



**UTM**  
UNIVERSITI TEKNOLOGI MALAYSIA

UHAK1012 – SECTION 63

INDIVIDUAL CASE STUDY

TITLE : BULLYING IN OUR SOCIETY

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Do you ever get bullied or abused? when you have been threatened or bullied, you must understand how it feels. it would even ruin the life of a person. The victims of bullying normally do not have friends. turning into the bully target is not unusual across all matters in order to convey our awareness. Olweus (1993) stated that bullying is planned repeated abusive behaviour, related to a few sort of energy imbalance between those who involved. Even individuals who are pressured and people who harass others may also have severe, lasting effects. during puberty, most children may be unkind to each other as they develop social competencies and come to be adults. In our society, bullying always takes place, but it does now not simply happen to kids or teens. This harassment also influences the adults. as an instance, colleagues are bullying them for fun at the workplace. This problem regularly happens due to the organizational hierarchy. according to Afron Jaz (2015), bullying can apply to different human beings "getting caught on" situation. it's also a problem that affects all college students, the offending guy, the sufferers, and the interpersonal violence witnesses. there are numerous kinds of bullying. All physical and verbal forms were described in early work on bullying (Christina Fisher, 2015). Relational types of harassment had been officially identified within the 1990s and cyberbullying started out inside the 2000s as a result of new technological modifications. Hitting, pushing and kicking are a few examples of physical kinds of bullying even as these are examples of verbal forms, criticizing, insulting behaviour and facial expressions.

Recently, there is news about two students been bullied in Parit MRSM. According to the New Straits Times (2018), this incident caused the students to suffer the body and head injuries and they were treated at Raja Permaisuri Bainun Hospital (HRPB) in Ipoh. The incident occurs at about 1 pm on Monday, both victims were kicked and beaten several times before the injured victims were left in the TV room of a college hostel block for a few minutes. Then, a few minutes later, the suspects returned. The victims tried to scream, but were gagged and the perpetrators then squeezed the victims ' hands before stroke them in the stomach. One of the bullies even cautioned the victims against exposing the matter. All the perpetrators covered their faces and the incident took place in the dark to keep the witnesses from noticing them. The victims, however, believed that the students who beat them were Form 3 students because the victims had complained to the school about senior students asking for money from them. So far, three Form 3 college students had been detained by police to help in the investigation as well as to find several more students involved. The three arrested students had their statements made and had been released on bail by the police after the investigation. Therefore, in order to make sure that this incident does not happen again, we need to know the causes of the problem.

Firstly, bullying could motive by means of a person else is bullying them. Many cases in which the bully been bullied through others. They feel frustrated that they have been bullied, so that they need to get revenge by harassing others. "Causes of Bullying" (2013) contends that an individual may additionally experience pressured by way of their family, their employer, or an elderly sibling. Being threatened by way of any of these people who're in an assumed role of authority may also reason some human beings to assert a kind of authority for themselves through the usage of threatening, rather than discovering help in dealing with their own problems in an extra helpful way (Matt & Ratliffe, 2011). Sometimes they were just

kidding, but maybe the joke was too serious for that person and made them feel offended. It could be very serious things for them. The same thing happens for cyber-bullying opportunities. Cyberbullying also happens as a result of other people's online abuse of the sufferers of their lives. Cybercriminals, moreover, do not have the self-belief to physically threaten their targets and therefore use the tools at their disposal to harass others. In fact, cyberbullying can be a growth of real-world abuse by, for instance, breaking into a social media account to show false gossip about anybody else (Hoff & Mitchell, 2009).

The second cause of bullying is that the bullies are sometimes envious and indignant of the person they bullied. It occurs when there is someone intelligent, always getting good grades in the classroom, and successful at doing anything, they might be the object of bullying. The bullies felt challenged by the person that good in everything. According to Meyer Adams & Conner (2008), some of the things that make people special are usually beneficial, but some, like being intelligent, concentrated, and imaginative, also reflect characteristics that the perpetrator needs to be exchanged with the victim. Lack of knowledge or sympathy is likewise some other motive of bullying. In a few instances, someone might also bully due to the fact there may be a factor of someone character that they do not apprehend or do not agree with. They will even have a prejudice in opposition to a person race faith or sexual orientation and normally they will even think that focused on a person whom they see as exuding "wrong" conduct as a great component.

No matter what kind of problem, the easier to solve, the quicker to find out or know more. So is the prevention of behaviors of bullying. We need to prevent acts of bullying from taking place. So, there are some ways to end the bullying. One of the solutions is adults should serve as responsible and competent role models; pleasant and respectful of youth, but set strict limits on inappropriate actions such as bullying; and regularly use non-physical, un-hostile negative effects when rules were broken (Smith, 2016). Kids or youngsters will try to follow what they saw as the example. When they follow bad behaviors like harassment, they might be able to do it. This is because they are very young and they have not been able to distinguish between good and bad things. They will follow the bad habits as they grow older as they learn things from childhood. So, adults or parents need to educate or demonstrate good things to their children. If they do something wrong, never use violence or force to punish them. If children experience abuse or physical punishment, they will be fearful of their parents. According to "Consequences Youth Violence" (n.d), young people experiencing abuse are also at greater risk of other physical and mental health issues, including cigarettes, drug use, anxiety, discipline problems and suicide other than bullying.

Another solution is encouraging the victims to make more friends. Chiu (2013) stated that most victims could not make friends because they were unable to tolerate social life. Generally, they are shy or quiet, not understanding what to do and tell someone because they did not know what influences they gave to others. Teachers in school, for example, should encourage them to make new friends with their classmates. Some of the bullied students lack social skills, so they need to be encouraged by the teachers. Besides, some of the victims lacked the ability to understand their social status, so they may have difficulty getting along with classmates (Chiu, 2013). Without the teacher's help, the victims failed to make

friends which could reduce their confidence. Friends could help them to relieve tension, provide comfort and joy, and prevent isolation and loneliness. They could also share their stories or problems that they could not solve on their own. The existence of social relationships has positive effects on mental and physical health and contributes to the general well-being of an individual, while the absence of social relationships increases the susceptibility of an individual to psychological distress (Amati, Meggiolaro, Rivellini & Zaccarin, 2018).

As a conclusion, bullying gave big impacts on our society which are depression and mental health. In order to prevent this, we should know the causes and how to solve bullying problems. It is not easy to overcome the bullying problem on our own. Everyone have their important roles to prevent bullying. bullying could cause by many reasons such as someone else is bullying them, the bullies are envious and frustrated by the person they bullied and lack of knowledge and sympathy. There are some ways to overcome this problem which are adults need to show good example to youngsters and encourage the victims to make new friends. Victims with regular and persistent school blustering, being teenagers, moaning about their health even more often, suffering from anxiety disorders, are prone to suicide. Through their working jobs, they are less productive, they have a lower standard of living, a higher risk of unemployment. They also live a lonely existence, without family or friends. In other terms, the insults of children turn into very serious problems for adults. Understanding this, educators from parents must track closely whether our kids are not a perpetrator.

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