

# A Study of Mental Health in Relation to Bullying Among Adolescents

Ayushi Kurariya<sup>1</sup>, Dr. Geetanjali Sharma<sup>2</sup>

<sup>1</sup>M.Ed. Scholar, Oriental University, Indore

<sup>2</sup>Dean, Dept. of Education, Oriental University, Indore

**Abstract**—Adolescence is a crucial period marked by significant psychological and emotional development. The growing concern over bullying in educational settings has prompted a need to understand its implications on adolescent mental health. This study examines the relationship between bullying and mental health indicators such as anxiety, depression, emotional stability, and self-acceptance. Utilizing a descriptive survey method with a stratified random sample of 200 adolescents (13–18 years), this quantitative research employed self-constructed questionnaires and standardized tools. Findings indicate that bullying is significantly correlated with negative mental health outcomes. Victims exhibit higher levels of anxiety and depression, along with lower emotional stability and self-esteem. These findings suggest the urgent need for institutional interventions to mitigate bullying and promote student well-being.

**Index Terms**—Adolescents, Anxiety, Bullying, Depression, Emotional Stability, Mental Health, Self-Esteem

## I. INTRODUCTION

Adolescents are particularly vulnerable to peer aggression due to the rapid physical and emotional changes occurring during this stage. Bullying—whether physical, verbal, social, or cyber—is a deliberate, repetitive behavior that adversely impacts victims' psychological well-being. This paper explores the correlation between bullying and adolescent mental health, aiming to provide insight into how such behaviors affect emotional and psychological outcomes.

## II. PROCEDURE FOR PAPER SUBMISSION

### A. Research Design

The study utilized a descriptive correlational survey design. Data were collected using a self-structured questionnaire and standardized psychological tools.

### B. Population and Sampling

A stratified random sample of 200 adolescents (100 males, 100 females) aged 13–18 years was selected from secondary and higher secondary schools in India.

### C. Tools Used

- Self-made Bullying Assessment Scale
- Mental Health Inventory measuring:
  1. Emotional Stability
  2. Anxiety
  3. Depression
  4. Self-Acceptance

### D. Statistical Techniques

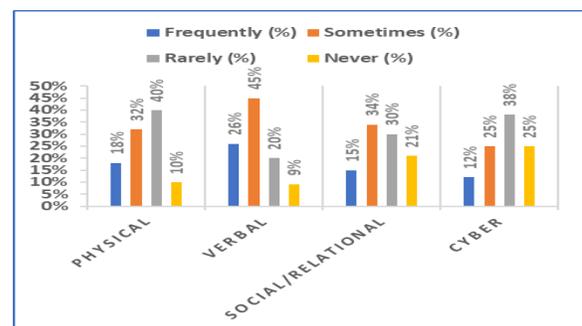
- Mean, Standard Deviation
- Pearson's Correlation Coefficient
- Independent Sample t-test

## III. RESULTS AND DISCUSSION

### A. Types and Prevalence of Bullying

Verbal bullying emerged as the most prevalent (71% reported experiencing it at least sometimes), followed by social, physical, and cyberbullying.

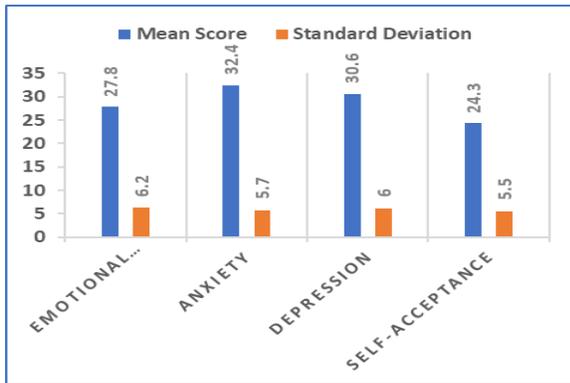
Type of Bullying	Frequently (%)	Sometimes (%)	Rarely (%)	Never (%)
Physical	18%	32%	40%	10%
Verbal	26%	45%	20%	9%
Social/Relational	15%	34%	30%	21%
Cyber	12%	25%	38%	25%



**B. Mental Health Profile of Bullied Adolescents**

Bullied students scored lower on emotional stability and self-acceptance and higher on anxiety and depression indicators.

