

# Assessment of Bullying and Its Effect on Mental Health among Secondary School Students

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## ABSTRACT

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**Background:** Bullying which is a major problem in every aspect of life span is one of the biggest challenging areas within the field of education. Bullying perpetration and bullying victimization have been observed worldwide among adolescents and being victimized is associated with poor mental health. **Aim:** The current study aimed to assess bullying and its effect on mental health among secondary school students. **Methodology:** This study used descriptive correlational design, performed on 300 secondary school students in Benha city. Data were collected using Socio-demographic Questionnaire, Olweus Bully and victim Questionnaire, Mental Health Inventory. **Results:** The result of this study showed that there was significant positive correlation between total victim and total mental health (P 0.01). **Conclusion:** The common factors influenced bullying and were significantly associated with the occurrence of bullying in Benha secondary school such as: age 15>17 years, female gender and residence in urban area. Physical and psychosocial victimization were the most prevalent type of victimization among students. There was significance positive correlation between victim and mental health. **Recommendations:** The current study recommended the development of systematic approaches for students screening for signs and symptoms of bullying. Also, provide psychological counseling by psychiatric mental health nurse, school health nurse and social workers for students who exposed to bullying.

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**Keywords:** bullying, adolescence, mental health.