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AN INVESTIGATION TO THE CAUSES AND EFFECTS OF BULLYING IN SECONDARY SCHOOLS OF KHYBER PAKHTUNKHWA

Abstract

The study investigated the causes and effects of bullying on the students of secondary schools in Khyber Pakhtunkhwa (KPK), Pakistan. The objectives of the proposed study were to explore physical, bullying in secondary schools of Khyber Pakhtunkhwa, to suggest workable anti bullying strategies to reduce bullying cases in schools. The target population was all the principals, teachers and students in KPK. Five secondary schools from 6 districts of the province were selected through random stratified sampling. A sample of 300 (5principals, 45 teachers and 250 students) were selected from each district. The collected data was tabulated, analyzed, interpreted by using Chi Square method. It was found that bullying is a social problem and as a result there is academic downfall of the students and finally bullied students say goodbye to the school. For minimizing this unsocial behavior proper anti bullying program may be launched in the schools.

Keywords: Bullying, Physical bullying; Secondary School, Khyber Pakhtunkhwa

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Introduction

Bullying means when one person, or a group of persons, targets another person with repeated direct or indirect negative actions over a period of time which are harmful to the target either emotionally or physically. A negative action occurs when a person knowingly inflicts, or attempts to inflict, physical or emotional injury or discomfort upon another person (Online Etymology Dictionary). It is a very serious problem and many innocent students have committed suicide, (Koo, 2007).

Even teachers and students were found guilty. In Ireland 30% of the students in secondary schools said that they were bullied by teachers, (James, et al 2008). Apart from bullying cases in the Middle East, there has been report from USA, Australia etc. Scandinavian countries, Japan and Europe are also suffering from the problem of bullying (Olweus 1978; Morita 1996; Smith and Mortia 1999). At present it has been considered as an international problem for the teachers and students in schools (Junger, et al, 1999).

One of the boys of grade 9th in the school at Peshawar, KPK where the researcher is employed, was seriously injured by another boy of the same class. On investigation it was found that the aggressor was always being bullied. The researcher read about such a case in the news which occurred at Faisal Abad in Pakistan. Recently in Government High School in Chiniot district one of the boy students of class 7th, was sent to jail on account of killing another student who was bullying the aggressor, *The Express Tribune* (2011). A girl (student) was continuously bullied by two girls. She was abused and was teased by irritating calls. Moreover she was put in isolation from social peer group by spreading malicious false rumors against her. As a result she said goodbye to her school, (Batool, 2010), a ninth grade student at the Pakistan

International Public School and College in Abbottabad committed suicide as he was being teased repeatedly by his hostel mates,

Amna khan, (2012). A news reporter from Washington reported suicide case of an 18 year boy on account of bullying. Suicide committed by a girl student of 17 years in Haripur as she was being bullied by a boy (Cora Van Olson, 2013).

Nature of Bullying

According to Tattum and Tattam, (1992), and Olweus, (1993), Bullying is the willful, conscious desire to hurt other people and put them under stress. Bullied are the victims of negative action and are not in a position to save themselves.

Bullying is when a less powerful person is oppressed, psychologically or physically, time and again by a more powerful. Bullying can be defined as the use of one's strength or status to intimidate, injure, or humiliate another person of lesser strength or status, (Farrington, 1993; Davis, 2007 and Beane, 2009),

Bullies are people who use their strength or power and speech to hurt or frighten other people weaker than them. A bully boy is a tough aggressive man who hurts or frightens other people, (Collins Today's English Dictionary, 1995).

Those students are called bullies who are involved in such activities and did not become bullied themselves. (Nansel, et al, 2001). Pellegrini, 2002; Pellegrini; Long, 2002; Espelage, et al, 2000; Smith et al; 1999 and 2002), bullying is the name of aggressive attitude, bully, bullies because they want to show their superiority over others. They want other people to obey them. They adopt aggression and violence. They torture other by threatening,

insulting for scaring others. They want others to feel bad like him (Johnston 2008; Kerrigan, 2003).

Bullying is the name of action of an individual or a group of individuals who frighten by threatening, physically, psychologically, socially, verbally or emotionally, another individual. It is also the name of hitting, name calling which make a person angry, hurt or upset (Lines, 2008). Bullying is a mean and hurtful way of treating others. The bullies are not bad but their behavior is abominable (Beane, 2009).

Methodology

Categorization of the Population

All the principals, teachers and students of the secondary schools in Khyber Pukhtunkhwa

Detail of the Questions

The total number of asked items is 17 that belonged to the cause and effect of bullying. Item 1 is a general statement, item 2-5 belonged to the causes of bullying, 6-13 to its effect and 14-17 belonged to anti bullying strategies. A five points Likert scale questionnaire was designed for the proposed study, focusing on the bullying at schools, especially at Secondary level in Khyber Pakhtunkhwa.

