Project Tittle

The Impact of bullying and victimization on adults' emotional well-being in the UK

University of Wales Trinity Saint David LONDON

BSc (Hons) Health and Social Care

Module: Independent Project

(BMHP6020_LON)

Assessment title: Stage 1 - Project Proposal

Output: Dissertation

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Aims

The project aims to explore and investigate the act and the impact of bullying and victimization on adults' emotional well-being in the UK.

Objectives

To define the act of bullying and victimization.

To review the impact of bullying and victimization on adults' emotional well-being in the UK.

To find information, explore policies, theories, data collection, and review research articles.

To evaluate, explore, and examine the different approaches, in support of intervention and practices.

To provide recommendations for prevention, and intervention, as well as support available for victims.

Background

Due to limitations in earlier studies, it is still unknown whether victimization and bullying contribute to the health burden of depression, which primarily affects adults (Bowes, 2015). According to Charles Darwin (1809-18), the founder of evolutionary theory, expressed that emotion can be inherited (Baker, 2016). New research demonstrates how the effects of victimization and bullying can last into adulthood (Evans-Locko, 2017). According to research done in the UK, a community-based study, bullying victims are primarily related to familial issues, peer pressure, neglect, and substance use disorders. Statistical analysis revealed a differentiated model of bullying victims, internalizing versus externalizing disorders (Bifulco, 2014). Research reveals how victim of abused people are more prone to feel fear and steer clear of certain situations, individuals, and activities (Gut, 2015).

Bullying is defined as a pattern of power, and abuse.

According to data from the British National Child Development Study, which followed 7,771 people born in a single week in 1958, over a 50-year period, those who had experienced bullying as children experienced higher levels of psychological distress at ages, 23 and 50. In comparison to their non-victimized counterparts, victims of frequent bullying had greater rates of depression (odds ratio 1.95, 95%), anxiety disorder(odds ratio 1.65, 95%), and suicidal thoughts (odds ratio2.21, 95%). At age 50, victimization and bullying were linked to a lack of social connections, financial challenges, and a low perception of the quality of life (Takizawa, 2014).

Methods

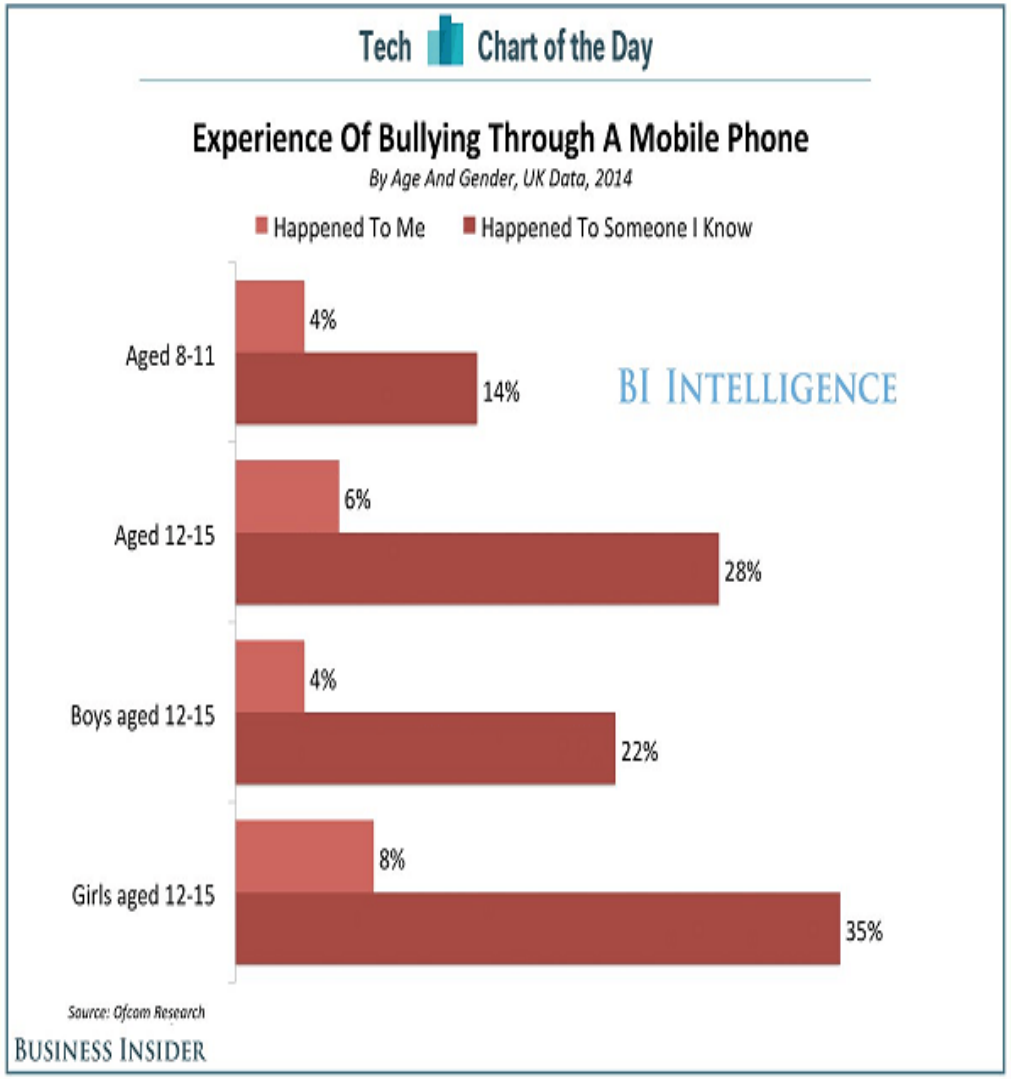
Review literature.

