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A study to explore bullying and its impact on the psychosocial wellbeing among the selected high school students of Udupi district, Karnataka.

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"ABSTRACT

The study titled "A study to explore bullying and its impact on the psychosocial wellbeing among the selected High School students of Udupi District, Karnataka" was carried out by Ms Reema Rai, for the partial fulfilment of requirement for the award of Degree of Master of Science in Nursing in Manipal College of Nursing Manipal, Manipal University, Karnataka.

The objectives of the study were to explore bullying using Illinois Bullying Scale, to assess the psychosocial wellbeing of students using psychosocial wellbeing Scale, to determine the relationship between bullying and psychosocial wellbeing, to determine the association between bullying and selected socio-demographic variables and to determine association between psychosocial wellbeing and selected socio-demographic variables of students studying in selected High Schools of Udupi District, Karnataka.

The conceptual framework for the study was based on systematic approach to bullying adapted from Craig and Pepler, 2000. A descriptive survey design was used for the study. Samples were selected based on simple random sampling and a total of

460 High School students belonging to Byndoor block of Udupi District were selected.

The tools used for the study were demographic proforma, Illinois Bullying Scale and psychosocial wellbeing scale. The content validity of the tools was established through suggestions of experts. Pretesting of the tools was done by administering the tools to ten students of Shantiniketan English Medium School,

Alevoor. The Illinois bullying scale has a pre-established reliability of 0.88. The reliability of psychosocial wellbeing tool was 0.75. Pilot study was conducted among 50 High School students of St. Francis Xavier's School, Udyavara.

The administrative permission for conducting the study was taken from the Dean, Manipal College of Nursing, Manipal. Research proposal with a validated tools were submitted to the Institutional Ethics Committee (IEC) and the clearance was obtained (Ref No. 883/2016)

The main study was conducted in the month of January and February 2017. Formal administrative permission to conduct the study was taken from the principals of the concerned schools. The study was conducted in St.Thomas HPS Nithyadaranagara, Sri Siddhivinayak Residential School, Green Valley National School and Vivekananda English Medium School of Byndoor block, Udupi District, Karnataka.

Among the 460 students, 280 (61%) of them belonged to the age group of 13- 14 years. With respect to gender, 294 (64%) were males. Majority of the samples belonged to class IX, 177(39%), most of the students mothers 149 (32%) were educated till PUC. Similarly, 107 (23%) of the students fathers were educated till PUC. Maximum number of the student's mothers were housewives 385 (84%). Most of the students fathers 201 (44%) were involved in farming. Most of the samples 195 (42%) had a monthly family income above Rs.20, 001. Majority 251 (54%) of the students had two siblings. Many of the students 300 (65%) belonged to nuclear family. Majority 250 (94%) of the students were staying in the hostel.

The study further revealed that bully behaviour was found to be high among the students compared to being victimized and involving in fights. The mean victim

subscale score was 5.62(SD=3.94), the mean bully subscale score was 7.31(5.55) and the mean fight subscale score was 4.05(3.73). Majority of the students 55% had high psychosocial wellbeing. Karl Pearson's correlation coefficient computed between bullying and psychosocial wellbeing is weak negative (-.26). Bullying was significantly associated with gender ($\chi^2 = 51.392, p=.00$), and area of residence ($\chi^2 = 21.526, p=.000$). Psychosocial wellbeing was significantly associated with family monthly income ($\chi^2 = 9.922, p=0.19$).

The recommendations are made based on the present study findings for future research: a similar study can be done in larger population and comparative study can be done using urban and rural population.

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