

Bullying and Violence in Adolescents of Jaipur City, Rajasthan: A Neglected Concept

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Abstract:


Introduction: Adolescent health is itself a neglected topic so as the bullying, the young fragile adolescents who are already going through physical, psychological and hormonal changes have to pay a toll by bullying and its associated violence. **Objective:** The purpose of this study is to find the proportion of school going adolescents with Bullying and Violence related behavior and its associated variables. **Method:** Total 900 students of both government and private schools having co-education facility and having all the three streams i.e., science, commerce, and arts were included. Indianized version, of YRBS questionnaire was used, the questionnaire was modified by three senior Professors of the department and made suitable for the use in Indian context. **Results:** Most of the participants were in age group 13-16 years and majorities were Hindu. Out of 900 adolescent 33.34 % belongs to high risk of Violence and bullying behaviour. Students of commerce stream (48%) break into more fight than art stream (16.80%). Approximately six percent were threatened or injured with a weapon such as gun, knife or sticks on school campus in past 12 months, majority for their self-defence only 2% did it to harm someone. Only 48 adolescents (05.30%) reported to be sexually abused and majority of abused were males (60.41%) and maximum number (68.75%) of times the Perpetrator were their dates followed by relatives. **Conclusion:** The risk of violence and bullying is relatively more in this budding generation which can be entertained by proper guidance and support by parents, teachers and friends.

Keywords: Adolescent, Bullying, Violence

Introduction:

Bullying and Violence are an aggressive behavior that can be defined as being the tough guy against someone.^[1] It is an unnecessary, violent behavior mostly among school aged children that involves an actual or apparent power imbalance. Violence and bullying are two sides of the same coin. As adolescents and school going children are so fragile to handle their emotional, psychological, physical and mental changes, they are more prone to bullying

and violence related behavior of either being a perpetrator or a victim or both. The perpetrator is a person who bullies and the victim is one who is being bullied. The impact of this, can lead to many behavioral, developmental as well as emotional disturbances, leading to stress, decreased self-esteem, anxiety, poor academic performance, depression, mood upset and even suicidal tendency. The practice of bullying is usually observed in school but places like home, workplace and even juvenile prison are not spare of such act.

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Traditionally bullying behaviors were characterized by verbal abuse, teasing, taunting, name calling, insults and threats, as well as physical aggression, such as hitting, kicking, punching, spitting and damaging the belongings of others but now day's social media had taken its place to much an extent. Unwanted use of internet and social sites are extrapolating the problem. On the other hand, it involves the use of electronic media with the purpose of causing harm, humiliation, suffering, fear and dejection for the individual who is the target of aggression, those actions can be performed via email, chat rooms, online voting booths, mobile phones and instant messaging.^[2] As there was no data available at the time of conduction of study so the actual magnitude of the problem was not assessed and that makes it the need of an hour. Hence this study was conducted with an objective to determine the proportion of schoolgoing adolescents (13-19 years) of Jaipur city with Bullying and Violence related behaviour and its associated variables.

Method:

The cross-sectional study was conducted from 1st July 2015 to 15th February 2016 of Jaipur city. Study includes students of class 11-12th of those schools having co-education facility and having all the three streams i.e. science, commerce, and arts. Schools who did not give consent and whose strength was less than 100 in class 11-12th were excluded to make study more cost effective. Sample size required was 791 at 95% confidence and 15% relative error to verify the expected minimum 18.37% of prevalence of bullying among students.^[3] This sample size had been rounded off to 900 and is adequate to cover other variables.

The permission for conducting the study and the list of schools was obtained from Chief Education Officer, Department of Education, Jaipur. The schools were broadly categorized into government and private as per the list provided. A total number of 8 schools were included for equal representation, one government and one private school were selected from each zone i.e. East, West, North and South

respectively by simple random sampling. From each selected school the list of students studying in class 11-12th was procured. Students studying science, commerce and arts had equal representation from each selected school.

Total sample size calculated was 900, so 112 students from each school were included in the study from all the three streams. A consent form was e-mailed to the majority (67.41%) of the parents and rest were sent by the speed post. Those students whose parents had given consent were included in the study. An Indianized version of Youth Risk Behaviour Survey was used to collect the data from the selected students after sensitizing them about the purpose of the study. The students were instructed to not to write their names and drop the filled questionnaire on the drop box that was placed at the corner of the room where the process of data collection was carried out, to maintain the anonymity.

