



BULLING

Subject: Research Methodology

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Methodology

The first step of the project was to decide on a topic, and we chose bullying. Then, we performed desk research on topic on the Internet. The topic of bullying is present in many different online sources, but the most trustful and helpful source was the website “stopbullying.gov” which is an official website of the United States government. The website had very interesting and useful content which we needed for the presentation.

We chose the most relevant quotations for our topic which were taken from Google Images. We also used three pictures from Google and we came up with the quotation “Why putting someone down, when we can lift them up and make the success together.”

Finally, we designed a questionnaire about bullying, which we sent to our family members and friends ranging from ages 10 to 22. Once we collected the responses from the questionnaire, we conducted the questionnaire analysis.

We have asked for ethical approval from the parents of the children under 18.

Bullying



What is bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious lasting problems.

In order to be considered bullying, the behavior must be aggressive and include:

An Imbalance of Power: Kids who bully use their power- such as physical strength, access to embarrassing information, or popularity-to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Types of bullying:

There are three types of bullying:

Verbal, Social and Physical.

Verbal Bullying - is saying or writing mean things. Verbal bullying includes:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

Social bullying - sometimes referred to as a relational bullying , involves hurting someone's reputation or relationships. It includes:

- Leaving someone out on purpose
- Telling Other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

Physical bullying - involves hurting a person's body or possessions. It includes:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

Warning Signs for Bullying

There are many warning signs that may indicate that someone is affected by bullying –either being or bullying others. Recognizing the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others ask for help.

It is important to talk with children who show signs of being bullied or bully others. These warning signs can also point to other issues or problems, such as depression or substance abuse. Talking to the child can help identify the root of the problem.

Signs a Child is Being Bullied

- Unexplainable injuries
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals
- Difficulty sleeping or frequent nightmares
- Declining grades or not wanting to go to school
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

Signs a Child is Bullying Others

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Blame others for their problems
- Don't accept responsibility for their actions
- Are competitive and worried about their reputation or popularity

Why don't Kids Ask for Help

Bullying can make a child feel helpless. Kids may want to handle it on their own to feel in control again. They may fear being seen as weak.

Bullying can be humiliating experience. Kids may not want adults to know what is being said about them, whether true or false. They may also fear that adults will judge them or punish them for being weak.

Kids who are bullies may already feel socially isolated. They may feel like no one cares or could understand.



Why putting some one down?



when we can lift them up,



and make success together.

Quotations

“Blowing out someone else’s candle doesn’t make yours shine any brighter”

“It’s okay to dislike someone, or even dislike for no reason. But it’s not okay to disrespect, degrade, and humiliate that person”

“If people are trying to bring you down it only means that you are above them”

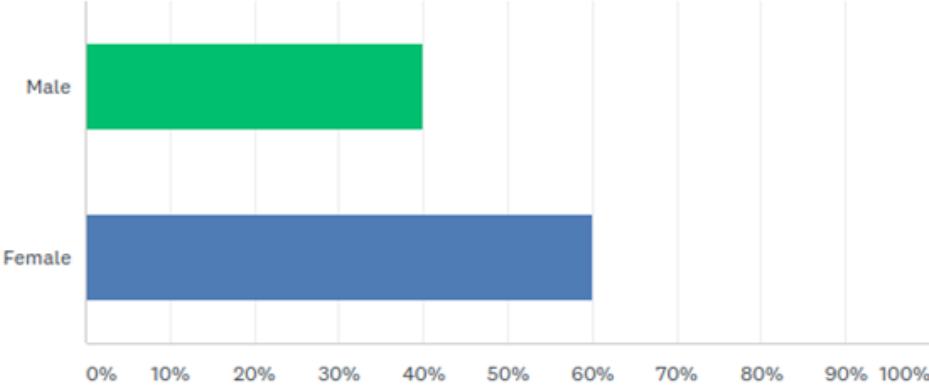
“Before you judge ME make sure that you’re PERFECT”

Questionnaire Analysis

Q1

Gender?