Sampling

A sample of 1800 (principals, 270 teachers and 1500 students,) was taken from six districts of Khyber Pakhtunkhwa including Charsadda, Mardan, Nowshera, Peshawar, Sawabi and Malakand as target population. Four boys' secondary schools and one girl

secondary school from each district were randomly selected. Equal number of teachers, students and a principal were selected from those targeted schools. From each district there were 5 principals, 45 teachers and 300 students from class 9th and 10th. A principal, 9 teachers and 270 students were selected were randomly selected through stratified sampling techniques.

Data Collection

Data of the proposed study was collected from the students, teachers and headmasters/principals, of the selected sample. For this purpose three questionnaires containing similar items on five points likert scale was used. The opinion of the students was also collected through interview.

Data Analysis

The data collected through the above mentioned research instrument was tabulated, analyzed and interpreted (tables available with authors) by percentage, Chi-square

Table#1 Bullying is a social problem in class room setting

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	110	112	8	20	20	270
Student (N=1500)	583	644	102	60	111	1500
Principal (N=30)	14	15	0	0	1	30
Chi-Square=16.48			Df= 8	P-Value=0.0359		1800

The analysis of the data shows that the P-Value=0.0359) is less than the level of significance 0.05 therefore we conclude that there

is an association between the respondents and responses. Here majority of the respondents are in favour of the statement that bullying is a social problem in classroom setting

Table#2 Loose tempered students are bullied

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	111	110	26	0	23	270
Student (N=1500)	616	614	140	73	57	1500
Principal (N=30)	13	13	2	0	2	30
Chi-Square=26.42			Df= 8	P-Value=0.0008		

From the analysis of the data it is clear that the P-Value=0.0008 is smaller than the level of significance 0.05. Thus it is concluded that there is an association between the respondents and responses. The statement has been supported by majority of the respondents by saying that most of the time loose tempered students are the victim of bullying

Table#3 The bullies want to bully due to their maladjustment in a new environment.

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	94	86	48	14	28	270
Student (N=1500)	539	381	244	141	195	1500
Principal (N=30)	14	14	0	0	2	30
Chi-Square=23.88			P-Value=0.002			

From the analysis it is concluded that the P-Value=0.002 is smaller than the level of significance 0.05 therefore we can say that there is association between the respondents and responses

Majority of the respondents are of the opinion that bullies want to control the bullied that is why they are involved in this unsocial behavior.

Table#4 Those children are bullied who are involved in various co- curricular activities

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	45	121	66	18	20	270
Student (N=1500)	247	672	366	18	197	1500
Principal (N=30)	5	14	7	1	3	30
Chi-Square=39.81			P-Value=0.000			

The analysis of the data shows that the P-Value=0.000) is very less than the level of significance 0.05 so we conclude that there is an association between the respondents and responses

Table# 5 Bullies want to have control over others with the help of bullying

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	104	121	14	11	20	270
Student (N=1500)	520	607	178	83	112	1500
Principal (N=30)	11	12	1	1	5	30
Chi-Square=17.55			P-Value=0.024			

The analysis of the data shows that the P-Value=0.024 is less than the level of significance 0.05 so it is concluded that there is some association between the respondents and responses

Keeping in view the analysis of the table most of the respondents consider that bullies want to have control over others with the help of bullying.

Table#6 Sometimes the victim takes weapons to school with him

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	35	15	60	60	100	270
Student (N=1500)	368	659	248	118	107	1500
Principal (N=30)	4	5	3	8	10	30
Chi-Square=374.5			P-Value=0.000			

The analysis of the data shows that the P-Value=0.000 is very less than the level of significance 0.05 so it is concluded that there is strong association between the respondents and responses

Here from the analysis of the table it is shown that majority of the respondents say that sometimes the victim takes weapons with him to school.

Table#7 Bullied person does not remain in good mood before and after the school

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	110	115	25	9	11	270
Student (N=1500)	474	578	266	100	82	1500
Principal (N=30)	14	10	2	1	3	30
Chi-Square=27.08			P-Value=0.0006			

The analysis of the data shows that the P-Value=0.0006 is less than the level of significance 0.05 therefore it is said that there is an association between the respondents and responses

After analysis of the table it is concluded that most of the respondents are of the opinion that physically bullied person does not remain in good mood before and after the school.

