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ENG 1121

Unit 2 Writing Assignment

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U2 Annotated Bibliography

Introduction:

Bullying is a big deal. We have to take this situation seriously. As we all know, bullying is defined as unwelcome aggressive conduct among school-aged children that involves a real or perceived power imbalance that is repeated or has the potential to be repeated over time. The bully gets pleasure from influencing people and will take advantage of any opportunity to do so. They are aggressive and assertive. They like it when people look to them for solutions and make decisions. According to the commentary, those who crave personal power are greedy, reckless, uncontrolled, and lacking self-control. Although there are different types of ways people bully one another, direct bullying is the type of bullying we are most accustomed to, and it's something that most of us saw or experienced on the schoolyard. Bullying can be perpetrated by a single person or a group of individuals. Relational bullying in nature frequently stems from a poor relationship. The bully will go to great lengths to keep the victim out of anything enjoyable or intriguing. And the last one is cyberbullying; this kind of bullying occurs online behind the screen.

The worst part is that the victims are being affected by those traumas. Bullying in any form can have devastating effects on the victim. For example, bullying victims are more likely to experience despair, suicidal thoughts, and loneliness.

Citation 1:

sxg5166. "The Power and Influence of the Bully." *Psu.edu*, 21 Feb. 2013,
sites.psu.edu/leadership/2013/02/21/the-power-and-influence-of-the-bully/
[Accessed 17 Nov. 2021.](#)

Summary:

Bullying provides children with a sense of power, and the reason they do it repeatedly is because they are allowed to get away with it. The payoff is popularity and high social status for the bullies, even if they are disliked. Bullies tend to have more friends and use their influence to change good (normal) behavior into not-so-good behavior.

Reflection:

As we know, bullies are always trying to prove that they have more power and make other people feel like they are not on their level. However, I strongly agree that most bullies are popular; they target more people to maintain their popularity status. The behaviors of wanting to be a leader to have their way can start burning at a young age. The author has added information from experts on this blog to prove that information is stated based on their research. A question that I have is that By gaining popularity, is that affecting their behavior? Is that why it is encouraging them to have a harsh personality to bully someone?

Quotation:

"In the bully situation, fear and intimidation are used by someone to control and influence others to lead and dominate a group."

Citation 2:

Wolke, Dieter, and Suzet Tanya Lereya. "Long-Term Effects of Bullying." *Archives of Disease in Childhood*, vol. 100, no. 9, 10 Feb. 2015, pp. 879–885, www.ncbi.nlm.nih.gov/pmc/articles/PMC4552909/10.1136/archdischild-2014-306667.

Summary:

Children who were victims of bullying are at a higher risk for internalizing problems, particularly anxiety disorder and depression. No association between substance use, anti-social behavior, and victimization has been found. However, pure bullies may be more deviant and more likely to be less educated and be unemployed. In addition, being bullied as a child may alter physiological responses to stress and interact with a genetic vulnerability such as variation in the serotonin transporter (5-HTT) gene or affect telomere length or the epigenome. Chronically raised C-reactive protein (CRP) levels, a marker of low-grade systemic inflammation in the body, increase the risk of cardiovascular diseases, metabolic disorders, and mental health problems such as depression. In addition, bullying can lead to altered stress responses and social cognition (e.g., being hypervigilant to hostile cues³⁸). Finally, neurocircuitry related to bullying exposure may affect social relationships with parents, friends, and co-workers.

Reflection:

After reading this article, it made me realize its effect on the victims both mentally and physically. So, in my opinion, no one should ever go through that, especially when the victims.

when there is no motive to be in that situation. Even though there are reasons why some people are the target, those reasons are ignorant.

This article has all the information I needed to know. The purpose of this article was to show how the victims are affected. Although the author used a table and graph to point the main idea, they also compared the differences between the bully and victim's outcomes, meaning how they end up turning out as time goes by.

Quotation:

“Childhood bullying has serious effects on health, resulting in substantial costs for individuals, their families, and society at large.”

Citation 3:

“What Are the Best Ways to Prevent Bullying in Schools?” *Greater Good*, 2019,

greatergood.berkeley.edu/article/item/what_are_the_best_ways_to_prevent_bullying_in_schools. Accessed 18 Nov. 2021.

Summary:

Most bullying prevention programs focus on raising awareness of the problem and administering consequences. Programs that rely on punishment and zero tolerance are ineffective in the U.S. Peer mediation that places responsibility on children to work out conflicts can increase bullying. Bystander intervention, even among adults, only works for some people—extroverts, empaths, and people with higher social status and moral engagement.

Reflection:

I strongly agree with the statement that not all the approaches to bully prevention are equally effective. However, there are different types of programs that focus on raising awareness of bullying and its consequences. In this article, the author points out a lot of different scenarios to explain the idea. I like how the author gives examples of varying studies, like when the teacher shows more emotions to the kids; they are more likely to have good behavior and be less aggressive; this proves that not only the teacher but all the adults should be showing more emotions to improve their behavior to prevent bullying. In addition, this article is straightforward about the consequences in different age groups and how we can help prevent such things from happening.

Quotation:

“Families matter, too. Bullying in schools sometimes arises from harsh parenting practices or sibling bullying at home.”

Conclusion:

Throughout this research, I have learned a lot about the consequences of bullying. The harsh outcome of being the victim and the long term effect that they face. I mainly knew about the process of how people bully one another. I had witnessed once when I didn't, nor did people around it, have the power to stop that. At that time, I felt helpless, and now thinking about it makes me feel guilty for not stepping in and helping. A study showed that young people who had

being bullied repeatedly had lower self-esteem and higher depressive symptoms than young adults. Victims facing bullies should immediately get help before they get weak and feel hopeless. They should never feel demotivated because of someone else's action toward them. Whenever people witness those actions, they should be brave and help them.