

# ***A Brief Discussion on the Current Situation of School Bullying among Junior High School Students and Its Implications for Life Education***

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**Abstract:** School bullying, as a sudden or persistent phenomenon, has adverse effects on the physical and mental health of junior high school students as well as their learning environment. Severe bullying behaviors can lead junior high school students towards a path of delinquency and crime. Life education in mental health education helps students respect life, revere life, and cultivate a correct outlook on life, thereby reducing behaviors that harm life. Therefore, understanding the causes of school bullying and formulating relevant life education strategies can provide important practical safeguards for the healthy growth of junior high school students.

## **1. Introduction**

With the rapid development of Internet information in our country, there are some videos of school bullying on the Internet, the content of which ranges from verbal humiliation to physical conflict, from single violence to multiple violence. The "generation" of campus bullying on the network platform has become an alternative way of "showing off", and some abusers only aim to watch the effect of beating people, which reflects the unhealthy psychological state of some junior high school students. Junior high school students have unstable psychological development, lack of ability to distinguish right from wrong and lack of reverence for life. Therefore, junior high school stage is a frequent bullying period. Life education aims to guide students to respect life, revere life, enjoy life and sublimate life. It is of great practical significance to study the causes of campus bullying in junior high school students, combine the preaching of life education with mental health education, strengthen students' understanding and perception of life, and guide students to establish correct right and wrong concepts and outlook on life, which is of great practical significance to the all-round development of teenagers and the construction of a harmonious society[1].

## **2. Characteristics of School Bullying**

### **2.1. Suddenness.**

In China's class-based, exam-oriented education environment, conflicts among adolescents are

inevitable in their daily study and social interactions. Adolescents, being highly emotional and typically rebellious with a strong sense of self-esteem, can easily be provoked by even minor incidents in life.

## **2.2. Escalation.**

Bullying begins as a process of probing and often begins with verbal or cold violence, such as calling the victim insulting nicknames, mocking, spreading rumors, intimidating, threatening or ostracizing the victim. However, if victims do not react or if teachers and parents do not take it seriously, bullies may escalate their actions to physical violence, extortion, framing victims, or even using controlled knives, sticks, or other weapons to attack victims. In terms of the number of bullies, it can start with one individual targeting an individual and escalate to a group targeting an individual, marking a transition in the nature of adolescent behavior that can ultimately lead to criminal acts.

## **2.3. Humiliation.**

Videos posted online reveal that school bullying now goes beyond physical violence. In many cases of female violence, humiliation is increasingly common, such as forcing victims to undress or kneel. Compared to physical harm, school bullying among adolescents often involves more shaming of their personality and self-esteem.

## **2.4. Contagiousness.**

For adolescents, gaining attention from others signifies recognition and affirmation of themselves. Bullying weaker groups can demonstrate their power and thereby increase their attention. Many videos show that when a group bullies a victim, the bullies' behavior resembles a performance, with some responsible for beating and insulting, while others record the video or take selfies.

# **3. Analysis of the Causes of School Bullying Among Junior High School Students**

The occurrence of school bullying among junior high school students is a complex issue rooted in various factors, including individual, family, and school dynamics.

## **3.1. Individual Factors**

### **3.1.1. Physiological and Psychological Transition Period**

The middle school stage marks a period of heightened psychological development and transformation, where students are situated between maturity and immaturity. The turbulence of adolescence makes them more susceptible to negative influences from external sources, leading to unhealthy psychology and ultimately triggering bullying and violent behaviors. During this period, students often experience confusion in their self-identity, making it difficult for them to approach conflicts rationally and comprehend the consequences of their actions.

### **3.1.2. Lack of Moral Cultivation and Legal Awareness**

The weakness in moral and legal consciousness among junior high school students is a direct contributor to school bullying[2]. In the face of bullying, many students choose to ignore or

participate in. Junior high school students are in the most passionate period of life, in the face of peer "invitation" or "provocation", students can even participate in violence in order to face, their own moral bottom line is not perfect, maybe leading them lack the ability to distinguish between right and wrong, and eventually go to the road of illegal crime.

### **3.2. Family Factors**

#### **3.2.1. Changes in Family Structure**

With the transformation of economic systems, many families now consist of dual-income parents who lack sufficient concern and attention to their children's spirit while facing huge economic pressure. This often results in inadequate emotional support for their children, with a focus more on material needs. This imbalance can lead to cognitive distortions in junior high school students. Additionally, the rising divorce rate has also been identified as a major factor inducing delinquency among adolescents. Students from broken families may develop feelings of inferiority and lack of parental love, predisposing them to adopt negative behaviors and stray from the right path.

