Who Suffers Most From Being Involved in Bullying-Bully, Victim, or Bully-Victim?

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## Topics

## Sample

The study was conducted among Estonian students from grades 5 to 9 (n=2048).

## Implications For Parents About

Parental practices / parental mediation

## Implications For Educators About

Other

## Implications For Policy Makers About

Creating a safe environment for children online

# Abstract

Bullying has been associated with many mental health problems. The effect of bullying has been found to be affected by the way students are involved in bullying. The purpose of the study was to explore the association between mental well-being, hopelessness, and being involved in bullying (as a bully, victim, or bully-victim), and to detect more harmful bullying types to students’ mental well-being.

# Outcome

"The odds for being severely distressed (ie, students expressing both poor mental well-being and hopelessness) were greater for both sexes bullying others and being victims of bullying. For bully-victims the odds were greater for girls only. The victims of extensive cyber bullying expressed the lowest level of mental well-being for both sexes." (Mark et al., 2019, p. 136). "Boys might be the most vulnerable if being pure victims, while girls if being bully-victims. More attention should be paid to cyber bullying, as victims of extensive cyber bullying had the lowest level of mental well-being." (Mark et al., 2019, p. 136).