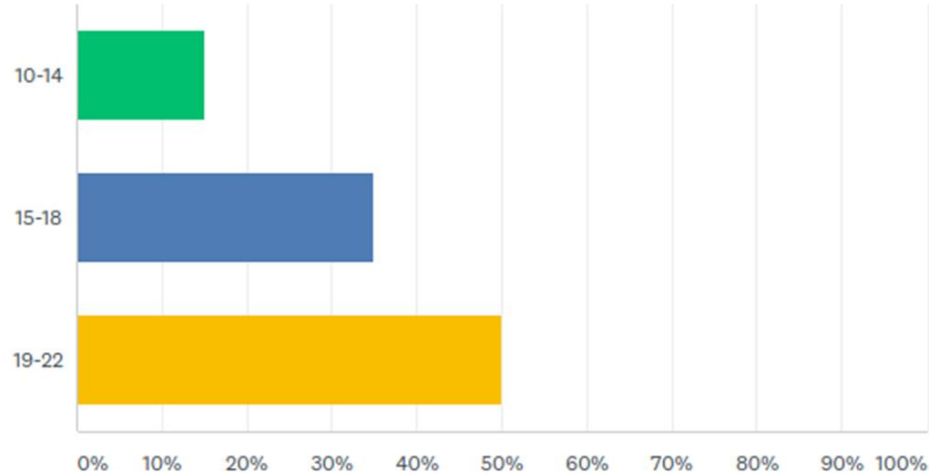
Answered: 20 Skipped: 0



Q2

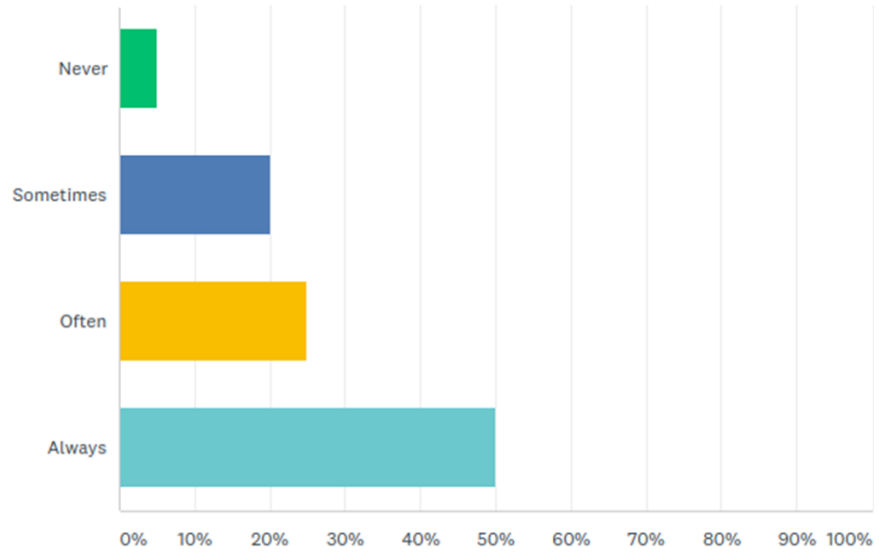
How old are you?

