

Research on School Bully of the Reasons and Causes in Current High School Students' Experiences

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Abstract: The paper examines the differences between perpetrators and victims their common and differences, to make parents, and teachers focus on these teenagers' problems, most agents will ignore these events that happened at school so they will ignore the teenager's feelings then causing bigger trouble. The commonality between perpetrators and victims is both of them cannot have a healthy relationship with their parents they want to attract attention from other people by a bully, but each person has a different personality then they will choose different ways to do it. Victims are afraid to say no to the perpetrators because they do not have the confidence or are brave enough to protect themselves. Also, no matter which side their experience from high school or as a minor will affect what they will do when they grow up in the future, if they cannot get on the right track then they will commit crimes, become addicted to drugs, or any other events. They cannot establish a relationship with other people because they feel shame about what they did when they were younger.

Keywords: relationship, parents, bully

1. Introduction

In modern society, school bullying behaviors happen more commonly at high school, but behind these reasons, people usually will choose to ignore those reasons, but normally the reasons are coming from internet information and relationships with their parents. The following section will explore these reasons in detail. People enjoy staying in the high technology environment with different social media around them, starting from our living environment, lifestyle, education, and career development. People have different choices to improve themselves, but they are all around technology equipment. Starting from the living environment, kids and adults will prefer to take online classes instead of taking a bunch of time to get into another place, kids can attract more social media information online instead of playing with real friends. For lifestyle, people will enjoy video games or online shopping instead of going to shops. Career development can also be preferred for AI intelligence working programs. These are all about new social environment information, these are for teenagers, their lifestyles are getting around by new technology, but there is positive reinforcement and also negative reinforcement. On the internet teenagers are attracted by different information with divergent activities as well, such as TikTok, Instagram, Snapchat..... and more. They will probably search for some information about what they are interested in, for boys, there are games, vehicles, and anime cartoons, for girls there are makeup products, selfies, and shopping.... [1]. And more. They enjoy spending a bunch of time on social media because they logically get controlled by the information

that pops up online, they cannot control themselves by searching for makeup tutorials or different vehicles. It is killing their mental health, when their mental health gets killed, they will start some abnormal behaviors. It is a reflection from the internet to reality, especially at school because school is the most common place that you stay at instead of your home, teenagers usually spend most of their time with teachers and classmates instead of their parents. So whatever their normal or abnormal behavior it will all be reflected at school. Some behaviors will be their grades getting affected, they will make online mates, they start talking about sensitive information to make them think they are special, and when they think they are special on the internet they will have some abnormal behaviors at school. For example, if a girl spends too much time on searching makeup tutorials or boyfriend types, they will start thinking that acting popular and making boyfriends is cool behavior, when they start to get shining then they will start to bully other people because people they want to attract others, which means that they are incontinence and want to seek attention. But this is one of the possibilities that happen, bullying behaviors cannot only be affected by social media.

2. Impact of parents on perpetrators' behavior

However, some unhealthy information does truly affect their logical thinking and behaviors. Normally teenagers are between 14 to 21, at this age, teenagers are easily affected by different information, and they will like to copy from each other. In addition, they watch sensitive information and videos to try those things by themselves, so when they see someone bully another person, then they will try to copy this because they feel what it feels like. At this point, if parents and teachers do not notice or give suggestions then they will cause bigger trouble.

2.1. Importance of Parental Influence

The following sections will explore, when teenagers get attracted to the negative the most important thing is that parents and teachers should give positive comments and help them. The importance that parents and teachers should provide help is that they can lead them to the right way to solve problems because normally parents will provide high standards for their grades or academic learning and ignore their feelings, but nobody tells them how to use the correct method to solve it. Furthermore, they will start to stay away from their parents and they will attract attention from others in school. Reasons that parents will ignore their child because of work, divorce, or parents do not like their children, these reasons are common facts but not main facts, and parents will have multiple excuses to explain these behaviors, some of them make sense but some of them are not. But whatever which one it is, teenagers for hut by that, when they are young, they need parents' affirmation to feel they are confident and they are proud of themselves, because they need to build a sense of security, they can know that they will feel they are being understood and supported but their parents, therefore they can a healthy mental healthy [2].