Students were asked about their age, gender, height, weight, religion, stream of study, family type, no. of family members, total family income, staying with whom, education & occupation of both the parents and their indulgence in violence and bullying related behaviour including fighting, bullying, carrying weapon, feeling unsafe to go out of home and bullied by someone. The latest version of Youth Risk Behaviour Survey Performa (2015) was used as a study tool.^[4] It is a standard Performa used in many studies in India and internationally and is modified every two yearly. It collects data on - Parent's occupation and Education Score: Parental guidance is very important in constructing healthy behaviours in adolescents. Education and occupation of parents, especially of mothers has great impact hence it was decided; in consultation with three professors in the department to give more weightage to mother's occupation and education and a score was developed as follows:- Occupation wise professional degree including (doctor & engineer) and PHD professor/lecturers were scored at 6, teacher were scored 5, big

business man was scored 4, petty business and clerical was given 3, farmer was given 2, labourer was given 1 and unemployed were given 0 score. Twice the value has been assigned to mother as compared to father in the same category – for example. If father is petty business man (score 3) and mother is a PHD (score 6) lecturer then total score would be $3*1+6*2=15$. Minimum score was 0 and maximum score was 18. Hence composite score of parent's occupations is categorized in three categories as – (0–6, 7-12, 13-18) having low influence, moderate influence and high influence in child rearing.

Median score is calculated to divide the group in to two categories having good or poor parental influence. Education wise professional degree including (Doctor & Engineer) and PHD professor/lecturers were scored at 3, undergraduate was scored 2, up to senior secondary were scored 1 and illiterate were given 0 score. Twice the value has been assigned to mother as compared to father in the same category– for example, if father is professional (score 3) and mother is up to senior secondary (score 1) then total score would be $3*1+1*2=5$. Minimum score was 0 and maximum score was 9. Hence composite impact of parent's education is categorized in three categories as – (0-3, 4-6, 7-9) having low influence, moderate influence and high influence in child rearing. Median score was calculated to divide the group in to two categories having good or poor parental influence. To assess that an adolescent is at risk, it was decided that if an adolescent broke fight for ≥ 5 times in last one year and even if it was less than that but was at places other than home or school or had to be treated for it; it was considered as risk, fought for revenge, he/she was threatened or got injured by a weapon, carried any sharp instrument with him or her, felt unsafe outside home, ever bullied, physically hurt by girl/boyfriend. These components are taken from YRBS 2015.

There are 8 components (A to H) to assess overall risk regarding violence and bullying related behavior.

- A. carrying a weapon such as a gun, knife, or club
- B. carrying a weapon such as a gun, knife, or club on school property
- C. felt unsafe at school or on your way to or from school
- D. number of times someone threatened or injured you with a weapon
- E. Number of times you were in a physical fight
- F. Number of times were you in a physical fight in which you were injured and had to be treated by a doctor
- G. Number of times were you in a physical fight on school property
- H. Forced to have sexual intercourse when you did not want to.

Component 'A' had three parts (1,2 and 3) where second part (place of fight) is considered as multiplier hence overall score for component 'A' was calculated by multiplying the score of first part (frequency of fight) with second part (place of fight) and adding the sum with third part (treatment required after fight) ($1*2+3$). Similarly, component 'D' was also scored by multiplying main question (carrying sharp instrument) with its compliment (reason for carrying). Overall score ranged from 0 – 33 and divided as low and high-risk behavior using median value 1.

All data collected were entered into Microsoft excel in the form of master chart. These data were classified and analysed as per the objectives. Qualitative data was expressed in terms of proportions. Quantitative data was expressed in terms of mean and standard deviation. Inferential statistics such as Chi square test and Odds ratio with confidence interval was used to find out association. The “Microsoft Excel 2007” and “Primer” was used for analysis of the Data. Privacy and confidentiality of data was ensured by asking not to write down names of the students and collection of questionnaires was done in a sealed carton with a thin slit. After the completion of study, the team of investigators had

conducted a health talk addressing the common health issues of adolescents giving more emphasis on violence and bullying related behaviour in each selected school.

