Bullying & Quality of life of adolescent students in Karachi

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ABSTRACT

This paper investigates the extent to which bullying affects the quality of life of an adolescent. Bullying is everyone’s problem from student to teacher to parent. A person suffers from bullying in his/her daily life but in adolescent age as the child undergoes major changes in his health and mental stage, bullying may have a pronounced affect on his/her future living status as well as the decisions they make in their life. The study was conducted using cross sectional method and sample of study is composed of 415 mid to high school students of Karachi. Data were collected by using Olewus Bullying questionnaire and Dartmouth COOP charts. The assessment of quality of life is composed of seven factors, including physical fitness, emotional strength, social support, pain, overall health, change in health and daily activities. The findings of the study shows that 84(20%) of the student were bullied once or twice in school, 65(15.57%) of the students were bullied 2 or 3 times a month, 39(9.4%) reported to be bullied once a week and 44 (106%) students reported to be bullied several times. To determine the relationship between being bullied ANOVA was applied which shows strong correlation between events of being bullied and effects on physical fitness and overall health ratings, with mean square of 11.6 and 6.28 , with p-value of 0.0001 and 0.003, respectively. The analysis determines no correlation between being bullied and its effect on emotional status and body pain variables, but shows strong correlation with health of adolescents

Keywords: School bullying, Adolescence, Private Schools, Students