



Peer Review Psychology Article

Delara, E. W. (2018). Consequences of childhood bullying on mental health and relationships for young adults. *Journal of Child and Family Studies*, 1-11.

The qualitative research article by Delara (2018) was selected due to the extensive study of childhood bullying provided by the author. Nowadays, this phenomenon has become a significant public health menace. The researcher defines bullying as “any unwanted aggressive behavior that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated” (p. 2). Numerous studies have confirmed the psychological and health impacts of the vice on victims, which often persist to adulthood. Moreover, the research is current and presents mental issues which remain underexplored. The rationale of the investigation arises from the fact that bullying has emerged as a global phenomenon and requires a thorough examination (Delara, 2018). The main consequences of bullying for young children include suicidal thoughts, developmental delays, and depression, which adversely affect academic performance and socialization. Becoming adults, victims of child abuse may suffer from social anxiety, post-traumatic stress disorder, panic attack, and antisocial behavior.

The research was based on the cognitive theory, which states that the occurrence of an event in one's life is subject to a perceptive interpretation (Beck, Davis, & Freeman, 2015). The researcher incorporated this model to explain the way social interactions and physical surroundings could permanently and negatively influence an individual's perception of the world. The selected concept is applicable as it concentrates on children's psychological issues resulted from bullying that are the primary focus of this study. Applying the theory to bullying, Delara (2016) indicates that abused juveniles will further obtain and analyze the information through negative patterns that trigger adverse consequences and responses. Among the main reactions identified in the research include worthlessness, guilt, and despair. Additionally, young ones are likely to experience physiological and interpersonal concerns that are detrimental to growth and development.

The primary objective of this qualitative research was to examine the short and long-term impacts of childhood harassments on the psychological and physiological well-being of underage people. The examiner's main intention was to gather the perspectives of juveniles who have endured challenges during their lifetime. The research incorporated 72 participants aged 18-20 years, selected through a purposive sampling technique (Delara, 2018). The investigator used unstructured questionnaires and face-to-face interviews as data collection methods to evaluate the victims' definition of bullying and long-term impact on their personalities and perceptions in adulthood. Delara revealed significant themes from the respondents' reactions, including relationship problems and mental health concerns. The investigation proved that verbally and physically harassed children were unable to maintain social relationships or engage in meaningful conversations as adults.

Moreover, the inquiry revealed that victims often experienced feelings of isolation and exclusion as a result of ongoing struggles with post-traumatic stress disorders, revenge fantasies, persistent sadness, self-medicating behaviors, and panic disorders. In terms of physiologic consequences, 37% of the respondents admitted suffering from bulimia or anorexia due to attacks on their body weights (Delara, 2018). That is why they were forced to engage in unhealthy eating habits due to low self-esteem as a result of constant body shaming by their peers. This research has provided me with useful insights regarding the issues that affect the psychological development of juveniles,

including body shaming and cyberbullying. I will use the information as a basis for therapeutic procedures that address the mental and physical aspects of growth. The theoretical foundations of the study can be helpful in informing educational policymakers, parents, and academicians of the issues surrounding child harassment and how reforms can be directed towards discouraging the vice both at home and in school settings. In summary, Delara's research is practical in developing evidence-based cognitive behavioral therapy to treat victims of childhood bullying.

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