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What are the potential mental and health adversities caused by bullying in the youth?

**Annotated Bibliography**

**Arseneault, L., Bowes, L., & Shakoor, S. (2010). Bullying victimization in youths and mental health problems: ‘Much ado about nothing’? *Psychological Medicine*, *40*(5), 717–729. https://doi.org/10.1017/S0033291709991383**

The author highlights the significance of the menace of bullying and its potential detrimental impacts on the mental health of youth. The children who get affected by bullying show adverse signs of adjustment problems and distress. It is worthy of mentioning that the article prevents from making arguments only. Empirical instances are underpinned to substantiate the argument in true letter and spirits. For instance, the primary aim of the study was determining whether or not bullying should be deemed the essential risk factor for the psychopathology. The author advances to conduct and review research studies which further substantiate the argument. The results reveal that the adverse impact of bullying is associated with critical symptoms of mental health complexities, psychotic symptoms, violent behavior and instincts of self-harm. The research study potentially contributes to the research question I stipulated. It offers a substantial argument, empirical illustrations and critical assessment of the adverse impacts of bullying.

**Hazler, R. J., Miller, D. L., Carney, J. V., & Green, S. (2001). Adult recognition of school bullying situations. *Educational Research*, *43*(2), 133–146. https://doi.org/10.1080/00131880110051137**

The journal highlights the pervasive norm of bullying present in schools. Primarily, the author asserts importance on the critical need to formulate a plan to manifest the intervention techniques which can prevent the practice of bullying in the first place. In the absence of the menace of bullying, none can receive harmful impacts. The empirical study comprised more than 250 professors and counselors. The tendency and competency of the professors were judged to assimilate the likelihood of radical practice of bullying in the schools. The results revealed that the professor deemed bullying essentially constitutes abuse or physical threat. In essence, they were unfamiliar with the fundamental interpretation of bullying. For instance, they overlooked the manifestations of social, verbal and emotional abuse. The journal is of paramount significance to cater to the proposed research question. It critically underpins the incompetency of the teachers to prevent the menace and further explicates their inefficiency to identify the harmful impacts on the children.

**Patchin, J. W., & Hinduja, S. (2012). *Cyberbullying Prevention and Response: Expert Perspectives*. Routledge.**

The authors advance to specifically deliberate the nature of cyberbullying as the major threat in contemporary age in comparison to past decades. In extreme cases, bullying may cause a victim to commit suicide. There exist a wide range of instances which affirm the postulate. However, the authors stress that suicide is a rare implication of cyberbullying. The intricate and fundamental impediments are reflected in the mental state of the victim as heightened anxiety, a greater number of school abuses, heightened depression, increased psychological symptomology, substance abuse, aggressive behavior and lower self-esteem. Besides, the authors provide a critical appraisal on the impact of anonymity included in the dimensions of cyberbullying. The victims are unaware of the perpetrator and thus the adverse consequence further accelerates.

**E. Jose, P., & Stuart, J. (2014). Is bullying bad for your health? The consequences of bullying perpetration and victimization in childhood on health behaviors in adulthood. *Journal of Aggression, Conflict and Peace Research*, *6*(3), 185–195. https://doi.org/10.1108/JACPR-01-2014-0003**

The author deliberates one of the most overlooked aspects related to the impact of bullying. For instance, the health outcomes of the people who bullied in childhood were worse in comparison to non-bullies after thirty-nine years. Several categories as bully-victim, the victim, bully and the person not involved were examined in the process. The major health outcomes kept under consideration were depression, perceived support, history of smoking, long-term illness and persistent alcohol consumption. The results revealed that the bully victims suffered from more depression and less support in comparison to the bullies. Among all the other discussed studies, this study is essential to address the research question. Since its fundamental purpose is the identification of long-term health and mental impacts on the subjects involved in bullying, it comprehensively meets the need of the proposed question and answers it explicitly. For the individuals involved in the practice of bullying, the long-lasting impacts surface in the later stages of their life.

**Desrumaux, P., Machado, T., Vallery, G., & Michel, L. (2016). Bullying of the Manager and Employees’ Prosocial or Antisocial Behaviors: Impacts on Equity, Responsibility Judgments, and Witnesses’ Help-Giving. *Negotiation and Conflict Management Research*, *9*(1), 44–59. https://doi.org/10.1111/ncmr.12064**

The study aims at identifying the behaviors, factors and determinant as the influence of the acts of bullying on the victim. The literature is reviewed to assess the primary factors and then 205 participants were included to examine further the determinants involved in bullying. The victim’s antisocial behavior at the workplace was the prominent consequence of suffering from bullying. The study contributes to the research question by assessing the dimensions of bullying at the workplace and its consequent implications. The authors, derived from the questionnaires, stipulate that the mental stresses and illness is the major adversity faced by the victim. Moreover, the employees at the workplace are also concerned largely with the mental consequences of bullying on a victim. Irrefutably, the employees correctly assume that the drastic change in the behavior of the victim is caused by the incident of bullying. Here, the study successfully manages to explore the relationship between the attitudes of the fellow employees in response to the antisocial or prosocial behavior of the victim.

**Rachmawati, K. (2014). MENTAL BULLYING AND ITS IMPACT TO VICTORIA DAWSON IN DANIELLE STEEL’S BIG GIRL. *Litera~Kultura*, *2*(1). Retrieved from https://jurnalmahasiswa.unesa.ac.id/index.php/litera-kultura/article/view/7662**

The detailed journal manifests the theme of a novel in a scientific manner. Mental bullying is the major element which urged the study to inspect the novel Big Girl that hovers around a small girl named Victoria Dawson. The little girl suffers from the impact of bullying which is primarily caused by her parents. The study on the little girl offers an explicit account of the parental attitude towards the children and the possible implications in the contemporary age. For instance, the widespread culture of lower self-esteem, extreme shyness and subjugating to the unjust behavior are the values shaped I mind under the influence of bullying. Essentially, the children face this scenario at a very early age which later establishes into a detrimental mental health hazard.

References

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