

The Current of BULLYING and Its Implications Towards Individuals

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Abstract: *Associated with the act of intimidation, "bullying" implies the existence of a hostile context or an uncomfortable situation concerning a certain person, with a certain element being exploited to his detriment. Through this study, we aim to analyze the causes, modes of manifestation and implications of bullying, in order to finally analyze and present how to prevent and combat this phenomenon.*

Keywords: *society; bullying; implications; prevention; tackling.*

Framing subdomain: *Sociology of law*

Introduction. The human - a complex emotional being

The human being can be defined, from a psychological point of view, as an organism capable of a rationality far above the level of satisfying the basic needs, due to an evolutionary process scattered across millions of years. Blessed with a complex level of perception and understanding beyond that of the other species on planet Earth, the human used its ingenuity in order to win the battle for survival and to create an advanced civilization.

The most valuable tool of the modern man is the brain, divided into two segments: the subconscious part (the limbic brain) and the conscious part (the neocortex).

The neocortex is the part of the brain which handles the rationality, by this we refer to the operations of deduction and induction. It can be compared to a filter for all the information that arrives in the subconscious part. The events experienced by a person first go through the conscious part of the mind, where they are analyzed and explained. This component develops throughout the lifetime of the individual with the help of education and other methods used for logical understanding of the world in which we live.

The limbic brain represents the part of the mind where the emotions are present alongside an automated series of operations which help the body maintain its functions. For example, the heartbeats are done automatically by the limbic part and not consciously by the person. The subconscious is very vulnerable in the early life of a child, due to the fact that the newborn does not have any concepts developed about the medium in which he lives. In this manner, he is not able to rationalize the events happening next to him, and thus he will have no control over his own reactions.

Since the first moments of being brought to this world the brain constantly accumulates information. This gathering of data lasts up until death. The development of a certain category of emotions, positive or negative, is the consequence of several interferences. Factors with the most significant impact over the child's behavior and which can lead to the raising of an adult with good or toxic concepts are the genetically heritage, the family and the social groups.

It is important to mention that ***a childhood marked with unpleasant episodes will not imperatively create a bad behavior.*** The changing of one's direction in life can be done at any moment as an inside revelation or with the help from exterior game changers.

1. Society - where the human is created

Society is a community in which the human has chosen to exist with the purpose of satisfying some needs and to protect his rights. In this context, by separating several chores, the people built a mechanism which helped them put an end to the basic necessities such as food, protection and reproduction.

The perspective got larger and the individuals could pursue higher objectives: getting to know the world around them, the invention and innovation of methods to protect the rights and interests of everybody and others such.

Aristotle, in his book „Politics”, tells us that: „*Every citadel is a determined community and each community was formed with the purpose of a greater good, due to the fact that all act towards what they consider to be beneficial. That is the clear reason why all the communities tend to a determined good, and why the one which outshines the rest and includes all that its positive, moves towards an even higher goal*” [1]. With this line of thinking, we can say that the state, the society generally, has the role to ensure the full development of the human being on a physical, psychological and spiritual plan.

The Greek philosopher also states that: „*the citadel is a natural construction and thus the human is also naturally a political inhabitant. On the other hand, the one with no citadel (naturally and not by accident) is either above or below the human*” [2]. In this manner, one is classified as a social animal, his full potential being attainable only around his siblings.

Throughout time societies, citadels and collectivities unified in a peaceful way or by force and became states.

The state is an assembly of institutions with the objective to protect the rights of their citizens and to also assure that they respect their obligations.

A state is lead with the help of a law system and social norms, with the main goal of reaching a higher state of existence. Inside, with the help of its mechanisms, the institutions work in order to guarantee rights and freedoms, to offer the possibilities for any citizen to develop himself, to help any person in need of social assistance, to educate the future generations etc.

The Constitution of Romania states the following: “Romania is a state of law, democratic and social, in which the dignity of human beings, the rights and freedoms of the citizens, the freedom of development for the human personality, the justice and the political pluralism, in the name of the democratic traditions and the ideals forged trough the 1989 Revolution, are guaranteed” [3].

Romania, as a democratic state, ensures a freedom to the individual which helps him express convictions and pursue goals. Also, the objectives of any citizen require to be within the law limits.

2. Bullying. Definition, causes, ways of manifesting and implications

2.1. Definition of Bullying. The term “to bully” can be associated with the action of intimidating. In order to be present, the current of bullying requires the creation of a hostile context or an inappropriate situation which targets a certain person. The victim presents an element used as a reason by the author to attack.

