



THE ROLE OF CHILDHOOD BULLYING VICTIMIZATION ON ADULT ANXIETY DISORDER – CONCEPTUAL FRAMEWORK

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ABSTRACT

The study presents its conceptual framework which identifies how childhood bullying victimization leads to anxiety disorders which develop during adulthood. The model establishes childhood bullying as the independent variable while adult anxiety disorder serves as the dependent variable. The research postulates that bullying during formative years acts as a primary psychological stressor which interrupts normal emotional and cognitive development of children. The process of repeated bullying exposure disrupts the development of a person's self-concept and coping abilities through the creation of enduring emotional distress. The adverse experiences lead to people developing heightened fear responses while their body reacts more strongly to stress and their self-esteem decreases. The psychological disturbances that people experience will continue into their adult life and they will develop anxiety-related disorders. The research finds that bullies create maladaptive patterns in their victims which include social withdrawal and avoidance behaviors together with difficulties in establishing social relationships. The framework demonstrates that early negative social experiences create lasting effects on mental health which continue throughout life. The framework explains how childhood bullying victimization leads to adult psychological problems through its demonstration of how emotional trauma creates long-lasting effects on anxiety disorder development.

IndexTerms - Childhood Bullying, Bullying Victimization, Adult Anxiety Disorder, Psychological Impact, Emotional Trauma, Mental Health, Long-Term Effects, Social Withdrawal

INTRODUCTION

Childhood bullying occurs when one person or multiple people repeatedly attack a child who lacks the ability to defend himself. Bullying involves power imbalances which manifest through various methods that include physical attacks and verbal insults and social isolation and mental harassment. The process of bullying develops through its deliberate and repeated execution which leads to psychological distress for the targeted individual. The process of bullying develops through its deliberate and repeated execution which leads to psychological distress for the targeted individual. The first experiences that people have during their early years of life will determine their future development of both self-esteem and mental health conditions.

Bullying victimization refers to the situation where a person experiences multiple instances of bullying misconduct. In bullying victimization, an individual is intentionally subjected to physical harm, verbal abuse, or mental intimidation by another person. Bullying victimization occurs when an individual feels that they cannot defend themselves against another person. Bullying victimization can take different forms, including physical abuse, verbal abuse, social bullying, and mental intimidation. The person who experiences bullying victimization continuously feels both afraid and powerless. The individual believes that they lack value as a

human being. The person who experiences bullying victimization will develop mental health issues as a direct result of their experience.

Adult anxiety disorder is an assembly of mental health conditions which people experience through persistent fear and worry and nervousness. Anxiety disorders cause people to experience extreme emotions which last for long durations while regular stress and anxiety conditions emerge through unidentifiable triggers. The symptoms may include restlessness and inability to focus and irritability and muscle tension and sleep problems. Adult anxiety disorders create obstacles for people who want to maintain relationships and perform in work and live their daily lives. People who ignore their current situation will develop mental health issues and emotional distress in the future.

Psychological impact describes how an individual's mental and emotional status gets affected by their life experiences and the events they encounter. The changes may involve thoughts and emotions and behaviors which develop as reactions to both positive and negative experiences. The psychological consequences of bullying negative experiences result in various effects which include fear anxiety low self-esteem and emotional distress and poor social interactions. The changes may develop over time thus having an impact on an individual's mental health.

The effects of childhood bullying persist through adulthood and result in multiple issues which include anxiety and self-esteem issues and relationship challenges and general life satisfaction problems. The persistent effects of early life experiences show how they shape an individual's development of mental health problems throughout their life. Social withdrawal describes how people tend to stay away from social situations while keeping their distance from other people. Social withdrawal describes how people tend to stay away from social situations while keeping their distance from other people. People who experience negative situations such as bullying use this method to cope with their challenges. People who experience bullying feel unsafe during their social interactions because they think others will reject them. The practice of social withdrawal leads to low social support which results in loneliness and emotional distress that ultimately affects a person's mental health.

REVIEW OF LITERATURE

Research consistently shows that childhood bullying results in psychological harm which continues to affect people throughout their entire lifetime. Olweus (1993) defined bullying as repeated aggressive behavior that occurs between two parties who have unequal power and he showed how this behavior damages emotional health. According to Rigby (2003) children who experience bullying suffer from low self-esteem and fear plus they face difficulties in psychological development which continue into their adult years. The study by Arseneault et al. (2010) showed that childhood bullying results in higher adult anxiety and depression levels. The research conducted by Copeland et al. (2013) showed that victims of bullying tend to develop psychiatric disorders which include anxiety disorders. Takizawa et al. (2014) showed that bullying causes mental health problems which result in increased anxiety and decreased well-being while Stapinski et al. (2014) found a strong connection between bullying and social anxiety. The research conducted by Wolke and Lereya (2015) showed that bullying exerts a stronger effect on mental health than most other negative experiences that occur during childhood.

METHODOLOGY

AIM

The main purpose of the study was to clarify the connection between bullying victimization during childhood and ongoing anxiety in adulthood among individuals aged 18-60 years.

OBJECTIVE

- The study investigates how childhood bullying leads to lifelong victimization patterns in people between 18 and 60 years of age.
- The research aims to determine how many adults experience anxiety disorders.
- The study investigates how childhood bullying victimization affects the development of adult anxiety disorders.

- The research examines how childhood bullying experiences impact the psychological development of adults.
- The study aims to determine whether adults who experienced higher levels of childhood bullying victimization develop more anxiety disorders.

HYPOTHESIS

H₁: There is a significant positive relationship between childhood bullying victimization and adult anxiety levels

INCLUSION CRITERIA

The study will include participants who meet the age requirement of 18 to 60 years. All participants must be willing to provide informed consent and demonstrate the ability to comprehend and respond to the questionnaire. The study will include participants with past school experience to test their ability to remember their childhood memories. The study will include both male and female participants for research purposes.

EXCLUSION CRITERIA

The study will exclude participants who do not meet the age requirement of 18 to 60 years. The study will exclude participants who have severe cognitive impairment because they cannot comprehend or answer the questionnaire. The study will exclude individuals who have severe mental health conditions that do not include anxiety disorders. The study will exclude participants who provide incomplete or inconsistent answers and those who show signs of unwillingness to participate in the research.

DISCUSSION

The present study investigates how childhood bullying victimization affects adult development of anxiety disorders. The findings showed that early bullying experiences created a significant link which resulted in increased anxiety symptoms throughout the person's life. The study results confirm that previous research found childhood bullying acts as a continuous stressor which disrupts psychological development and causes permanent mental health issues. The research study demonstrates how early life experiences create long-lasting effects on adult psychological development while explaining how social behavior works. People who experienced social withdrawal during childhood will display different social behavior patterns throughout their adult life.

The study has multiple restrictions because it depends on self-reported data which can lead to participants making mistakes when they try to remember their past experiences. The research findings show that people need to develop a better understanding of childhood bullying while they should create programs to address its psychological effects which will help people avoid developing anxiety disorder

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