Answered: 20 Skipped: 0



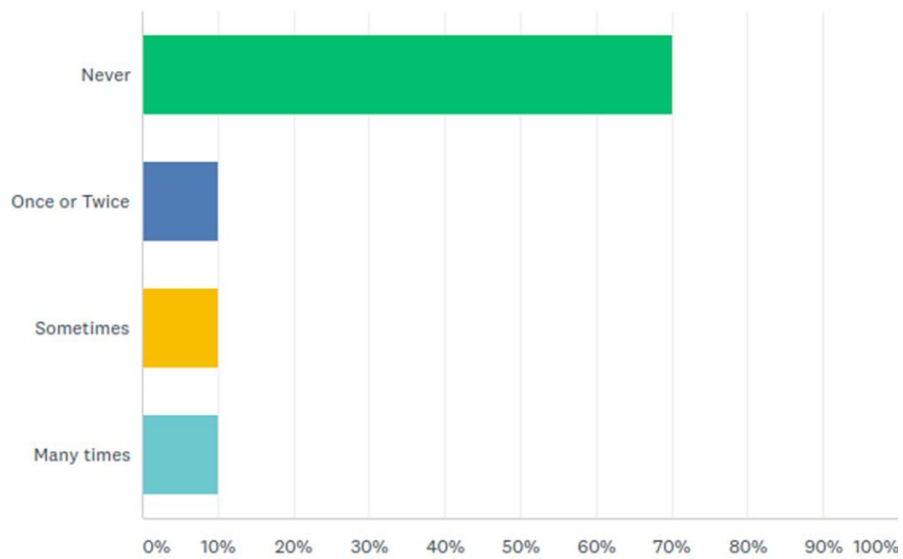
Q3

Do you feel safe in your school/university?



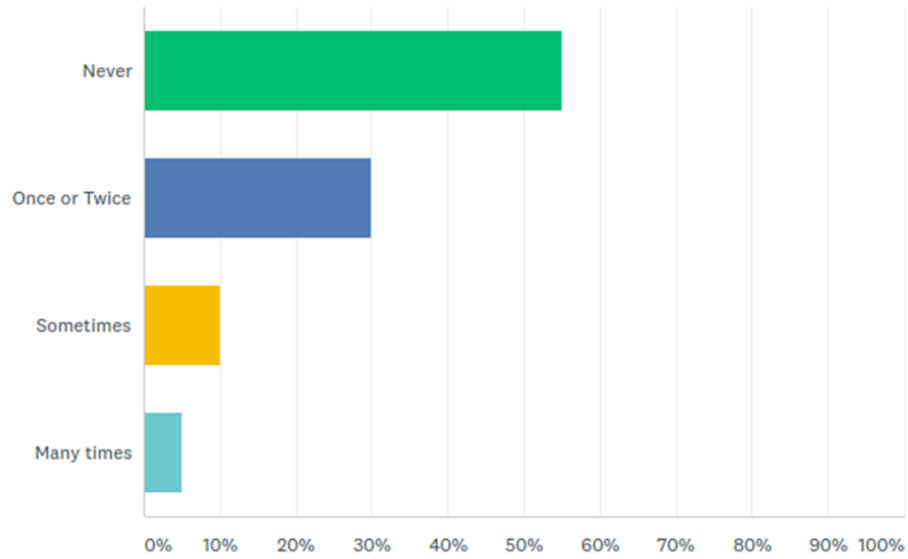
Q4

Have you ever been bullied physically?



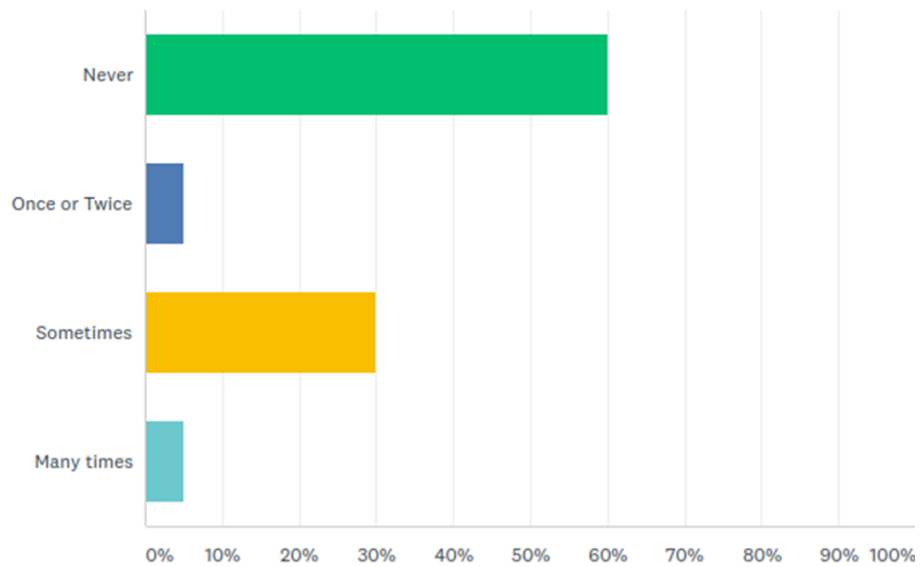
Q5

Have you ever been bullied verbally?



