

Bullying's Cruelty and How to Decrease it in Schools

Raiki Fukushima

43190690

Hakuoh University

Faculty of Education

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In Japan, there were six hundred thousand bullying cases occurred in public schools in 2019. (Figure 1). Generally, victims of bullying feel lonely and develop a distrust of other people. In addition, bullying gives victims long-term bad influence even when bullying stop, because they cannot forget the fact they were bullied, and they lose their connections with other people, so their minds have been hurt. Therefore, it is very important to understand its cruelty and how to decrease it. There are three points: victims' state of mind, bullying's cruelty and how to decrease bullying.

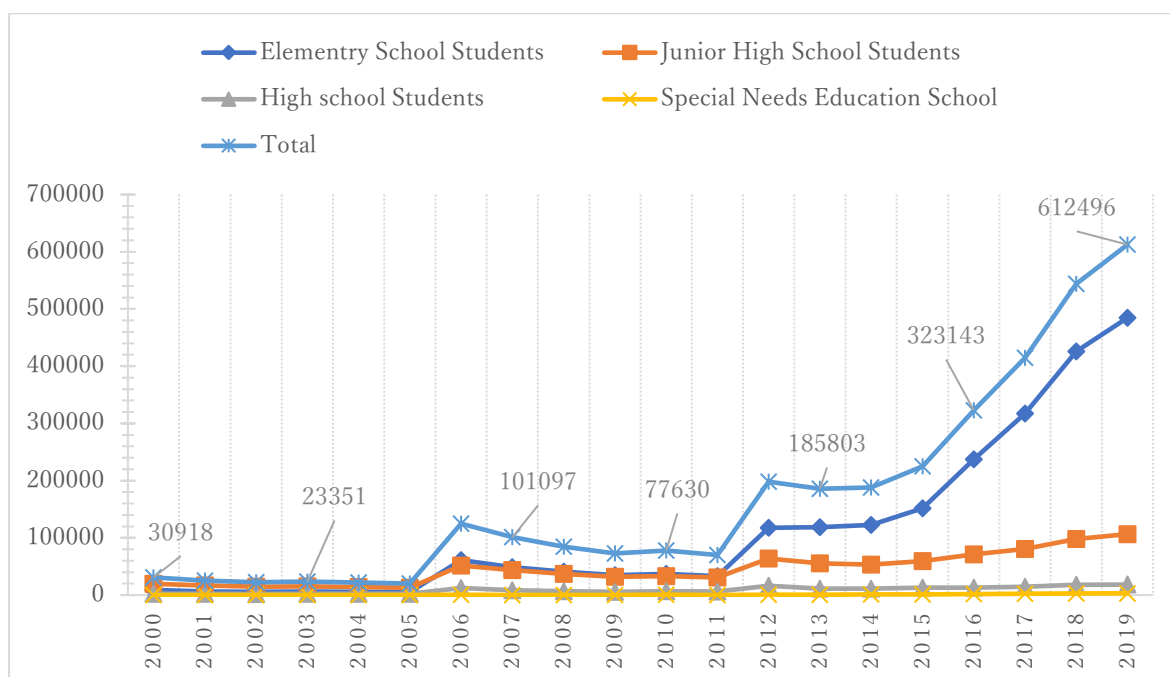


Figure 1: The Number of Bullying in 2019, adapted from [R01 児童生徒の問題行動等調査結果公表資料 MEXT 2020 \(https://www.mext.go.jp/content/20201015-mext_jidou02-100002753_01.pdf\)](https://www.mext.go.jp/content/20201015-mext_jidou02-100002753_01.pdf)

First, victims tend to feel lonely, hurt, painful by being bullied, so it is very important to understand victims' state of mind. Victims tend to think that cause of the bullying is their action and things about their nature, for instance, appearance, personality, words they said

and so on. However, it is not correct to think so. Generally, they bully with their selfishness and lack of discretion (Aitani, 2012), so victims need not to think seriously about bullying's cause. In addition, victims tend to have much stress, because they cannot discuss their injury easily and sometimes suffer from mental illness like depression.

Second, understanding bullying's cruelty is very important in order to decrease it.

Bullying sometimes prevents victims from going to school, because they distrust other people especially, bullies. Figure 2 shows that students who refuse to go to school reason for bullying in 2019 (MEXT, 2020). It tells us that so many students suffer from going to school.