2.2. Specific behavior and reasons of Perpetrators

Unfortunately, these kids do not have healthy mental health, when they do not get affirmation from their parents they will try to find other people, especially those weak students, these perpetrators will make fun of weak students, such as name-calling, fighting, stealing other people's stuff.... And more. Most people will be more curious about the victim's mental health but the fact is that perpetrators' mental health is more complex than victims. Starting from parents, many perpetrators have terrible relationships with their parents, some might hit them, ignore them, and focus more on other children if they are not only children, when this event happens, they will have to change their attention at school, when they bully other people, the main reason is to seek attention and try to prove themselves are strong and without fear. If nobody refuses these behaviors, when they grow up they will be led

into two different situations, first will be it will increase their crime rate, they will do more negative events and make them go to prison, second they will feel guilty for those behaviors that they did, then after that whatever is their relationships, career problems they all feel shamed because of past behaviors [3].

2.3. Solutions for Addressing Perpetrators' Issues

This is a role for all perpetrators. It can be divided into four parts, The first is the Lack of modeling behavior, parents' lack of concern may cause them to neglect to model and guide their children in proper behavior. If children do not learn from their parents how to properly handle conflict and get along with others, they may be more likely to resort to bullying behavior to solve problems. This means that when they have arguments with other students they do not know how to handle their emotions, and they do not how to express their feelings or manipulate their feelings, which means that learning how to manipulate is very important [4]. Second, lack of support and self-actualization, as the article mentioned the biggest problem for perpetrators is they do not get support and positive rewards from their parents, and at the same time when they bully others, they want to seek attention to prove themselves and feel they are strong. Third, poor modeling, some kids bully because they are imitating the behavior they have learned at home from parents or older siblings, is one of them is abused or dominant by one parent over another then they will copy the behavior to other students. It can be extremely dangerous for a child when the environment at home is unhealthy because it can be the opposite of the kids having the same rate of being perpetrators and victims [5].

2.4. Consequences for perpetrators

No matter which one it is, it will cause a big shock to their mental health. Last, the forgotten child more easily becomes a victim at school, because they normally will feel invisible in the home and they need constant love and respectful attention from their mother and father. When they do not get the love and attention from their parents they will try to seek attention at school or other places, such as bullying other people or making boyfriend and girlfriend to find love. Overall, the biggest problem for perpetrators is from parents, whatever is ignoring them, feeling invisible, or lacking self-actualization....are parents' problems, people care more care about victims' feelings but perpetrators' feelings are as important as victims'. For solutions, normally parents and children will define perpetrators as "bad children" but as people focus on the victim's feelings we also need to care about them, perpetrators can go to visit a psychologist for counseling help and solve some mental problems and therapy, help them understand their behaviors and solve in a contracted way. In addition, family therapy is also necessary and helpful because it can make perpetrators feel they are loved and full of attention. Lastly, they have to understand that what they did to victims, they have to take responsibility for the consequences and understand that whatever they did they have to take responsibility to solve the problem, also parents or psychologists can encourage them to do some healthy activities to gain confidence on other things, such as community activities to be a volunteer to help people and learning that the behavior that they make are from internal problems, they are also struggling with it so it leads into a bully event, it is not their fault, we cannot name them as "bad kids" establish healthy behavior pattern is more important than punishing them [6].

3. Why Victims Get Bullied?

By talking about perpetrators' feelings, victims' feelings are the same as important as perpetrators, and people will keep the focus on victims' feelings because they are "victims". Even though some problems are similar their personalities are different than others, and the reasons why they got bullied are very varied and diverse, such as their looks, fat or skinny, name-calling, and sexual orientation....