Use databases. Use academic websites.

Use organizational websites.

UWTSD library resources

Chart



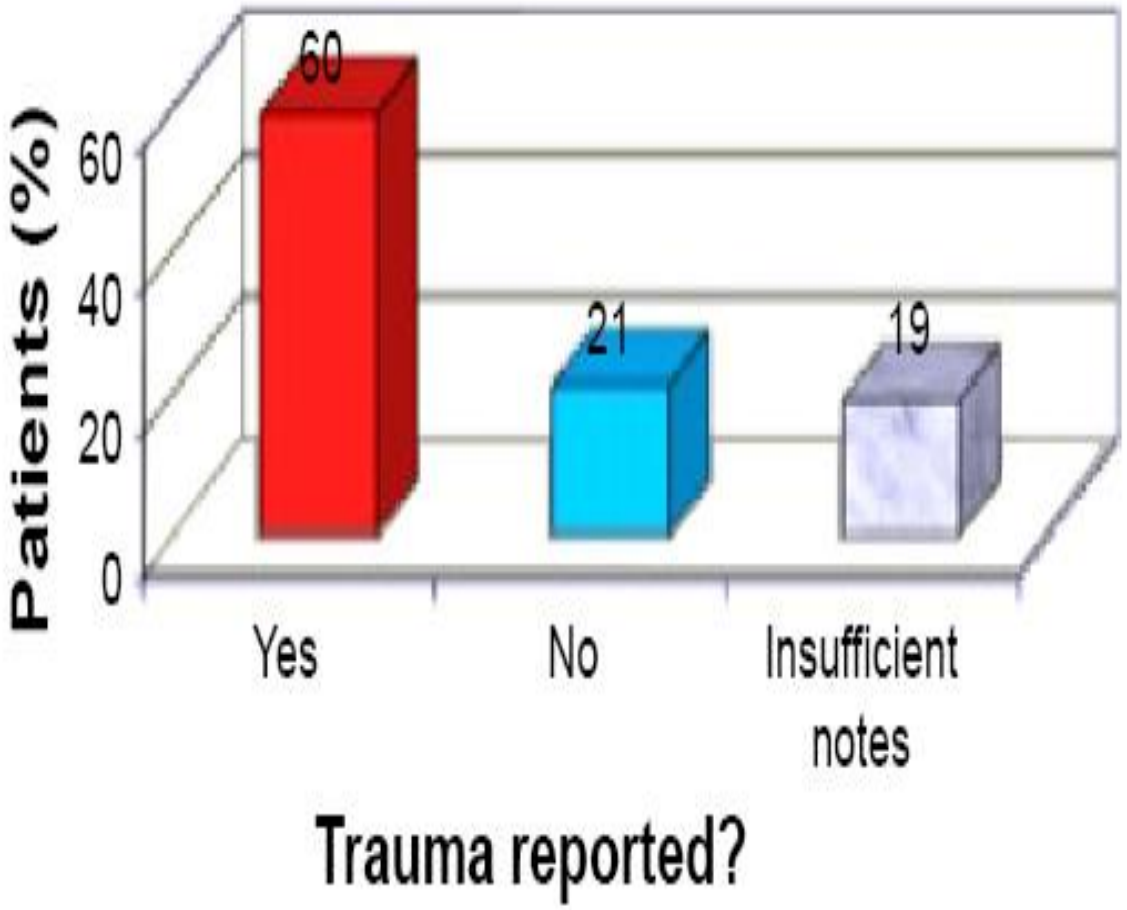


Figure 1 Percentage of patients reporting trauma.

Table/ Resources

	Category 1	Category 2	Category 3	Category 4
Item 1	Lecturers	Libraries		Journals
Item 2		Research articles		
Item 3		Databases		
Item 4		Wiley online		

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Timeline

Chapters	Content	Completion
Summary	Abstract	15/07/2022
Chapter 1	Introduction	1O/08/2022
Chapter 2	Background	15/09/2022
Chapter 3	Methods	15/10/2022
Chapter 4	Result and Discussion	15/11/2022
Chapter 5	Conclusion and Recommendation	30/11/2022

References

Baker, S. (2016). *Psychology for Nursing and Healthcare professionals: Developing compassionate care*, Sage. page. 319

Bifulco, A. et al. (2014). Risk factors and psychological outcomes of Bullying victimization: A community- based study. *Springer Science,* Volume 7, pp. 633-648.

Bowes, L. et al. (2015). Peer victimization during adolescence and its impact on depression in the early adulthood: Perspective cohort study in the united Kingdom. *British Medical Journal ,* 2 June, 350 (2), pp. h 2469-h 2469.

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Takizawa, R. Maughan, B. &. Arseneault, L. (2014). Adult health outcomes of childhood bullying victimization: evidence from a five-decade longitudinal British birth cohort. *The American journal of psychiatry, ,* July, 171(7), p. 777–778.