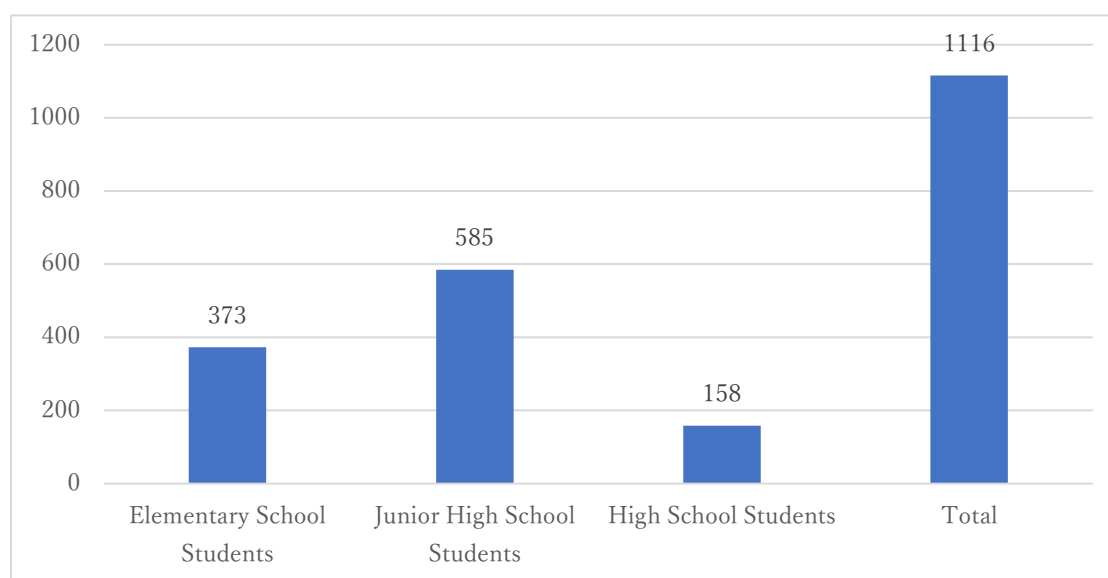


Figure 2: Students Who Refuse to Go to School in 2019, adapted from [R01 児童生徒の問題行動等調査結果公表資料 \(mext.go.jp\)](https://www.mext.go.jp/content/20201015-mext_jidou02-100002753_01.pdf) MEXT 2020 (https://www.mext.go.jp/content/20201015-mext_jidou02-100002753_01.pdf)

In addition, Figure 3 shows bullying's cruel situation. It says that bullies often use verbal abuse and teasing when they bully (MEXT, 2020). It is sure that verbal abuse and teasing is very easy to act, however victims feel so lonely, painful, and heartbreaking by being used

them. In addition, everyone has at least one inferiority complex, so bullies should not say verbal abuse and tease victims about their inferiority complexes, so in order not to become bullies, people should not forget this fact: verbal abuse and teasing is the most common method to bully.

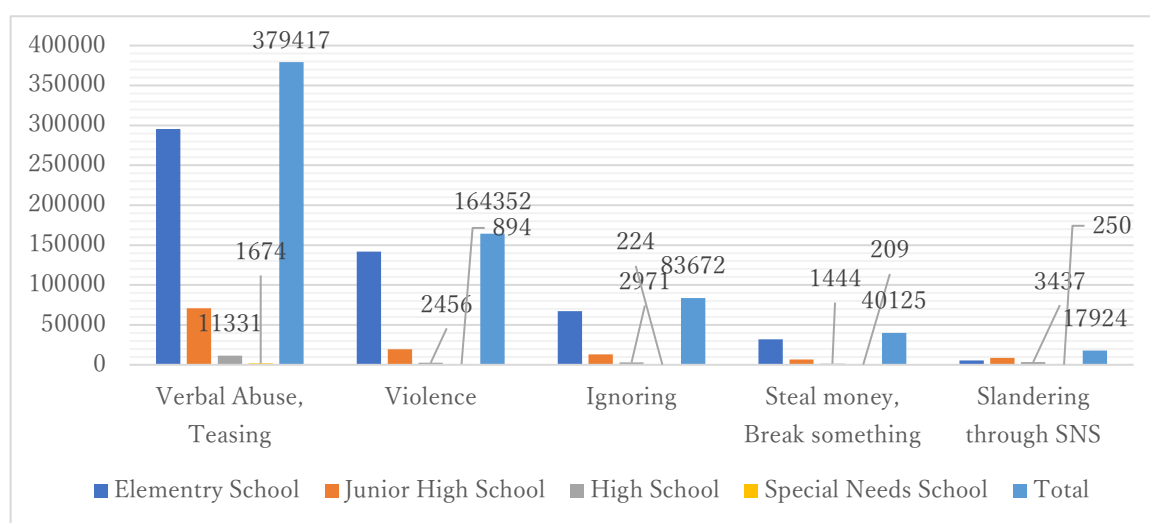


Figure 3: How to Bully Victims in 2019, adapted from [R01 児童生徒の問題行動等調査結果公表資料](https://www.mext.go.jp/content/20201015-mext_jidou02-100002753_01.pdf) MEXT 2020 (https://www.mext.go.jp/content/20201015-mext_jidou02-100002753_01.pdf)

Moreover, unfortunately, victims sometimes commit suicide. According to the Ministry of Education, Culture, Sports, Science and Technology, ten students committed suicide relating to bullying in 2019 (Figure 4). Therefore, even if bullies feel easy-thinking when they do, victims think seriously and sometimes unfortunately commit suicide.

