Bullying and cyberbullying: two forms of violence in schools

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ISSUE INTRODUCTION

The European Commission has also shown its concern about the problem of school bullying in recent times, financing numerous international projects and collaboration networks aimed at fighting against this phenomenon. Amongst the multiple initiatives, a special mention must be made of the report written by Downes and Cefai (2016) on the prevention of bullying and violence in schools. These authors claim that school bullying is likely to affect students’ physical and mental health, recognizing that it occurs for a variety of reasons and in all sorts of situations. It is worth highlighting that the statistics about school bullying in Europe show some countries with school bullying rates above 20% and 30%—even though our rates in Spain are situated below 10%. The most serious situations arise during the 11-to-15-year age bracket.

Despite being undoubtedly worrying, it must be emphasized that the data for Spain with regard to cyberbullying, and compared to other countries, are low too. An interesting report by Muñoz (2015) collects the findings obtained from a research survey performed with more than 5,000 youngsters in 11 European countries, and it is estimated that 8% of under-18s have undergone cyberbullying situations in Spain, once again well below other countries. And over 71% of those Spanish students under the age of 18 tell their parents, which reveals the importance of families when it comes to detecting situations of school violence. The same paper highlights the fact that “Spain has one of the world’s lowest rates of aggressions through digital media and social networks, and it is one of the countries with a higher degree of awareness about the need to report this phenomenon to the corresponding authorities when it arises.”

School bullying—regardless of whether it happens face to face or via cyberbullying—needs preventive, diagnostic, and therapeutic actions, which requires the collaboration of all the centers, families, and agents involved in the education of minors. The importance of institutions and educational policies as drivers of training programs, initiatives, and schemes meant to achieve the highest possible reduction of the incidents which still take place in Spain must not be forgotten either.

The paper authored by Downes, Naierz-Wirth, and Rusinaitė (2017) identifies the following measures, amongst others, as being essential in the action against bullying: the promotion of joint policy systems at different levels to build integrating educational centers; organizational and curricular measures in centers; promoting a suitable climate inside classrooms as well as in extra-curricular activities; encouraging social participation; training teachers in competences to meet diversity; fostering professional networks of teachers, along with the exchange of experiences and resources; developing leadership skills within management teams to work along these lines; dealing with these problems from multidisciplinary and cooperative perspectives; providing support for prevention; giving assistance to students with special educational needs; achieving the involvement of families and developing meeting spaces for them in schools; building a social community involved in the life of school centers; and designing structural and political measures suited to this problem.

The same level of concern clearly exists in Spain, as shown by the fact that the Ministry of Education, Culture, and Sport has a remarkable range of resources and reports about both bul-
yng" and cyberbullying at its disposal. Amongst these resources stands out the report by Orjuela, Cabrera, Calmaestra, Mora, and Ortega (2014) which, in addition to analyzing the situation in Spain, suggests prevention and action measures, additionally introducing the legal aspects of this problem which can under no circumstances be ignored.

Cyberbullying is closely linked to the growing penetration of ICTs at increasingly young ages. The press often echoes cyberbullying incidents, and this undoubtedly constitutes a reason for concern, not only at a social level but also from a scientific point of view, as attested by the objective data of the increased appearance of publications dedicated to this topic during the last ten years.

All these reasons explain why this issue of NAER includes a special section about bullying and cyberbullying for which four papers were selected after the corresponding blind review. The first one of them (authored by M. Foody and M. Samara) addresses the problem of bullying from the perspective of mental health and psychology professionals, taking their analysis as a reference framework to suggest measures revolving on mindfulness techniques used in school intervention programs.

González Calatayud offers a quantitative research undertaken in the Murcia Autonomous Region, where a questionnaire was used to study the phenomenon of cyberbullying between compulsory secondary education students. This paper analyzes the data for victims, obtaining very high percentages, since more than 49% of students claim to have felt as victims in bullying incidents on some occasion. Such a high percentage seems striking, since it might be interpreted in the light of what students perceive as ‘bullying,’ as opposed to what can be regarded as such by experts.

Murphy, Tubritt, and O’Higgins add another hugely relevant dimension: teacher training. They present a case study carried out in Ireland and focused on analyzing the degree of empathy and preparedness of teachers at post-primary education levels when it comes to tackling bullying situations. Their data prove the importance of empathy as a resource that teachers have at their disposal. Amongst these resources of cases can diminish more and more within a society educated in respect and equity.

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