

THE HIDDEN WOUNDS: UNDERSTANDING THE IMPACT OF BULLYING ON LEARNING

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Bullying in schools is not always evident; its effects are profound. Beyond the physical harm or hurtful remarks, bullying causes psychological and emotional wounds that can seriously impair a student's capacity to learn and succeed in the classroom. These unseen scars can influence a child's scholastic path and general well-being for years to come, but they are frequently overlooked.

Bullying victims frequently suffer from anxiety, sadness, and low self-esteem, which can interfere with their ability to concentrate in class. Fear of running into bullies might result in a lot of absences, avoiding parts of school, or avoiding group activities, all of which reduce learning and social development possibilities.

Bullying has an impact on cognitive function as well. Persistent harassment-induced stress might impair one's ability to focus, remember things, and solve problems. Even exceptionally talented students may see a drop in their grades – not due to a lack of aptitude, but rather because managing their anxiety and discomfort takes up all of their mental and emotional resources.

Academic achievement is not the only thing that is harmed. Relationships and social skills may also deteriorate since bullied students may withdraw to protect themselves. The development of cooperation, communication, and teamwork – skills necessary for success in school and in life – may be hampered by this.

To heal the invisible scars of bullying, a proactive and encouraging strategy is needed. Teachers should receive training on how to spot symptoms of distress, and

schools should create safe spaces where children feel free to report instances. Peer support groups and counseling might assist sufferers in regaining their self-esteem and drive to study.

To sum up, bullying is a hindrance to education more than just an act of violence. By comprehending its significant influence on education and tackling it with empathy and dedication, educational institutions can guarantee that every student has the opportunity to thrive fearlessly.

References:

CORTNEY DIRUSSA, et.al, "The Bystander Intervention Model and Bystander Behavior: The Impact of School Climate on Students' Likelihood to Intervene in Bullying", International Journal of Bullying Prevention, 2025