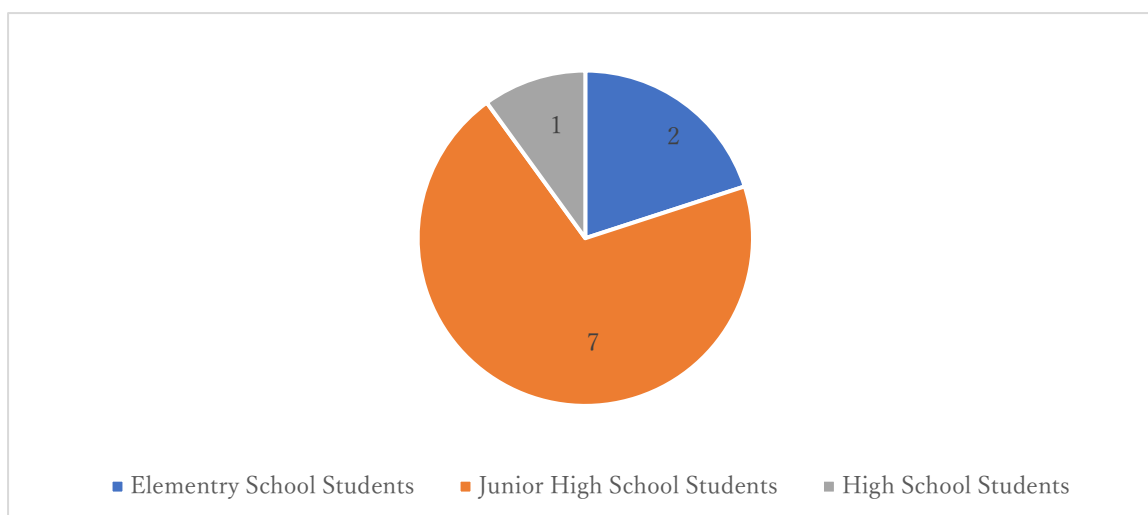


Figure 4: The Number of Students Who Committed Suicide in 2019, adapted from [R01 児童生徒の問題行動等調査結果公表資料](#) MEXT 2020 (https://www.mext.go.jp/content/20201015-mext_jidou02-100002753_01.pdf)

To sum up, generally, they bully with cheap thoughts, however victims receive strong mental stress. Therefore, it is very important for everyone to think that “If I were done this, how I feel?” before people act.

Finally, it is necessary to think how to decrease bullying for everyone’s comfortable school life. There are two ways to decrease bullying: changing classroom norms and teachers’ and another students’ notice. It is very important to change classroom norms. According to Onisi (2015), classroom norms is that tacit agreement among the classmates that what things are considered with positively, and what things are considered with negatively. If classroom norms allow bullies to bully, they escalate their bullying (Onisi, 2015). Therefore, it is good idea to change classroom norms into classroom norms that never forgive bullying, so they will stop it, because they do not want their classmates to be considered with negatively. However, changing classroom norms is sometimes difficult, because there are about thirty

students in a classroom, so it is difficult to change all classmates' thoughts in a short-term.

Therefore, at finally, other students' and teachers' existence is the best way to decrease bullying. According to the Ministry of Education, Culture, Sports, Science and Technology, 70.8 percent cases were found by their efforts like questionnaire and other students' report. On the other hand, 17.6 percent cases were recognized by victims' appeal (MEXT, 2020). Therefore, if people want to decrease it, it is good idea to observe their friends and students very carefully, so when they look like something different, it may be bullying.

In conclusion, almost all the cases were conducted with bullies' easy- thinking, however victims tend to feel much stress, as a result, they refuse to go to school, suffer from mental illness and sometimes commit suicide. In addition, bullying tends to hide behind the school life- only 17.6 percent cases' victims complain their damages, because victims need much courage to complain their damages. Therefore, other students' and teachers' cooperation will help to find cruelty bullying earlier. Furthermore, in order not to become bullies, people should have more responsibility to their words and action.

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