

The Psychological Effects of Bullying in School Environments

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Abstract. This study examines the psychological impact of bullying on students in school environments. By exploring the experiences of victims, bullies, and bystanders, we assess the long-term effects on mental health and social functioning. Our findings indicate that bullying has severe consequences for all parties involved, leading to issues such as anxiety, depression, and social withdrawal. The study emphasizes the need for comprehensive anti-bullying programs and interventions that address the psychological well-being of students in schools.

Keywords: Bullying, Psychological effects, Schools, Mental health, Interventions

Introduction

Bullying in schools is a pervasive issue that affects the psychological and social well-being of students. It involves repeated aggressive behavior that can manifest physically, verbally, or socially, causing significant harm to victims. This study investigates the psychological effects of bullying on students by examining the experiences of victims, bullies, and bystanders within school environments. We aim to understand the long-term impact of bullying on mental health and social functioning, highlighting the need for effective strategies to combat this issue. Our research underscores the importance of implementing comprehensive anti-bullying programs to safeguard the psychological well-being of students and foster a safe educational environment.

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