

## INVISIBLE CONSEQUENCES OF BULLYING CONFLICTS

Anyone can be insulted, boycotted, ridiculed, or harassed. On the other hand, anyone can join those who are used to mocking others.

It is believed that bullying is common only in children (8-9 years old) and teenage (10-17 years old) groups. But it's not. In adulthood, you can also face bullying at work.

Under the classical concept of "bullying," we mean a certain stereotype of interaction in a group, which is manifested in acts of deliberate, long-term violence by an individual or several members of a group that have certain advantages (physical, psychological, administrative, etc.), and which does not have the character of self-defence and is not sanctioned by normative legal acts regarding another individual. Currently, modern research indicates that the problem of bullying requires both consideration and prevention not only at the personal and interpersonal levels but also at the social and cultural levels.

Today, despite a considerable and constantly growing number of approaches and systems to the prevention of treachery and correction of aggressiveness, conflict and other factors accompanying manifestations of violence among adolescents, the problem of systematic persecution remains unresolved, and various new ways of implementing targeted aggression are only gaining distribution.

For me, any manifestation of aggression, physical and psychological, is unacceptable. From my personal experience as a non-conflict person, I can say that "bullying conflicts" began to grow younger. I mean, now, this is a widespread phenomenon among primary school children.

In this essay, I want to share some fundamental thoughts on the consequences of such conflicts. Very often, the obvious things need to be paid more attention to. However, they play a crucial role not only in bullying conflicts but also in any other conflicts.

I want to emphasize that many people think there are only two sides to bullying conflicts. In fact, there are always three sides—the one who is persecuted, the one who pursues, and the observer. At the same time, bullying negatively affects all these participants. There are significant changes in emotional and mental health. It should be remembered that if such a case happens once, it will be systematically repeated.

A significant argument for the need to counter bullying is that violence as a solution to problems in childhood develops into the perception of it as a norm in adult life. And this can lead to severe problems in everyday life.

Bullying has negative consequences for all its participants, even for those who observe and do not interfere. Bullying among children and adults destructively affects the psyche. That is why bullying must be fought.

*For victims of bullying*, the consequences are as follows:

- lost a sense of emotional and physical security and trust;
- fear and helplessness, which provokes anxiety and depressive disorders and suppresses immunity;
- a person loses self-esteem and is not able to maintain relationships with others, which leads to self-isolation and loneliness;
- a person loses interest in his activities and cannot study or work typically;
- eating disorders (anorexia or bulimia), depression and suicidal behaviour.

*The Buller* also had destructive consequences. They are manifested in cruelty, lack of empathy and further in any addiction. Such persons often fall into situations where the law is violated. Such people may experience various kinds of personality disorders and more serious mental illnesses.

*Observers* often suffer from helplessness and ethical internal conflict. They live with a constant dilemma - to intervene or stay away. That leads to mental overload, depressive states, hyperactivity, insomnia and psychological problems.

Bullying, no matter how small, can inflict profound emotional scars on anyone involved, irrespective of their role in the situation.