

# Influence of Parental Rearing Patterns on School Bullying Behavior of Junior High School Students

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**Abstract:** Bullying, as an aggressive behavior, has become a common phenomenon among junior high school students. The occurrence of bullying behavior can have a serious negative impact on the mental health of junior high school students. Some students even suffer from psychological problems such as depression and anxiety. Many research results at home and abroad show that personality is an important factor affecting bullying behavior. In this case, this study explores the impact of parental rearing patterns on school bullying behavior. Improving the parenting styles of junior high school students and their parenting level has become a practicable practical approach to prevent the problem of school bullying.

**Keywords:** Parenting style; School bullying behavior; Junior high school students

**Publication date:** November, 2020

**Publication online:** 30 November, 2020

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Olweus first came up with the concept of school bullying in the 1960s. It refers to individual or group of students, maliciously and often attack on the bullied with the use of verbal violence, cyber violence, behavioral violence and other ways to cause physical, psychological and social harm to students<sup>[1]</sup>. According to relevant data, about 19% of junior high school students have bullying behavior, which shows that the problem of bullying is serious for junior high school students. Parenting style refers to a collection of relatively stable parenting attitudes, behaviors and emotional atmospheres displayed by parents when educating and raising their children. Middle

school students are at the peak of their emotional and personality development --adolescence. The parenting style is the cornerstone of school education and social education. So parenting style plays a crucial role in many parts. Such as children's growth, integrity of personality, emotional development, physical and psychological maturity. Whats more, the social development and habit formation of individual also starts from the parenting style. Parental rearing patterns play a very important guiding role in the social development of individuals. The level of parental understanding and care, encouragement and rejection. The energy and time the parents invested in the child. As well as the parents role model. All above these had a significant impact on the bullying behavior of children.

## 1 Interpretation of the development status of bullying behavior of junior high school students

In the 1960s, Dan. Olweus first proposed the concept of school bullying and divided it into three aspects. That is the bully, the bullied and someone who bullies and is bullied. These three aspects are relatively independent. Now from these three aspects we try to explain the plight of the junior high school bullying behavior.

### 1.1 An interpretation of the development status of bullies of junior high school students' bullying behavior

After Whitney and Smith carried out a study on the phenomenon of school bullying among middle school students. The study found that the probability of bullying among middle school students was 6%. Dong Huiqin (2005)<sup>[2]</sup> found that there were many

factors influencing school bullying, among which the parenting style was one of the most influential factors.

### **1.2 An interpretation of the development status of the bullied of junior high school students' bullying behavior**

According to the study it is very common that the bullying behavior faced by junior high school students. Chen Shiping and Le Guoan (2002) <sup>[3]</sup> investigated more than 2,000 students from several middle schools in China and found that Junior high school students were 11.8% more likely to be bullied frequently and 2.7% more likely to be bullied at least once a week.

### **1.3 An interpretation of the development status of someone who bullies and is bullied of junior high school students' bullying behavior**

Zhang Wenxin and others found that about 19% of junior high school students reported bullying, with 1.6 % of junior high school students being both the bully and the victim.

## **2 Influence of parenting style on school bullying behavior of junior high school students**

Family is the first school of children life and can be the cradle for children's growth. Therefore, the parenting style of parents plays a crucial role in the formation of children's personality. And also in the development of cognition, the shaping of emotion, the formation of behavior, and the influence of consciousness. Parenting style plays a decisive role in the development of children's formation of outlook on life, world outlook and values. Hazler (2001) <sup>[4]</sup> believes that parenting style is the main cause of individual bullying behavior. Bullying behavior of individuals on campus is often formed by their wrong upbringing of parents. D. Baumrind <sup>[5]</sup> conducted a very in-depth study of parenting style. He consider the influence of the social development of children by the way parents treat their children as a breakthrough. And put forward the most famous classification method of parenting style, which is divided into four types: authoritative, authoritarian, permissive and neglect.

