Mobbing, digital mobbing og psykisk helse hos barn og unge i Tromsø

Engl. transl.: Bullying, cyberbullying and mental health amongst children and adolescents in Tromsø

# Keywords

* Bullying
* cyberbullying
* digital harassment
* mental health problems
* SDQ

# Details

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## Topics

* Internet usage, practices and engagement
* Wellbeing
* Risks and harms
* Online safety and policy regulation

## Sample

The data is from the 2013-14 school year and includes students from to youth schools, a combined children and youth school, and two children's schools. Two of the schools are located in central Tromsø, and three are in different parts of the city outside the centre and are therefore considered representative for all of the schools in the city. The sample included 1321 students, 878 of whom participated in the research project. (66.5% response rate). The sample included an equal number of girls and boys.

## Implications For Parents About

## Implications For Educators About

## Implications For Policy Makers About

## Implications For Stakeholders About

# Abstract

A selection of schoolchildren (age 9-16 years) participates in the research project «Well-being in Tromsø». Their schools carry out a comprehensive survey of the schoolchild environment over several years. This article presents some of the results from the project's first year (2013/14, N = 878) and shows findings about the relationship between mental problems and various forms of bullying and harassment. Main findings: There is a significant difference in the reported mental health between the groups «Bullied» and «Not bullied». This relation is evident for all types of harassment (physical, verbal, social, cyber), and cyberbullying has a negative effect similar to the traditional forms. Good peer relation is the factor that seems to give the greatest protection against bullying.

# Outcome

There is a significant difference in the reported mental health between the groups «Bullied» and «Not bullied». This relation is evident for all types of harassment (physical, verbal, social, cyber), and cyberbullying has a negative effect similar to the traditional forms. Good peer relations is the factor that seems to give the greatest protection against bullying.