Table#8 Students' drop out is mostly due to bullying

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	96	106	38	12	18	270
Student (N=1500)	441	667	181	128	83	1500
Principal (N=30)	15	13	1	0	1	30
Chi-Square=18.80			P-Value=0.015			

The analysis of the data shows that the P-Value=0.015 is less than the level of significance 0.05 so we can conclude that there is some association between the respondents and responses

Here majority of the respondents declare that bullying is largely responsible for students drop out as they are not feeling well in the school.

Table#9 Student academic downfall starts

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	109	95	30	16	20	270
Student (N=1500)	591	596	172	109	32	1500
Principal (N=30)	14	13	2	0	1	30
Chi-Square=26.73			P-Value=0.0007			

The analysis of the data shows that the P-Value=0.0007 is less than the level of significance 0.05 so we can conclude that there is an association between the respondents and responses

According to the table it is shown by a huge number of the respondents that most of the time the victims of bullying are on downfall academically

Table#10 Students remain in continuous tension and stress due to bullying

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	75	88	50	17	40	270
Student (N=1500)	513	601	235	106	45	1500
Principal (N=30)	10	15	1	0	4	30
Chi-Square=82.46			P-Value=0.000			

The analysis of the data shows that the P-Value=0.000 is very less than the level of significance 0.05 so we can conclude that there is an association between the respondents and responses

Table#11 Majority of the respondents are of the opinion that bullying is the source of continuous tension for a student, thoroughly bullied, may adopt social isolation

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	101	99	45	7	18	270
Student (N=1500)	413	703	250	83	51	1500
Principal (N=30)	13	9	4	2	2	30
Chi-Square=27.45			P-Value=0.0005			

The analysis of the data shows that the P-Value=0.0005 is less than the level of significance 0.05 so we conclude that there is an association between the respondents and responses. After analysis of the table it is concluded that most of the respondents are of the opinion that bullied students become the victim of social isolation.

They do not want to mix with other students.

Table# 12 In some severe cases bullied is committing suicide

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	128	84	54	0	4	270
Student (N=1500)	434	556	283	126	101	1500
Principal (N=30)	12	14	2	0	2	30
Chi-Square=66.65			P-Value=0.000			

The analysis of the data shows that the P-Value=0.000 is very less than the level of significance 0.05 so we conclude that there is some association between the respondents and responses. From the table it is stated by majority of the respondents that sometime their reaction is very severe when bullied are not being spared and are being teased repeatedly then the victim found no way out and commit suicide.

Table#13 Bullying produces family conflicts and enmity

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	118	100	35	0	17	270
Student (N=1500)	629	532	196	94	49	1500
Principal (N=30)	15	12	1	1	1	30
Chi-Square=25.96			P-Value=0.001			

The analysis of the data shows that the P-Value=0.001 is less than the level of significance 0.05 so we conclude that there is an association between the respondents and responses

Most of the respondents view that this unsocial behavior leads to family conflict and enmity

Table#14 Effective anti-bullying programs must be launched at school

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	120	101	0	9	40	270
Student (N=1500)	598	553	295	38	16	1500
Principal (N=30)	14	14	1	0	1	30
Chi-Square=197.20			P-Value=0.000			

The analysis of the data shows that the P-Value=0.000 is very less than the level of significance 0.05, thus we can conclude that there is an association between the respondents and responses

From the table it is obvious that bulk of the respondents favors the statement and admits that for minimizing bullying situations effective anti-bullying programs must be launched at schools

Table#15 Bullies should be educated and guided not to carry on with such activities.

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	111	118	0	0	41	270
Student (N=1500)	722	513	203	41	21	1500
Principal (N=30)	16	13	1	0	0	30
Chi-Square=183.10			P-Value=0.000			

The analysis of the data shows that the P-Value =0.000 is very less than the level of significance 0.05 so we conclude that there is an association between the respondents and responses

Most of the respondents agree with the fact that bullies should be educated and guided not to carry on with such unsocial activities.

Table#16 People may also be made aware against bullying through T.V and Newspapers

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	125	110	0	0	35	270
Student (N=1500)	740	436	209	55	60	1500
Principal (N=30)	14	15	0	0	1	30
Chi-Square=101.4			P-Value=0.000			

The analysis of the data shows that the P-Value=0.000 is very less than the level of significance 0.05 so we conclude that there is some association between the respondents and responses

Table#17 There should be close contact among the parents, school, teachers, students and school administration

<i>Respondents</i>	<i>Strongly Agreed</i>	<i>Agreed</i>	<i>Undecided</i>	<i>Strongly disagreed</i>	<i>Disagreed</i>	<i>Total</i>
Teacher (N=270)	145	125	0	0	0	270
Student (N=1500)	756	366	136	68	174	1500
Principal (N=30)	18	12	0	0	0	30
Chi-Square=117.40			P-Value=0.000			