#### **3.2.2. Inadequate Parenting Styles**

Good parenting styles are crucial for junior high school students to develop sound personalities during their growth. Since the implementation of the family planning policy, most families have only one child, and parents place all their attention and hopes on the child, causing significant pressure on them. During the growth of junior high school students, parents tend to focus more on their academic performance, neglecting their psychological needs. When facing problems, "violent" parents resort to physical means of discipline, leading junior high school students to believe that violence can solve problems and make others obey, thereby fostering a violent personality. On the other hand, "indulgent" parents endlessly cater to the demands of adolescents and condone their misbehavior, fostering a selfish mindset where they believe others should fulfill their every need, resulting in a sense of entitlement and superiority."

### **3.3. School Factors**

#### **3.3.1. Some teachers lack qualities and cultivation**

In the context of China's class-based teaching system, teachers, as educators of knowledge and guides of personality for students, play an unparalleled role in imparting knowledge and cultivating individuals. Both their educational methods and attitudes towards students influence the thoughts and behaviors of adolescents. Due to the wealth gap, there is an extreme shortage of teacher resources in some regions, leading to a lowering of hiring standards. This has allowed some teachers with problematic thoughts and behaviors to teach in schools, exerting adverse influences on students' ideologies.

#### **3.3.2. Inappropriate curriculum arrangement**

In China's exam-oriented education system, the idea of emphasizing intellectual development over moral education is deeply rooted. The educational goals of most schools focus heavily on student academic performance. In terms of curriculum arrangement, courses such as mental health are given limited time, and the formalization of health education courses fundamentally hinders students from seeking ways to pay attention to their own mental health. Meanwhile, the curriculum arrangement for legal education in schools is also virtually nonexistent. The main reason for junior

high school students' weak legal awareness is their lack of understanding of legal knowledge, unawareness of which violent behaviors violate the law, and the absence of legal constraints, which also contributes to the frequent occurrence of campus bullying."

#### **4. How to Prevent the Occurrence of School Bullying Among Junior High School Students and Implement Life Education Strategies**

- **Increase Teachers' Awareness of Life Education and Optimize the Teaching Staff:** In their daily teaching work, teachers should not only impart professional knowledge but also guide students to respect and revere life. When faced with campus bullying, teachers should objectively and impartially view the bullying behavior and contact parents to delve into the reform of the bullies, allowing them to receive education on the dignity of life and survival training [3].

- **Strengthen the Campus Supervision and Management System:** In addition to teachers conducting routine inspections of students, democratic supervision among students is also beneficial in constraining undesirable behaviors. The school should also enhance campus safety construction and management, ensuring the openness of the supervision system. Timely intervention should be made to stop bullying behaviors discovered on campus, preventing the occurrence of tragedies.

- **Regularly Conduct Legal Knowledge Lectures and Theme Class Meetings:** The imparting of legal knowledge should not be limited to senior grades but should permeate the entire education system. Schools should not only offer legal courses regularly but also organize periodic legal workshops and special life education theme class meetings. Teachers should avoid traditional, tedious lectures and instead use students' own examples to educate them on how to protect themselves. Students can also be allowed to role-play to experience scenarios and understand the harm and severe consequences of school bullying[4].

- **Strengthen Communication Between Schools and Parents:** Teachers can use communication tools such as parent WeChat groups to promptly report students' situations at school and send daily performance reports in the form of tables to parents, even without parent-teacher meetings, to enable parents to have a clear understanding of their children's school life. Additionally, schools can use online platforms to educate parents on educational concepts, and parents can also promptly report their children's situations at home to the school, achieving true "home-school" integration and preventing educational gaps due to family backgrounds.

- **Optimize Mental Health and Life Education Courses to Promote Students' Mental Health:** Mental health education is vital for junior high school students. In the face of pressure from school and parents, healthy outlets are beneficial to their physical and mental growth. Therefore, schools should prioritize students' mental health, reasonably arrange psychology courses, regularly open counseling rooms, and put mental health at the forefront of students' learning and living. This provides students with a place to confide when they feel lost, depressed, or anxious. Additionally, schools should enrich students' extracurricular lives with more psychological activity classes, allowing them to learn and release their inner pressures through activities.

#### **5. Conclusion**

The emergence of school bullying has brought great trouble to schools and students' families, and even caused a certain threat to social harmony. Therefore, the school carries on the life education to the students, from the psychological level to ease the students' confusion and take care of the students' emotions in life, then, we can guide the students to establish the correct outlook on life, optimize the students' learning environment, and help the students grow up harmonically and happily through the cooperation between home and school.

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