EFFICACY OF BULLYING PREVENTION PROGRAM FOR SCHOOL TEACHERS

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DEDICATION

First and Foremost, I would like to thank the most Merciful the most Gracious, Allah Almighty. He has given me strength and encouragement throughout the whole process. I'm truly grateful for his endless unconditional love and blessings upon me. Secondly, I would like to thank, to my mother Sajida Afzal and father Afzal Mehmood, a strong and gentle soul, who taught me with utmost love to be dedicated to my work, and who gave me chance to live my dream, dream to learn and learn and never stop, without them it couldn't be possible for me to achieve this milestone of my life. I would like to thank my siblings (Zahra, Afaq, Kaynat and Iqra), for bearing me in my cranky times during this process. And special thanks to my Aunt (Khalda) who always feels proud for me, and prayed for my success. I would like to thank my dear friend (Ayesha Nadeem), for giving emotional support and immense love. Last but not the least, I would like to thank my other friends, as they tolerated me, helped me, and made efforts to make me feel better, when I was shattered, and made me stand again.

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Abstract

The present study assesses the efficacy of bullying prevention program for school teachers. In this study (2x3) between and within experimental research design was used, conducted by forming two groups of participants i.e., control and experimental group and data was assigned randomly into two groups through single blind method. A sample of (N=58) both male and female gender of age range 25-30, with Mean age 26.99 and Standard Deviation 1.52, school teachers who teaches 6-10 class, from private and government schools were taken through convenient sampling method. The intervention developed by UNICEF, Addressing Bulling in school; Training manual, Module 1 Teacher Training, was given. Identifying Bullying Questionnaire was administered at different intervals (pre, post and follow-up) to identify different bullying scenarios. The Short Handling Bullying Questionnaire scale was administered to explore teacher's strategies regarding bullying cases, pre, post and follow-up assessment was done. Six-day training of almost an hour once a week was conducted. The 2x3 mixed factorial analysis was performed to assess main and interaction effect. The results showed, that teachers ability to identify and handle bullying has been significantly improved. These results also showed an effectiveness of the manual (UNICEF) which can be further use in future researches.

Keywords: Bullying, Identification of Bullying, Handling Bullying, Addressing bullying

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List of Abbreviations

Abbreviations	Full Form
APA	American Psychological Association
SPSS	Statistical Package for the Social Sciences
IBQ	Identification of Bullying Questionnaire
SBQ	The Short Handling Bullying Questionnaire
IG	Ignoring this Situation
AD	Advice the Victim
CO	Counsel the Bully
SH	Seek Help from other Adults
DS	Discipline the bully

List of Symbols

Symbol	*Full Form*
β	Standardized Coefficient
α	Alpha Cronbach's Index of Internal Consistency
F	Frequency
M	Mean
SD	Standard deviation
%	Percentage

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