The analysis of the data shows that the P-Value=0.000 is very less than the level of significance 0.05 so we conclude that there is an association between the respondents and responses

The tabulated data clarifies that almost all the respondents are in favour of the above statement by saying that for reducing bullying close contact among the parents, school, teachers, students and school administration is very essential

Findings

- The analysis shows that huge number of the respondents is of the view that bullies are maladjusted children in the society. The respondents are of the opinion that bullies want to control the bullied that is why they are involved in such unsocial behavior.
- The analysis of the table shows that majority of the respondents claim that the victim of physical bullying does not want mixing with others. They try to keep themselves away from the company of others. The victims do not want to have any type of contact with others. They remain happy to restrict themselves from others; even during break time such students try to hide themselves from the contact of others.
- After analysis of the table # 6, it is concluded that most of the respond that bullied person does not remain in good mood before and after the school
- A large number of the respondents declare that bullying is greatly responsible for the absentee, academic downfall, failure in examination and finally drop out of the students as they are not feeling well in the school
- It is concluded from the table # 10, that majority of the respondents are of the opinion that bullying is the source of continuous tension for the students. After analysis of the table # 10, it is concluded that most of the respondents are of the

opinion that bullied students become the victim of social isolation. They do not want mixing with others and it is very difficult for the bullied to make friends in their society.

- Great number of the respondents stated that bullied children are being hurt emotionally and cannot gather themselves. They remain unbalanced emotionally.
- From the analysis of the tables # 12, it is stated by majority of the respondents that bullied do not always remain passive, sometimes their reaction is very severe when they are being tortured again and again then the victim found no way out and commit suicide.

Conclusions

Bullying is social problem in secondary schools of Khyber Pakhtunkhwa. Those are made the victim of this unsocial behavior who are loose tempered, students taking active part in co curricular activities by those who want to have control over others and who are maladjusted in society, as shown in data of tables 2, 4, and 3, 5 respectively. After knowing the causes we came to the conclusion, from the data in tables 6-12, that bullies are in bad mood after and before they are being made the victim. In a confuse state of mind they carry weapons to school.

This unwanted behavior is one of the main reasons for poor attendance, drop out, academic downfall, lack of interest in studies and finally failure in examination. Sometimes by dent of severe tension the victims found no way out and commit suicide. The victim usually comes home with damage books, torn out clothes and does not feel well, so it causes family conflict and enmity table # 13. It creates tension not only for the bullied but also for the teachers and administration. The victim lacks confidence to cope with any difficult situation. The bullied feels no appetite and there is a clear change in his eating habits. He falls

prey to insomnia and emotional disturbance. The victim becomes gloomy, starts quarrelling on petty issues. s his reaction is very severe and commits suicide. Bullied girls are frequently changing their groups.

Bullying may be controlled through continuous social education which inculcates awareness and respect for others and discourages bystanders. Parents and teachers should pay special attention towards the bullied by showing love and sympathy. Bullied may not pay attention to what the bullies say and may make fun of the bullying. There should be anti bullying programmes in the schools and public should be made aware through seminars, lectures, speeches, electronic and print media. There will be no compromise on discipline and bullying behavior will be dealt with an iron hand. Information will be taken from the informers of the school. For motivation good character students will encouraged with certificate and shields. There should be close contact among administration, teachers, parents and students. Parents should fully co-operate with the administration. To keep the students involved there should be arrangement for variety of co curricular activities in the school.

Discussion

According to the report of the WHO (2010) Canada is on 26th and US is on 24th position, in bullying, among 35 developed countries. The result of the analysis of table # 1 also shows that majority of the respondents consider bullying as a great social problem, the results of the study are in consistency with the WHO (2010) report The studies Espelage & Swearer, 2003; Nansel et al, 2001; Olweus, 1993; NMSA, (2001) shown that bullying is effecting the bullied in the form of depression, insecurity, fear, hopelessness, tension, rude behavior, self destruction, lack of confidence, lack of self esteem. The bullied adopt unsocial activities such as they start

drinking alcohol, smoking, gambling, stealing, start telling lies etc. Similar results have been derived from the finding of the researcher. The researcher also came to the conclusion that as a result of bullying the effected person starts various unsocial activities.

Majority of the principals, teachers and students are of the view that physically weaker children are coming under the heavy wheels of bullying. This conclusion has been derived by Olweus, (1993), he narrated that bullied are weaker physically than their class fellows.

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