**WHY DO PEOPLE BULLY?**

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A Thesis

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**Thesis Statement**

Bullying is unwanted, aggressive behavior among school aged children that involves a real perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.So we have to conquer this kind of descrimination.

**Outline:**

**Causes of Bullying**

* Antisocial Traits
* Depression,Anger
* Habit of use of force
* Habit of Aggressive Behavior

**Effects of Bullying**

* Depression
* Suicide
* Anger
* Desire of Revenge
* Mental illness

**Solution:**

* Stand Up for people who are bullied.
* Take action
* Talk to other people

“Bullying” means systematically and chronocally inflicting physical hurt or psychological distress on one or more students or employees. It is further defined as: unwanted purposeful written, verbal, non verbal, or physical behavior including but not limited to any threatening, insulting, or dehumanizing gesture, by an adult or student, that has the potential to create an intimidating, hostile or offensive educational environment or cause longterm damage; cause discomfort or humilation; or unreasonably interfer with the individual’s school performance or partictipation,is carried out repeatedly and is offen characterized by an imbalance of power.

It is easy to assume everyone knows what bullying is. But offen the term bullying is used to described other aggressive behavior. This can make it hard for school, parents, and the wider community to consistently identify and deal with bullying when it happens. For some reason a kid or a person may bullied because he/she usually lacks of attention from a parent at home and lashes out at others attention.

For those, the researchers conducted this study to find solution to the relevant problems of those who are bullied and may able to help someone conquered bullying.

**‘’Because of bullying that took place in school, their depression may last into adulthood. Bullied students may begin to believe the words and accusations of their bullies . Their self confidence and self esteem fall.... Other students may begin to cut themselves as well’’**

**Body**

Bullies sometimes are brave enough to carry out .Here are the causes of bullying:

ANTISOCIAL TRAITS

It describes individuals who tend to disregard and violate the rights of others around them. Antisocial traits is defined by a persuasive and persistent disregard for morals , Social norms, and the rights and feelings of others. Those with antisocial personality disorder are often impulsive and reckless , failing to consider or disregarding the consequences of their actions .People with anti social traits tend to antagonize, manipulate or treat others harshly or with callous indifference . They show no guilt or remorse for their behaviour. Individuals with antisocial traits often violate the law , becoming criminals.

DEPRESSION, ANGER

Depression is a state of low mood and aversion to activity that can affect a person’s thoughts, behaviour, feelings, and sense of well being. A depressed mood is normal temporary reaction to life events such as loss of a loved one. It is also a symptom of some physical diseases and a side effect of some drugs and medical treatments. Depressed mood is also a symptom of some mood disorders such as major depressive disorder or dysthymia. It is one of the major causes or risk factors of suicide among adolescents, and more than half suicide victims in this age group are diagnosed with depressive orders before their demise. Anger or wrath is an intense emotional response. It is an emotion that involves a strong uncomfortable and hostile response to a perceived provocation, hurt or threat.

HABIT OF AGGRESSIVE BEHAVIOUR

It may be defined as unpredictable impulsive behaviour that often involves violent angry or harmful actions. This type of behaviour may be physical or verbal. When someone acts aggressively, he or she may lash out by hitting, pushing, kicking, pulling , hurting or even biting the person.

Breaking, throwing, damaging and destroying personal belongings such as household items. The aggressive individual may often use verbal abuse , threaten , intimidate , swear , rant or rave . It usually occurs when the person feels he or she is being provoked as a result of internal or external factors

EFFECTS OF BULLYING ARE:

DEPRESSION

Depression among teenagers is also a leading cause of educational and social impairments, substance abuse , obesity , and increased risk of smoking .Expressed insomnia , excessive sleeping, fatigue ,.And vocalizing general aches, pains and digestive problems and a reduced energy may also be present in individuals experiencing depression.

SUICIDE

Suicide is the act of intentionally causing one’s own death. Risk factors include mental disorders such as depression, bipolar disorder , personality disorders, and substance abuse , including alcoholism and use of benzodiazepines. It is act of intentionally causing one’s own death. Those who have previously attempted suicide are at higher risk for future attempts.

ANGER

It is an emotional reaction that impacts the body. A Person experiencing anger will also experience physical conditions such as increased heart rate , elevated blood pressure , and increased levels . Some view anger as an emotion which triggers part of the fight or flight brain response . Anger is used as a protective mechanism to cover up fear hurt or sadness. Anger becomes the predominant feeling behaviourally, cognitively and physiologically when a person makes the conscious choice to take action to immediately stop the threatening behaviour of another outside force.

DESIRE OF REVENGE

The desire for revenge doesn’t become intense unless the subconscious mind of a person believes that revenge is the best way to get his rights back. Now when you tell that person to just let it go it won’t just sound ridiculous but it will also make him feel worse. Revenge is just like any other psychological need; you can’t just numb it or act as if it doesn’t exist. The only healthy way to get over an unhealthy psychological need is to find another way to satisfy that same need.

MENTAL ILLNESS

Mental illness refers to a wide range of mental health conditions , disorders that affect your mood , thinking and behaviour . Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviours. Many people have mental health concerns becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

SOLUTIONS:

STAND UP FOR PEOPLE WHO ARE BULLIED.

If you are bullied, you don’t have take it seriously . Bullies use intimidation and insults to be little others who they perceive as unwilling or unable to defend themselves. If you are tired of listening to bullies talk, being pushed around and intimidated, it’s time to take a stand . You can learn to confront a bully safely and smartly , find safety in numbers , and get involved to stop bullying or good. Stand up for yourself.

TAKE ACTION

Look them in the eye and tell them to stop. If a bully is getting in your face, put your hand out like a crossing guard, creating a barrier between you and the bully. If they continue encroaching on your territory or continue mocking you in the same way, simply say this sentence ,’’Stop, I want you to stop right now. Stop. ’’Don’t say or do anything else but hold your ground and repeat yourself.

TALK TO OTHER PEOPLE

You should talk to other people, so that they will help you or to encourage you to be strong .Bullies tend to pick on those people who are so shy type..Bullies choose easy targets t test by needling with words and actions. The quickest and best way to end bullying is to stand up for yourself and talk to other people, or to your family , friends.

**CONCLUSION**

We all know that people nowadays are victims of the discrimination we called ‘’BULLYING’’. So we need to fight and to beat bullying.

Bullying is a major problem that can cause depression and other negative effects to a person. Thankfully, the issue of bullying has begun to get more attention in recent years , but many people still think it is just one of those things or victims should just toughen up. Being bullied can cause serious problems with self esteem, and has can be a contributing factor to suicide. Some reason why someone may bully. Bullies often bully because they are jealous and envious of others. They may be jealous with others, for being popular , your ability to make friends or because you have a loving family. The solutions of bullying is if you are being bullied, tell them to stop, get them to get away from the situation, and tell a trusted adult. If you see someone being bullied, you must protect his/her.

QUESTIONS:

1 .WHY DO PEOPLE BULLY

2. HOW CAN WE FIGHT BULLYING?

3. WHAT WILL YOU DO WHEN YOU ARE ONE OF THE VICTIM?

4. WHAT ARE THE DIFFERENT WAYS TO AVOID THIS

5. WHAT ARE THE EFFECTS OF BULLYING?

BIBLIOGRAPHY