



Bullying: A Psychological Reflection

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Editorial

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Abstract

In this article, based on audiovisual material shown on Cuban television, bullying is defined as a health problem that fundamentally affects school children at the primary and secondary levels of general education, and the fact is highlighted. that this situation that occurs in educational centers is not only «boy stuff», as some adults think, but a child and adolescent mental health «problem».

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Editorial

The current issue of Bullying or bullying, which despite the media invisibility to which it is subject, as well as its little treatment by insular mental health professionals, affects a non-negligible percentage of children and adolescents who study in primary schools and basic secondary schools of the Cuban archipelago.

With respect to this complex thematic line, the stories of *bullying* recorded in the audiovisual things for boys not only mark the reader, professionally, but also personally. Therefore, this dramatization also reflects on the role played by families and schools in supporting the «victims» of this specific type of violence that, according to child and adolescent psychologists and psychiatrists who have treated and studied.

This controversial topic, without a doubt, becomes a mental health problem, which harms both the «victims»

and the «victimizers» if we take into account the Indian-American aphorism that «what hurts the victim also hurts the victimizer».

As a phenomenon, *Bullying* is greatly undervalued, which is why it is absolutely necessary that the adults who surround these «violated» children often do not give it the importance it requires, they think that they are «boy things» and can become a very dangerous phenomenon, since the «harassed» person feels that they are alone, that they have no one to support them, because many times this happens behind the backs of the educational institution, the family, and the adults around them to those children.

Boys things arouses feelings and becomes an urgent call for attention in the guidance of our children, adolescents and young people in the difficult process of growing intellectually, humanly and spiritually.