

Psychological Health Problem and Bullying Behavior among Adolescents



MASTER THESIS: PY 499

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Research Completion Certificate

Certificate that the research work contained in this thesis titled “Psychological Health Problems and Bullying Behavior among Adolescents” has been carried out and completed by Ms. Ayesha Hameed Student No. 12001142007, Student of M.Sc Psychology, session 2012-2014, under my supervision. This study is an independent research work and carried out under given instruction and ethical consideration

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Declaration

I, Ms. Ayesha Hameed, Student No. 12001142007, Student of M.Sc in the subject of psychology, session 2012-2014, hereby declare that the material printed in this thesis titled “Psychological Health Problems and Bullying Behavior among Adolescents” is original work and has not been printed, published or submitted as research work, thesis or publication in any form in any university, research institution etc in Pakistan or abroad.

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Dedication

This thesis is dedicated to my beloved Parents, Abdul Hameed and Safia Hameed , for their care as they encouraged me, support me in each step for the successful completion of this thesis.

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Abstract

Bullying behavior in childhood has been found out associated with depression, anxiety and stress in adolescence. The objective of the study was to examine gender and age differences among bullies and comparing adolescents on depression, anxiety and stress. In present study of 113 school going adolescents (Girls=57, Boys=56) in grades 5 to 10 participated. Sample was selected through systematic random sampling technique from public and private schools in Lahore. Adolescents completed Depression, Anxiety & Stress Scale (DASS) developed by Lovibond & Lovibond (1995) and Illinois bullying scale by Espelage & Holt (2001). The results indicated that across gender ($F=8.66, p=.00$), girls showed more stress ($M=16.96, SD=8.63$) than boys ($M=12.66, SD=6.83$). Further correlation analysis indicated age significantly and positively correlated to victim ($r=.26^{**}$), bullying behavior ($r=.20^*$), depression ($r=.25^{**}$), anxiety ($r=.27^{**}$) and stress ($r=.34^*$). Father's education was also observed significantly negatively correlated to bullying behavior ($r=-.20^{**}$) among adolescents. Regression analysis was performed to identify the predictor of psychological health problems among adolescents. Analysis revealed mental health problem as significant predictor of bullying behavior ($\beta=.18, F=4.00, p<.05$) and stress ($\beta=.21, F=5.34, p<.05$). Fighting was also observed as significant predictor of stress ($\beta=.29, F=10.18, p<.05$). Victimization was observed as significant predictor of depression ($\beta=.18, F=4.12, p<.05$), anxiety ($\beta=.26, F=8.40, p<.05$) and stress ($\beta=.23, F=6.46, p<.05$). Adolescents who are bullies and also reported symptoms of depression, anxiety and stress were at an increased risk of developing psychological health related problems. The need for psychiatric intervention should be considered. Furthermore, teachers and parents can prepare mutual management plan collaboratively effective for school going adolescents.

Key Words: Bullying Behavior, Depression, Anxiety, Stress, Adolescents

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