### **2.1 Influence of authoritative parenting style on school bullying behavior of junior high school students**

Authoritative parents are associated with a higher

level of empathy, they have the ability to have the view of the child and achieve the highest level to comfort their children. Such parents will not deliberately supervise the behavior of their children. They are willing to communicate with their children, and have clear and reasonable requirements for their children. Authoritative parents give their children freedom and encourage them to achieve certain goals. They tend to be emotional in their upbringing, so they are good at instilling parental authority in their children. Such parenting can have a positive effect on the cognition, mood and behavior of children. They can effectively reduce children's anxiety and solve interpersonal problems. Authoritative parenting style will help children develop healthy personality and good moral beliefs. In this way, the possibility of children having aggressive behavior and participating in school bullying is eliminated at the source.

### **2.2 Influence of authoritarian parenting style on school bullying behavior of junior high school students**

Authoritarian parents like to control the behavior of individual. They hardly think from the perspective of their children. They only let their children listen to their own ideas and hardly give them any freedom. Such a parenting style will result in the formation of two distinct personalities. One possibility: inferiority, cowardice and introversion personality. It makes them difficult to communicate with others and easy to be bullied. Another possibility: a violent, unreasonable and emotionally charged personality. They often develop aggressive behavior and become a bully.

### **2.3 Influence of permissive parenting style on school bullying behavior of junior high school students**

Permissive parents have positive feelings towards their children but lack reasonable control to their children. This type of parent takes a laissez-faire attitude toward their children. Permissive parents often let their children make their own decisions, even if they don't have the ability yet. Permissive parents are indifferent to their children's emotional attitudes. This parenting style is not conducive to the formation of adult personality, and may cause psychological pollution that is child personality may pollute the adult personality. The character of child is shown as lawless, lack of discipline and extreme emotional. This easily leads them to commit crimes and become

bullies. Permissive parenting style tends to lead to some serious violent school bullying behaviors.

#### **2.4 Influence of neglecting parenting style on school bullying behavior of junior high school students**

Neglect type parents lack positive and affection response to their children. They pay very little attention to their children and also lack communication and behavioral requirements of them. They are unable to establish a good parent-child relationship. Such parenting style will lead to the loss of parental personality and incomplete adult personality which will result in psychological loss. In other words, they lack parental personality, which is characterized by indifference, severe lack of empathy, strong aggression and lack of enthusiasm and care for others. Such children often become bullies in school bullying behaviors.

### **3 Strategies to prevent the bullying behavior of junior high school students from the perspective of parental rearing style**

The inappropriate parenting style of junior high school students is the main reason for the occurrence of bullying behavior. The bullying behavior of junior high school students, as an important social problem, has a profound impact on the whole society. There are many reasons for the occurrence of bullying behavior of junior high school students, including cultural, social, school system and the parenting style. Instead of waiting for further cultural integration, social progress, or legal system improvement, it is better to start to provide a prevention and cure method for the school bullying of junior high school students from the perspective of students' parenting style.

#### **3.1 Parents need to use proper parenting style**

The parenting style has a profound influence on the development of people. Proper and reasonable parental education is especially important for individuals. Parenting style plays an important role in the cultivation of healthy personality. Parents should give their children enough understanding and respect so that they can grow up with a healthy life in a warmth family. At the same time, parents should also adopt a certain degree of negativism. Adopt parenting methods similar to denial and rejection, to some extent, is conducive to the healthy development of personality in junior high school students. Parents

should adopt a positive parenting style. Try to provide emotional understanding and also try to avoid rejection and punishment during the breeding progress.

#### **3.2 Strengthen the mental health education of parents**

We should actively carry out mental health education aimed at parents, and strengthen the popularization of mental health education aimed at the parenting style of parents, so as to promote the change of the parenting style of parents. Because the parenting style of parents is very important to the development of personality of adolescents. Junior high school students face the pressure of entrance examination. Various factors lead to junior high school students facing multiple pressures, which easily lead to some psychological problems such as anxiety, depression, irritability and so on. This can affect interpersonal communication among students and lead to bullying in school. In this case, parents should give their children enough physical and mental attention, adopt a tolerant parenting style, and also give them emotional warmth and understanding. Parents should actively listen to their children, guide them to vent their emotions reasonably. Parents should take a positive parenting way which is warm and understanding, so that children can form a good personality. Actively guide them not to participate in school bullying behavior. And let the children learn to reasonably solve the problems between classmates and peers. In order to put an end to the occurrence of school bullying and create a beautiful and harmonious campus environment such internal and external governance can treat the symptoms as well as the causes.

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