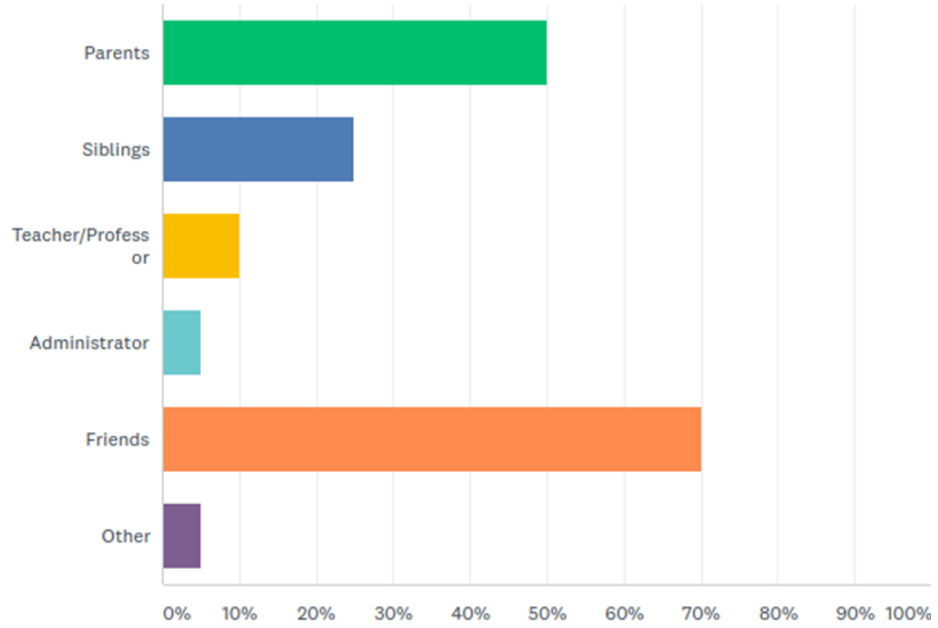
Q6

Have you ever been bullied socially?



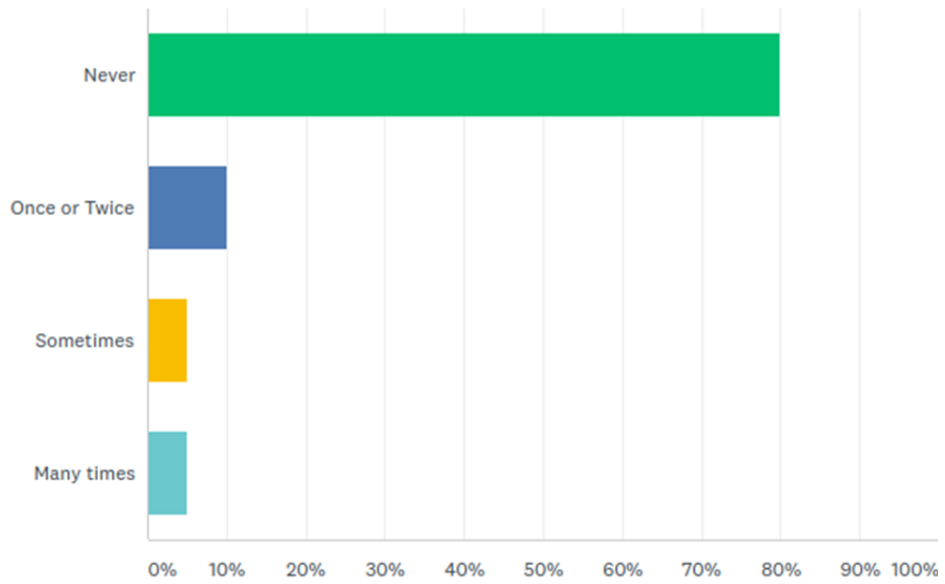
Q7

Who do you talk to if you have bullying problems?



