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## A STUDY ON IMPACT OF BULLYING ON ACCULTURATIVE STRESS OF THE MIGRATED

FEMALE STUDENTS IN KOLKATA CITY.

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### ABSTRACT

This study is aimed at determining the bullying on acculturation of the migrated female students in Kolkata city. Bullying is a still a big problem in our community, especially in student's life. Acculturation is psychological, social and cultural change that stems from blending between cultures. The following purposive sampling method a sample of 100 female students in schools, colleges and universities in the metropolitan city in Kolkata. Strong differences between students within their experiences through cultural transitions and bullying are acted like challenges and threats. The research here is based on both primary and secondary data which has been collected from books, journals, articles, reports, websites etc. The data was collected through purposive sampling. Perception of the female students are determined and regulated by the proper application of cultural liberty along with an appropriate academic climate.

Keywords: bullying, acculturation.

### INTRODUCTION

#### **Bullying:**

Bullying is repeated force, threat and aggressively dominated others. This behaviour is habitual also. Bullying is different from conflict due to its imbalance of social or physical power. The United Kingdom of Great Britain and Northern Ireland give no legal definition of bullying. So, it means, coerce, pressure, pressurize, constrain, force, harass, nag, intimidate and so on. There are four basic types of bullying behaviour – 1. emotional, 2. verbal, 3. physical and 4. cyber. Bullying spreads over from one-on-one, individual and group. Ellen, L (2012) has analysed bullying in context of rankism. In a 2012 study of male adolescent American football players, "the bullying was the perception of the most influential male in a player's life would approve of the bullying behaviour". The Norwegian researcher Dan Olweus. (2013) said

bullying occurs when a person is 'exposed, repeatedly and over time, to negative actions on the part of one or more other persons.'

1. Emotional bullying – This is very common in youth, particularly in girls. Emotional bullying is covert and can continue for a long time without being noticed (Norton, Chris, 2016).
2. Verbal bullying – Calling names, spreading rumours, threatening someone and making fun of other people are all forms of verbal bullying. Voice or speaking is the main weapon of this bullying (accordingly "Bullying Statistics, 2015).
3. Physical bullying – This bullying is hurting someone's body, Hitting, fighting, destroying possessions, stealing are all types of physical bullying. Physical bullying will often escalate over time and lead to a successful ending.
4. Cyber bullying – It is the outcomes of various and extensive uses of technology. Harassment, threats, embarrassment and targeting a person are the forms of this bullying. This bullying becomes a crime and can have legal outcomes. This includes email, messaging, face book and cell-phones.

Girls are more likely to be bullied indirectly whereas boys are directly. Bullying can cause anxiety, depression, loneliness, stress, low self system and increased illness. Bullying and suicide are very common relational factors in boys and girls. Parents and other authority figures have an important role to handle this situation.

### **Acculturative Stress**

Acculturative stress is the psychological adaptation of a new culture. This type of stress refers to the response of the immigrants due to their experiences of acculturation. Acculturation is psychological, social and cultural change that stems from blending between cultures. In group level, acculturation happens due to customs, culture, religious practice, food habits, organizations etc. And at the individual level, the process of socialization in which the foreign born people adopt the norms, values, customs, behaviours and attitudes of the dominant culture (Zong, 2015). Stress level as well as physical health are also affected of the immigrants. There are some comparative notions about the stress levels and its outcomes in health care processing (Yosai, 2016). This type of stress is manifested in various ways, such as anxiety, depression, substance abuse and many mental and physical maladaptation (Davis, 2016).

There are four strategies of acculturation- 1. Assimilation occurs when the people adopt the cultural norm of a host culture. 2. Separation happens while individuals reject the dominant culture in favour of original one. 3. Integration occurs when people are parallel balanced the original and host culture. 4. Marginalization happens when individuals reject both and cultures.

## AIMS AND OBJECTIVES

The aims of the present investigation are:

- To find out the relation between bullying and acculturative stress of the female students.
- To identify the factors which are related to bullying.
- To identify the factors which are related to acculturative stress.

## METHODOLOGY

The topic has been selected to know the impact of bullying on acculturative stress on the female college students.

### Research Hypothesis

1. There is a positive impact of bullying on acculturative stress of female students in Kolkata city.

### Sample

A group of 100 female students were selected from Kolkata city. For this research, purposive sampling technique was used and the sample size was 100. Various factors are considered for this study are as follows:

<b>Age</b>	:	17-23 years
<b>Sex</b>	:	Female.
<b>Education</b>	:	Higher Secondary to Post Graduation
<b>Duration to Living</b>	:	At least 2 years.