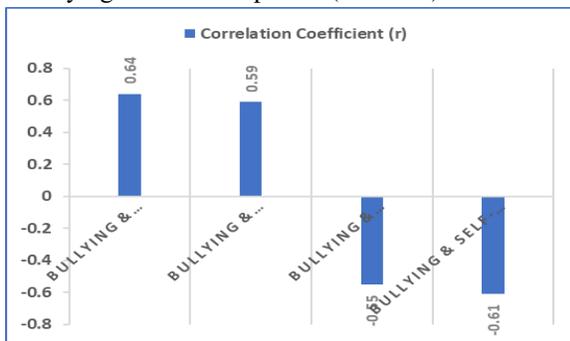
Mental Health Component	Mean Score	Standard Deviation
Emotional Stability	27.8	6.2
Anxiety	32.4	5.7
Depression	30.6	6.0
Self-Acceptance	24.3	5.5



**C. Correlation Analysis**

Significant correlations were found:

- Bullying & Anxiety (r = +0.64)
- Bullying & Depression (r = +0.59)
- Bullying & Emotional Stability (r = -0.55)
- Bullying & Self-Acceptance (r = -0.61)

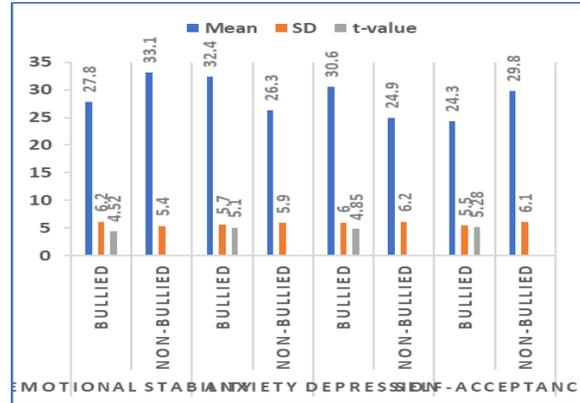


Variable	Correlation Coefficient (r)	Significance Level (p)
Bullying & Anxiety	+0.64	< 0.01
Bullying & Depression	+0.59	< 0.01
Bullying & Emotional Stability	-0.55	< 0.01

Variable	Correlation Coefficient (r)	Significance Level (p)
Bullying & Self-Acceptance	-0.61	< 0.01

**D. Group Comparison**

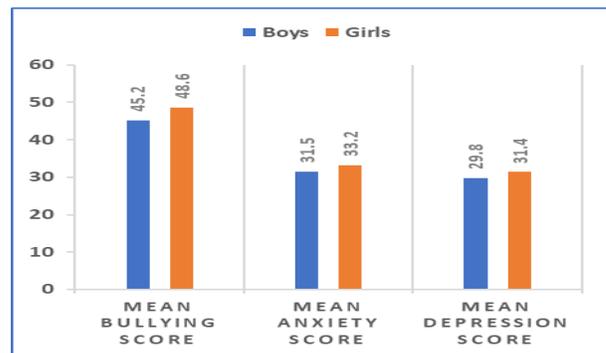
t-tests revealed statistically significant differences between bullied and non-bullied adolescents on all mental health measures (p < 0.01).



**E. Gender Analysis**

Girls reported slightly higher levels of bullying, anxiety, and depression than boys, supporting the hypothesis that gender plays a moderating role.

Gender	Mean Bullying Score	Mean Anxiety Score	Mean Depression Score
Boys	45.2	31.5	29.8
Girls	48.6	33.2	31.4



**IV. CONCLUSION**

The study confirms that bullying significantly deteriorates adolescents' mental health. Schools must implement structured anti-bullying campaigns and

counseling programs to build a safe and nurturing environment. Gender-sensitive strategies are also crucial for effective intervention.

#### ACKNOWLEDGMENT

Ayushi Kurariya thanks her guide, Dr. Geetanjali Sharma, and Oriental University for their constant support and guidance throughout this research.

#### REFERENCE

- [1] Olweus, D. (1993). *Bullying at School: What We Know and What We Can Do*.
- [2] Espelage, D. L., & Swearer, S. M. (2003). Research on school bullying and victimization.
- [3] Bowes, L., et al. (2010). Bullying victimization during adolescence: Implications for mental health.
- [4] Hawker, D. S. J., & Boulton, M. J. (2000). Peer victimization and psychosocial maladjustment.
- [5] Hinduja, S., & Patchin, J. W. (2010). *Cyberbullying: Identification, prevention, and response*.