Operational Definition:

Bullying and Violence: Bullying and Violence are an aggressive behavior that can be defined as being the tough guy against someone.^[1]

Results:

Most of the participants (67.56%) were in age group 13-16 years and majorities were Hindu. Almost equal proportion belongs to nuclear (50.3%) and joint (49.7%) family respectively. Sixty seven percent belong to middle-class; only 8% belong to upper class. Twenty nine percent

Table 1 : Violence and Bullying related Behaviors in relation to Socio-demographic characteristics (N=900)

Variables	High (n=300) n (%)	Low (n=600) n (%)	P Value	Total
Age Group (in years)				
13-16	204 (33.55)	404 (66.45)	0.900	608
17-19	96 (32.88)	196 (67.12)		292
Family Type				
Nuclear	142 (31.35)	311 (68.65)	0.229	453
Joint	158 (35.35)	289 (64.65)		447
Sex				
Male	175 (34.65)	330 (65.35)	0.380	505
Female	125 (31.65)	270 (68.35)		395
Socio Economic Status*				
Upper	26 (35.13)	48 (64.86)	0.316	74
Upper Middle	101 (37.13)	171 (62.86)		272
Lower Middle	111 (33.33)	222 (66.66)		333
Upper Lower	50 (27.62)	131 (72.37)		181
Lower	12 (30.00)	28 (70.00)		40
Occupation of Parents (Influence Score)				
Highly	64 (30.77)	144 (69.23)	0.339	208
Moderate	153 (35.75)	275 (64.25)		428
Low	83 (31.44)	181 (68.56)		264
Education of Parents (Influence Score)				
High	140 (32.56)	290 (67.44)	0.852	430
Moderate	45 (35.16)	83 (64.84)		128
Low	115 (33.63)	227 (66.37)		342
Subject				
Science	107 (31.56)	232 (68.44)	0.590	339
Commerce	137 (33.74)	269 (66.26)		406
Arts	56 (36.13)	99 (63.87)		155
BMI				
Under Weight (<18.5)	123 (36.61)	213 (63.39)	0.144	336
Normal Weight (18.5-23)	121 (31.11)	268 (68.89)		389
Overweight (23-27.5)	38 (28.36)	96 (71.64)		134
Obese (>27.5)	18 (43.90)	23 (56.10)		41
School Type				
Government	159 (32.12)	336 (67.87)	0.434	495
Private	141 (34.81)	264 (65.18)		405

**Modified Kuppaswamy Classification 2015.*

Table 2 : Frequency of breaking into fight according to stream of subject (N=237)

Number of times fight in last one year	Science n (%)	Commerce n (%)	Arts n (%)	P value	Total (%)
1-4 times	68 (81.92)	91 (79.82)	33 (82.50)	0.000	192 (81.02)
5-7 times	7 (8.43)	12 (10.52)	5 (12.5)		24 (10.12)
8-10 times	6 (7.22)	7 (6.14)	0 (0.00)		13 (5.48)
≥11 times	2 (2.40)	4 (3.50)	2 (5.00)		8 (3.38)
Total	83 (35.02%)	114 (48%)	40 (16.8%)		237 (100)

Table 3 : Association of place of fight according to school type (N=237)

Place of Fight	Government. n (%)	Private. n (%)	P Value	Total (%)
Home	26 (21.13)	32 (28.07)	0.021	58 (24.47)
School	69 (56.09)	71 (62.28)		140 (59.07)
Other place	28 (22.76)	11 (9.64)		39 (16.45)
Total	123 (51.89%)	114 (48.10%)		237 (100)

Table 4 : Association of place of fight according to Mother's Education (N=237)

Place of Fight	Illiterate n (%)	Senior sec and secondary n (%)	Under graduate n (%)	Postgraduate and Professional n (%)	Total n (%)	P Value
Home	9 (31.03)	9 (31.03)	9 (31.03)	9 (31.03)	9 (31.03)	0.045
School	17 (58.62)	17 (58.62)	17 (58.62)	17 (58.62)	17 (58.62)	
Other place	3 (10.34)	3 (10.34)	3 (10.34)	3 (10.34)	3 (10.34)	
Total	29 (12.23%)	29 (12.23%)	29 (12.23%)	29 (12.23%)	29 (12.23%)	

and 23% of the adolescent belong to the category of parents positioned at 'low' and 'highly positive parental influence' based on their parent's position occupation wise. Combined education score of parents depicts that majority (48%) of the study population had their parents highly positioned while 38% were at Low position.

Overall scores of Violence and bullying behavior depicts that out of 900 adolescent 33.33 % belongs to high risk. Overall risk (based on combined scores) was not associated significantly with any of the socio-

demographic characteristics (Table 1). The association between BMI and violence/ bullying related behavior was insignificant although, out of 300 individuals having high score for violence and bullying, 41% were underweight and 18.6% were overweight. When individual behavior related to violence and bullying was analyzed with relevant socio demographic characteristics, it was observed that students of commerce stream break into more fights 48% vs 17% in art stream (P=0.000). It was also observed that approximately six percent (5.78%) were threatened or injured with a weapon

such as gun, knife or sticks on school campus in past 12 months, majority for 1-4 times (81.02%) while 3.5% for more than 11 times (Table 2).

