized and their gender conformity nearly from birth, boys typically being characterized into aggressive and physical dominated while girls are characterized as delicate and social (Blaylock, 2017; Imran, 2014; Rigby et al., 2004).

### **Conclusions and Recommendations**

Following conclusions were drawn.

1. Conclusion revealed that bullying behaviours exposed a significant influence with adolescents' academic achievement.
2. Conclusion disclosed that there is significant difference occurred between male and female adolescents with regard to self-esteem. The high mean score of male students shows that there point of view is stronger with self-esteem as compared to female student.
3. The research concludes that academic achievement and traditional bullying was show moderate correlation, academic achievement and traditional bullying was show high correlation and correlation was high between academic achievement and self-esteem.

### **Future Recommendations**

In Pakistan, system of government should perform their work in the right way. This existing problem at the country level should be resolve by and justice reform and law and legislation. The results of the current study can help teachers, parents, school counsellors, and administration recognize bullying as a serious risk for adolescents physical and psychological health. These findings would provide significant light on the prevalence of bullying and its detrimental effects on the educational environment, academic achievement, and psychological and physical well-being of schools. These results highlight the critical need for intervention programmers to stop bullying in Pakistani schools. This study shows researchers how to evaluate and manage bullying behaviours using a multi-method approach that applies intervention tactics. This study will assist parents, teachers, and counsellors in developing preventive measures for kids who engage in bullying and bullying-related behaviours.

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