

# Japanese Wedding Traditions

## Basic Principles On How To Deal With Bullying

By Nelda Powers

Bullying is a common problem that we have to deal with once in a while. Some of us have had to face off with bullies over a long period of time while for others it may just be an occasional problem. Bullying is defined as the habitual use of aggression to gain power over others. It also entails using coercion, threats, abuse and intimidation. Such behaviour is usually directed towards specific targets. The behaviour can often be explained by differences in race, religion, gender, class, size, strength among others. To deal with bullying, movements have been created and laws made, all in a bid to combat the rising suicide cases among [teenagers](#).

There are three basic types of abuse as regards this vice. These are emotional, physical and verbal abuse. Within the three categories, there exists physical violence, insults, coercion and intimidation. There is some differences in the manner in which abuse is perpetrated in the female and the male genders. This behaviour in females is associated with emotional abuse while male tend to be more physically aggressive. In isolated cases, both sexes may choose mockery such as when the victim looks more masculine or when both parties are adults who do not want to be considered immature.

The vice may be classified as either indirect (social aggression) or direct. The aim of bullies in the indirect form is to make the victim feel lonely. They do this by gossiping about the target, laughing at them, calling them names and even staring at them. Direct bullies openly take advantage of individuals by pushing and pulling, shoving, biting, and pinching among others

So what do bullies stand to gain by hurting other people? That is the big question. The common denominator in a majority of the bullies is the low self-esteem among them. By acting aggressively towards other people, they conceal their weaknesses; it makes them feel better about themselves. The other reason [for this](#) aggression is jealousy. Some perpetrators simply are not happy about the success of their victim.

One of the other common causes of this undesirable behaviour is a [personality disorder](#). The common forms of personalities seen are temperamental, obsessive or an excessive concern about a self-image. If they are of school attending age, they usually perform rather poorly compared to their colleagues. Within a social group, they want to be regarded with fear and respect.

In the long run, victims fall into depression, loneliness and hopelessness. These feelings may develop in to post traumatic stress disorder. Some grow up into violent people who have so much bitterness from past experiences. On the other hand, the constant abuse may help victims learn to stand up for themselves.



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Targets can be able to [deal with bullying](#) by being on the defensive rather than feeling inferior. This can only be possible when one puts on a positive [attitude](#) towards the situation. Bullies prefer weak people and can only retreat when they have been confidently challenged.

*About the Author:*

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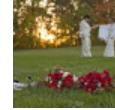


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