Adolescents of government school break into fights more frequently at places other than school and home as the difference is statistically significant ($P = 0.021$). Maximum fights were as school (59.07%), followed at home (24.47%) and other places (16.45%). Adolescents of government school break into fights more frequently at places other than school and home as the difference is statistically significant ($P=0.021$).

Maximum fights were as school (59.07%) followed at home (24.47%) and other places (16.45%). Proportion of children fighting at school and at home was similar in both private and government schools 62.28% vs. 56.09% and 28.07% vs. 21.13%, respectively. (Table 3)

Significant association was seen between mother's education and place of fight. Frequency of fight was seen less at home among the adolescents whose mothers were educated as compared to the uneducated ones ($P = 0.045$). (Table 4)

Males and the adolescent of younger age group (13–16 years) were more aggressive; as they fight to take revenge in higher proportions (81% males vs 18% females, Odds ratio = 3.553; 95% C.I being 1.333 to 9.468, $P = 0.012$ and 89% in 13-16 years vs 11% in 17-19 years, odds ratio = 3.96 95% C.I = 1.182 to 13.256) respectively.

Discussion:

Bullying is never seen as a serious issue and is neglected in Indian schools. In present study, overall proportion of Violence and bullying was 33.34%, it may be because bio-psychological changes are dominating other socio-demographic factors. Because of homogenous bio-psychological stage the group shows homogenous response in violence and bullying; Michelle Ralil da Costa saw similar

proportion, more than double the prevalence (76%) was found by Muna Al-Saadoon as the study was done in year 2006-07 and in Oman.^[1,5] This prevalence was less i.e. 1.4% in study done by Deborah Carvalho Malta due to change in location and culture.^[6]

In present study maximum adolescent were bullied at school (15.56%), similar proportion was found by Alida Bouris but a larger proportion i.e 70.5% and 80% was found by Muna Al-Saadoon and Michelle Ralil da Costa.^[1,5,7] In present study adolescents abused once in their life time were 5.33% whereas double the proportion (13%) was found in study done by Aravind Pillai the difference may be due to the fact that in our study its self-reported and it considered culturally bad, so adolescent might have avoided telling.^[8] Proportion of adolescents who were involved in violence is 33.34% in present study, same was found by Sabanur Cavdar^[9] (41%) and Subhashish Swain^[3] (33.07%) whereas it was one-third (10.3%) in study done by Deborah Carvalho Malta^[6], Alida Bouris^[7], Michelle Ralil^[1] da Costa. Generally, bullying is considered as normal in a school environment; however, studies have reported that bullying can lead to suicidal tendency and activities.^[10,11]

During past 12 months 10.4% of the adolescent carried sharp instrument with them double the proportion was present in study done by Subhashisa Swaina i.e. 25.84%, whereas similar proportion (12.6%) was found by Chitra Chatterjee where the causes were self-esteem/pride, protection from animals and protection from other human beings if assaulted upon.^[3,12] Proportion of adolescent who were bullied was 24.11% (217/900) whereas Subhashisa Swaina reported that 30.32% were bullied.^[3] Students being bullied tend to become depressed and rebel against the person or students and try to take revenge either in school or outside. Clustering of factors such as being the victim of violence, bullying, and carrying sharp objects to school predisposes more risk of violence behavior;

and especially among boys, aggressiveness, manliness, and peer group effect were found to play important roles.

Conclusion:

In the study it was concluded that maximum of the students who belonged to the age group of 13 -16 years, were belonged to middle class family, students from the government schools & the students who were in commerce stream were involved in bullying and violence.

Recommendations:

As per the present study, the adolescents were at added risk of bullying and violence in their fragile age. Taking this as a risk factor, all school should select at least 4-5 teachers of emotional quotient and communicational skills to be trained in identifying and counseling students vulnerable for risk behaviors. Teachers should select students of stable psychosocial behavior in each class and guide them to help their vulnerable peer and report names of vulnerable peer so that he or she can be counseled and this will help in reducing violence and bullying. There should be identified psychologists for each school to refer students in need of counseling and treatment.

Limitations:

1. Although the study is a decade old but the result can be generalized to the population as the sample size was sufficient for the representation.
2. The study was conducted using standard protocol but the probability of error can be there as the behaviors were self-reported by the students.

Declaration:

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Conflict of Interest: Nil

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