

# The Influence of Bullying on Asian Students on Campus

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**Abstract:** In recent years, with the continuous exposure of foreign Asian students' bullying by news media, it has gradually come into the public view. Bullying may distort the world outlook, philosophy of life and values of Asian students and cause great harm to them. Whether students, families, schools, society and the government should make efforts to prevent campus bullying, and put an end to the occurrence of it.

## 1. The connotation and current situation of campus bullying

Dan Olweus, a Norwegian scholar, defines campus bullying as follows. A student is exposed to one or more students led negative behaviors for a long time and repeatedly. Bullying is not an accident, but a long-term and frequent event.

Asian American students are traditionally regarded as "weak to be bullied". They are often bullied in school. About one third of them have been bullied. According to the latest statistical report of the Education Department of New Jersey, Asian and African Americans are the most vulnerable groups to be bullied because of their ethnicity. Nearly 40% of Asian students have been bullied simply because of race, the highest rate among all ethnic students, the world daily reported.

According to the report, New Jersey public schools reported 7500 police calls in the 2017-2018 school year, 1385 students were arrested, and nearly 25000 were involved in acts of violence, destruction, weapons, drugs, harassment, intimidation and bullying. 496 Asian students were bullied, of which 188 were bullied because of their ethnicity, which was slightly higher than that of African Americans, much higher than that of Hispanics and whites.

## 2. Characteristics of campus bullying

### 2.1 Concealment

Academically, campus bullying can be divided into bullying of relationship, verbal, physical, sexual, network, counterattack, etc., but it is difficult for people to directly identify bullying behavior based on these criteria.

Then the phenomenon of "teachers bullying students" is easy to be ignored. Some teachers will ignore bullying among students, take rosy glasses to treat students differently, and even instigate students to discriminate against a certain child.

Besides, campus bullying is most likely to occur in school toilets, dormitories and other private places, which is not easy to be found and has the characteristics of concealment.

### 2.2 More vulnerable to neglect

From the perspective of bullies, their cognition of behavior is low. They think that it's not bullying once in a while.

From the perspective of public cognition, in the eyes of many people, bullying is not called bullying, but "children are not sensible", so we don't find bullying around.

### 2.3 Great damage

On the academic level, campus bullying will have a serious impact on the students' academic

performance. 38.2% of the respondents observed that the bullied gave up their studies completely, and 30% of them observed that they were forced to transfer to other schools. 24.6% of the respondents observed that the bullies did not come to school for a short time. It is difficult to realize the four words "no influence".

### **3. The influence of bullying on Asian students on campus**

#### **3.1 The mental, physical and cognitive abilities of the victims are poor**

Bullying's harm to Asian students is not "joking", it will cause them long-term and indelible psychological problems. Studies have confirmed that bullying can make students mentally, physically poor.

First of all, if bullies and victims have physical conflicts such as beating, in most cases, the bully is not just a person, but a small group, and Asian students who are bullied are often in a weak position and will suffer physical torture and physical injury, either physical damage or the loss of valuable lives. Secondly, if Asian students suffer from long-term campus bullying, they may choose to swallow their anger and shut up because of fear. It makes the character of self-confidence even more fragile, and becomes self-abased, autistic, causing psychological shadow, affecting the formation of healthy personality. Even have weariness of learning, eventually drop out of school, affecting life. At the same time, the bully's behavior also imperceptibly affects the bully's world outlook, outlook on life and values. It is likely that in a long time, they will have resistance, indifference and one-sided views on the world, which will reduce the degree of happiness. If the bully is subjected to soft violence such as social isolation for a long time, it will cause them to lose their social ability and even be isolated, which will seriously affect the formation of their good character.

The results show that bullying of Asian students while studying abroad may last from adolescence to middle age. The results show that in almost every measure, students who have been bullied during their study abroad will encounter more problems in their life. Whether they are occasionally or often bullied, these students will have greater psychological distress at the age of 23 and 50. In addition, they are at higher risk of depression, anxiety and suicide at age 45, and poor cognitive function at age 50. In other words, the psychological and cognitive effects of bullying continue to affect their lives after 40 years.

The team also found that Asian students who had experienced bullying were more likely to face unemployment or lower wages at the age of 50. At the same time, students who had experienced bullying were also less likely to live with a partner or spouse when they were 50, call friends less when they were sick, and were less likely to meet friends in the recent period. Compared with their peers who did not have similar experiences, Asian students who had suffered bullying were not only more dissatisfied with their present life, but also more pessimistic about their future.

The stress that bullying causes is embedded in certain genes that affect hormones and brain chemicals that govern stress response, emotional and environmental sensitivity. These early signs of pain in life, if not treated, may later form a source of depression or anxiety. The second possibility is that if Asian students suffer from bullying at the beginning, they will bring more harm from their peers. Bullying creates a life-long cycle of victimization, affecting almost all areas of life.

#### **3.2 The effects of bullying on victims can also be physiological.**

Some experts hypothesize that bullying is a toxic stress that affects a child's physiological response. There is a mechanism in the human body that can drive the relationship between the mind and the body, called inflammatory response. When the body struggles with infection, it will react, causing a damage or response mechanism, leading to chronic health problems.

The Duke team assessed the behavior of victims by measuring a protein called C-reactive protein. In many chronic diseases, immune activity can be out of control and expressed in the form of inflammation, such as cardiovascular disease, diabetes, chronic pain and depression. They analyzed in a study that included victims, bullies, and children with a combination of both being bullied and

bullied. The researchers analyzed the participants' C-reactive protein, and in the short term, the effects of bullying on the body occurred quickly. The level of C-reactive protein in children with bullying is higher than that in children without bullying, and the more times of bullying, the higher the level of C-reactive protein. With the growth of children's age, their C-reactive protein levels will also increase, which is a very normal phenomenon. But surprisingly, the increase was more intense in the bullied children. Even after 10 years, the level of C-reactive protein (more than 1.5 mg / L) in young people who had been bullied as a child was still significantly higher than that of young people without such experience (about 1 mg / L). In those bullies, C-reactive protein levels were only 0.5 mg / L.

The researchers believe that the continuous threat of bullying and being bullied has physiological consequences, and over time, this experience can lead to the imbalance of biological emergency response system. These physiological changes will limit the ability of individuals to cope with new challenges and increase the risk of physical diseases.

### **3.3 Impact on bullies**

Behavioral experiments show that bullying doesn't benefit when you bully someone else. On the contrary, bullies may experience strong anger, shame and guilt when bullying others.

On the one hand, for bullies, campus bullying will seriously hinder their physical and mental health and development. The bully provides himself with a sense of superiority in the form of bullying. However, this sense of superiority is wrong and distorted. When entering the society, once this sense of superiority disappears, it will be uneasy and self denial, which is not conducive to the cultivation of good character. At the same time, bullies may become an unstable element in society. On the other hand, campus bullies are likely to be punished by the school or even the law because of their bullying behavior. At least, they will be expelled from the school and lose the opportunity to continue their study. At the same time, they will be jailed, which will affect their whole life.

### **References**

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