2.2. Causes of Bullying. Firstly, a cause for someone to be bullied can be his racial origin. In this manner, the one who initiated the aggression might have some conceptions and ideas which justify, in his opinion, the fact that the target cannot be allowed to do a certain activity, to possess a certain object or to belong to a group.

Secondly, the wealth of an individual can be considered as a reason for being bullied. Therefore, in an educational institution where the majority of children have parents with above average revenue, groups can be formed with the intent to discriminate the part of the collective with low income.

A *physical disability* can also be a trigger for this phenomenon. There are cases in which persons with problems (the absence of limbs, some unusual facial features, and orthopedic prosthetics) are victims of bullies.

2.3. Ways of manifesting of Bullying. The aggressor, at the moment he decides to act as a bully, can use *language* to create an uncomfortable situation. Next, *he resorts to insults, bad jokes or the simple exploitation of the element used as the reason for his behavior*. This results in low self-esteem on the victim's part and the inability to trust in his own capacity.

Violent gestures represent a possibility for the bullying to manifest. Most of the times this is combined with the language described above.

Even if this current can be observed most often in school, it is also true that it can be present in the life of an adult at the workplace, in his family, at a certain location or highly frequented places.

2.4. Implications of Bullying. It is universally accepted that bullying affects the children on a larger scale, because they do not have the discerning totally formed and thus they are not able to control their reaction to a negative event.

As said previously, the neocortex evolves during the time of growth, the limbic brain being vulnerable to suggestions in the periods of childhood and adolescence.

Suggestion can be explained as an idea which by repeating can become a belief or it can be accepted as an absolute truth by the receiver. Emotions play a huge part which can accelerate the acceptance of the message.

The child or teenager exposed to a negative treatment will develop the convictions that what he witnessed is the truth and must be accepted as it is. For example, we can expose the classical episode of a disabled family.

A father named X is an alcoholic due to some trauma suffered during his young days. His wife, mother of child Z, works hardly to maintain the house and to provide access for the kid in the educational system. Z is insulted everyday by his own father who blames the misfortunes on him. With the repetition of this treatment, the implications can be very severe. The child can reach the conclusion that it is normal to consume alcohol and to express bad behavior towards others in order for him to feel better.

The repercussions can be resumed to the child having developed a series of conditioned reflexes with bad nature which will affect others at some point. We can say that a chain of reactions is put into motion with the perpetuation of a toxic behavior from one human to another.

The child who grew up in such an environment will end up having a behavior that is not in line with the values pursued by society in general. It will be summarized, either only by the mere imitation of the actions seen, or, against the background of an inappropriate entourage, to their amplification in a behavior that can lead to much more serious acts, even of a criminal nature.

3. Preventing and combating the phenomenon of „bullying”

The destiny of any human can be influenced first of all by his genetics, secondly by the family and lastly but not the less important, but his entourage. Even so, a person capable of self-awareness can chose at any moment of his life to make a change towards a better and more prosperous future. There are several ways of dealing with the bullying current.

More attention can be placed on the emotional education of the new generations. The people going through their first two decades of life need to be helped to realize that humans are a complex lifeform, both physical and emotional, and that they should look to form good relationships.

Social assistance should create and promote programs or to insist more on the ones already present in order to guide the adults which have suffered in their childhood and are now on a wrong path. These instruments will need to target the destruction of the toxic conditional reflexes formed in the limbic brain of the subjects and the implementation of positive concepts.

Generally the state with the mechanisms at his disposal should look forward to promoting cooperation between its citizens. It is not sufficient for the law to state the solidarity of the people, this needs to be understood and the accepted by the ordinary person.

Since a bad conduct is reached as a consequence of the repetition and accumulation of bad factors, by using these two key factors (repetition and acceptance), a normal and good state of mind can be created.

Conclusions

The bullying phenomenon can be characterized as a socially problem because it is created at a particularly level between two individuals, but it affects the entire community with the creations of inadequate attitudes. In worst case scenarios, the bullying can spread from a simple group of people to a larger scale and even affect an entire part of the collective.

In order to be reduced several systems must work together, these are the following:

- first in line is *the system which assures and protects the freedoms and rights of the citizens*, he can isolate on a general level the problem by using his authority.

- second in line is *the one who guards the health of both mind and body*, it can approach on a particularly level the bullying because it has the necessary instruments to cure one individual at a time.

- lastly *the educational system can have an influence on many levels due to the fact that it is tasked to educating future adults*. I bad behaved child today can become a social problem tomorrow.

We could state that the most important factor in dealing with this problem is the individual himself. A doctor cannot help a patient without his consent and thus everyone must have that interior desire for a change, the desire to take a stand and work together with the above mentioned systems in order to have a healthy social organism.

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