These sensitive topics usually happen to high school students and parents will normally think it's not a big deal but these small events can hurt and feel very hard, they will feel terrified and anxious because they will worry that bullying behaviors will continually happen, and there will be some negative comments keep going on. Also if there is a long time bullying behavior around them they will feel frustrated and depressed, and they can not solve this problem by themselves, also parents and teachers who do not understand them will cause physical problems, such as headaches, handshaking, internal problems....and more. They will think it is their problem because they are not strong enough to overcome it. Whatever physical or mental problems, they all have a negative impact, when they grow up some victims will still struggle with that nightmare have social problems, and feel guilty that they cannot be stronger to protect themselves, some victims might bully others to blame themselves. But these consequences will affect their entire life. Victims also have multiple reasons and causes to be bullied, it is different compared with perpetrators because they want to seek attention and gain confidence from others, but victims do not know how to establish confidence, they do not know how to express their feelings and communicate with other people, they have shame personality, feeling unsafe in a group of people, it all can be the reasons of why perpetrators bully them. For example, people who have unique status identities will get bullied at school, especially if they have different sex orientations, different country regions, and body attacks. Normally, perpetrators would not go straight bully this person, they will prefer a weak and shy person as their goal, and they will try to some fun with negative jokes to test victim, to double-check whether you are weak or not, the common thing perpetrators would like to do are name calling, spread rumors, make some mean memes online....and more. At this time, if victims do not stand out and say no to them, they will be more aggressive to hurt you. They will start to block victims at a corner and force them to do homework or they make victims to bully other students, even though perpetrators will ask those victims to steal money from other students. When the time gets longer, the victim will become a new perpetrator or they will have serious mental illness and cannot study or suicide. If we say perpetrators bully people because they want to seek attention, then the victims who got bullied are that they want to be "victims" then other people and their parents will focus on them. If their parents do normally not stay with them they will feel alone and hopeless, this method can help them to the main character in a situation [7].

3.1. Consequences for Victims

When they grow up, victims will have PTSD problems that affect their normal lives, also they will have self-harm or attack others, taking medicine without instructions to deal with that PTSD in their life. Many victims will have different repercussions when they graduate from school, they are afraid to face their problems nobody tells them that it is a problem. So the correct situation is to go see a psychologist give the correct therapy, and face your experience.

4. Conclusion

In summary, whether victims or perpetrators people both commonly in parental relationships, seek attention, and lack self-actualization. These facts normally happen in high school and relate to their psychology and social problems, with counseling psychologist will help them through some unhealthy problems but throughout the whole event, teenagers should be aware of these events. Parents, schools, and social media should spread information around it. The most common mental illness anxiety disorder that keeps victims and perpetrators struggling from the past, bullying is a complex issue with no easy solutions. But by working together—students, teachers, parents, and communities—we can create schools where everyone feels safe, respected, and free to be themselves. It's time to stand up to bullying and create a brighter future for all high school students. But addressing

bullying also requires a broader cultural shift—one that challenges the attitudes and beliefs that contribute to it. We need to teach young people that kindness, empathy, and inclusivity are strengths, not weaknesses. People need to create environments where every student feels valued and supported, regardless of their differences. bullying doesn't just affect the individuals directly involved—it has ripple effects that permeate the entire school community. Witnessing or hearing about bullying can create a culture of fear and silence, where students feel afraid to speak out or intervene. It can also contribute to a toxic environment where aggression and cruelty are normalized, making it harder for everyone to feel safe and accepted. In the psychology part, this is also a challenge for them to overcome their “nightmare”. Back in the beginning, since the technology developed people had diverse choices and new products to focus on, teenagers are easy to copy from it so parents should correctly lead them. As the following article bullying events are still happening because nobody tells teenagers how to control their emotions with high hormones, usually high school kids are facing academic stress, relationship problems, and physical development. These problems are pushing them to learn a positive method to manage their emotions, but their parents never told them before so it is hard for them to solve it by themselves, some people might be affected by the environment and their personality that cannot handle it correctly. To give a hypothesis, some people do not agree that perpetrators should be forgiven because they hurt victims, age cannot be their excuse and they cannot be forgiven. This is an open-minded question, people cannot decide what can be controlled but forgiveness means to receive those experiences from the past, perpetrators also will have PTSD in the future, as perpetrators they cannot realize that they hurt other people's life when they are young, people need to look forward and receive your experience. However, public people would prefer to forgive them, if someone is the victim, but that does not mean people have to receive the past, it means that people can face my experience and help other people. Self-forgiveness is also helping others, helping people's relationship with everyone's parents, to giving self-actualization, it also means forgive bullies and forgive past.

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