### Tools Used

1. **General Information Schedule:** It consists of items like name of the institutes, duration of living, age, educational qualification etc.
2. **Illinois Bully Scale:** It consists of sixteen statements answerable along five fixed categories from 'never', '1 or 2 times', '3 or 4 times', '5 or 6 times' and '7 or more times'. It is a research validated tool that can be used to measure bullying and victimization through directly surveying students. This is divided in two sections- a bullying measure that student involvement in bullying(item no. 1-9) and a victimization measure that measure the extent to which students have been victimized by bullying(item no. 10-16). There are five domains in the questionnaire, viz., communication (item No. 1,8,15,17); role (item No. 2,6,13,19); structure (item No. 3,9,11,18); responsibility (item No.

4,7,14,16) and rewards (item No. 5,10,12,20). The scoring rationale is high score indicates 7 or more times.

3. **Acculturative Stress Questionnaire** : It consists of thirty six statements answerable along five fixed categories, viz., 'strongly disagree', 'somewhat disagree', 'neutral', 'somewhat agree' and 'strongly agree' where the scoring rationale is 1,2,3,4 5,4 and 5. There are seven domains in this questionnaire, viz., about your perception toward discrimination (item no. 1-8); about homesickness (item no .9-12); about your perception toward hate/rejection (item no. 13-17); about fear (item no. 18-21); about culture shock/stress due to change (22-24); about your perception toward guilt (item no. 25-26); and about some other significant factors( item no. 27-36).

### Statistical Treatment

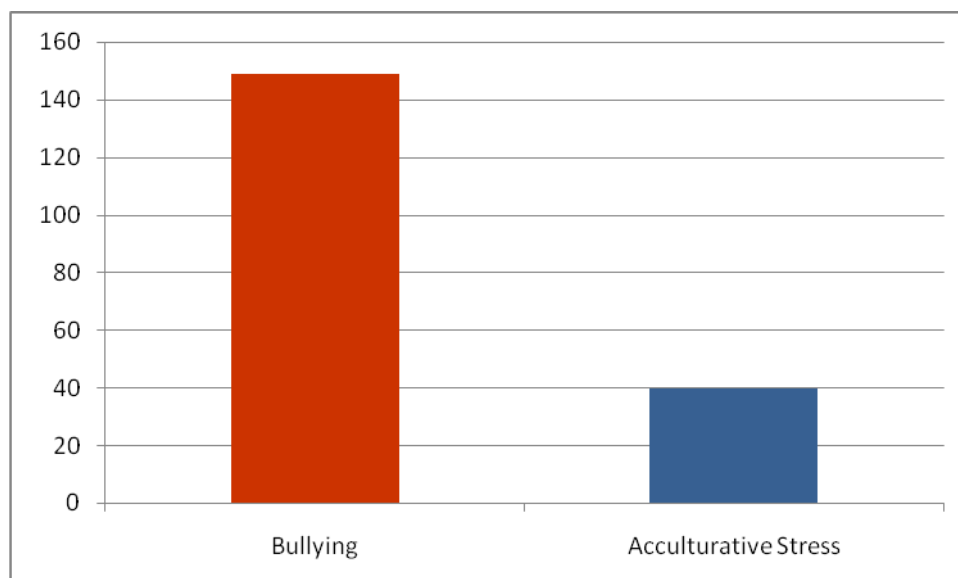
In order to determine the different characteristic features of the female students regarding the General Information Schedule, frequency and percentages were calculated.

On the other hand, in order to find out the impact of bullying on acculturative stress of the female students in Kolkata city, mean and S.D. Impact was found by applying Pearson's r correlation.

### Results and Discussion

**Table – 1:** Mean, S.D. and r of bullying and acculturative stress

	Mean	SD	r value
<b>Bullying</b>	148.71	22.69	0.34
<b>Acculturative Stress</b>	39.62	25.82	



**Table 1** Shows that mean of bullying is slightly higher than the mean of acculturative stress. So the impact of bullying almost regulates the acculturative stress. The obtained Pearson's product moment coefficient of correlation is showing that there is a positive impact of bullying on acculturative stress of female students. So, the **Hypothesis** states, there **is a positive impact of bullying on acculturative stress of the female students in Kolkata city** is accepted.

### Major findings can be summarised as:

1. There is a positive impact of bullying on acculturative stress was observed between the students of Kolkata city.
2. Students enrolled in higher educational institutions during the academic year found that significant positive relationship between positive psychological strengths and subjective well being, mentioning from hackers and educational encouragement from parents, siblings and friends.

### Conclusion

The percent study has revealed many important findings of offline victimization and cyber bullying victimization each independently contributed to elevated levels of acculturative stress.

The management and academic planners help to create a more healthy environment and build better facility for the migrated students.

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