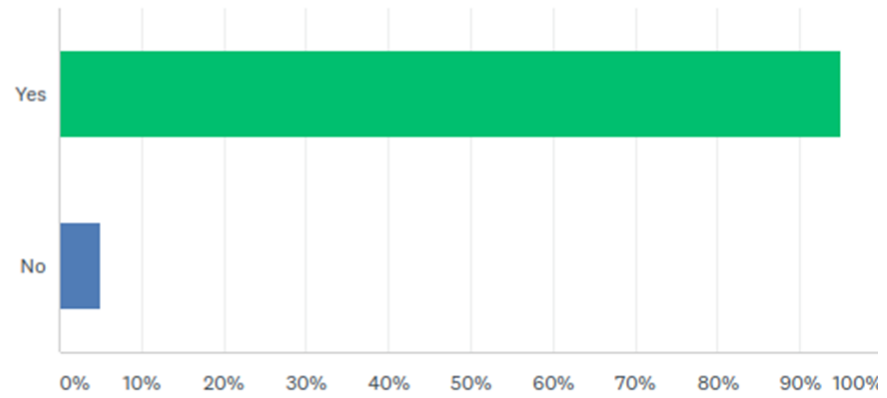
Q8

Have YOU ever bullied someone else?



Q9

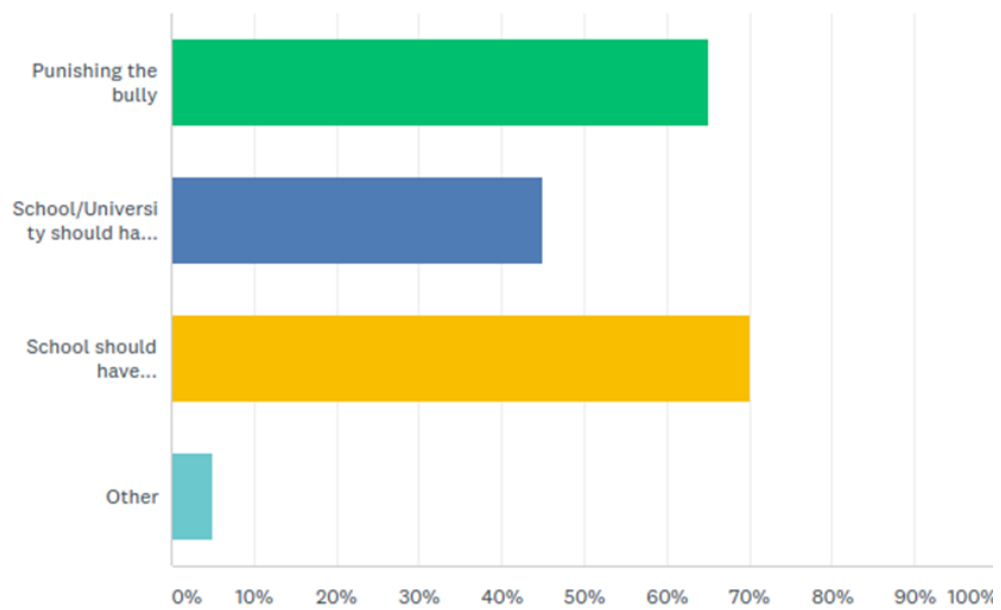
Do you think bullying should be stopped



Q10

If YES, what measures should be taken

Answered: 20 Skipped: 0



Conclusions and Recommendations

-Our research is modest and has its own limitations since family members and friends have been interviewed.

-Responses might be biased.

-It was meant more as a research exercise.

-Our research shows that BULLYING is a serious problem that requires further and deeper research.

-Awareness of the overall society about BULLING should be raised.

References

1. “What is Bullying”, published by Stopbullying.gov
<https://www.stopbullying.gov/what-is-bullying/index.html>
2. “Warning Signs for Bullying”, published by Stopbullying.gov
<https://www.stopbullying.gov/at-risk/warning-signs/index.html>



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