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I-RoLE 2023

INTERNATIONAL CONFERENCE OF RESEARCH ON LANGUAGE EDUCATION 2023

EMBRACING CHANGE:
EMANCIPATING THE LANDSCAPE OF RESEARCH IN LINGUISTIC, LANGUAGE AND LITERATURE

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13-14 March 2023
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BE COOL, NOT CRUEL

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ABSTRACT:

As one reaches adulthood, most people would think that there is no such thing as bullying anymore since most human beings would be mature and have common sense as they reach a certain age. However, the majority of adults do not realise how bullying still happens even when they are grown up. From online harassment to physical violence, there are few places where bullying has not taken root and begun to cause harm. For this reason, it's important to explore anti-bullying strategies that can be implemented in various environments to help prevent and manage the threat of bullying. Raising awareness about the issue of bullying is crucial in order to effectively address and prevent it. By educating ourselves and others about the various forms of bullying and their impact, we can take steps to create a safer and more inclusive society for everyone. The objective and purpose of this project are to educate and inform the readers about bullying and raise awareness. Other than raising awareness about the issue, entrepreneurial opportunities can also be achieved. Past research from researchers that study the same topic helped a lot. For the methodology aspect of this project, a market survey was conducted involving 30+ active participants of ages ranging from 15 to 26 and above. The survey conducted is very crucial as the knowledge and new information gained from the form that was answered by many received a lot of different answers that helped the process of finishing the project.

Keywords: eBook, anti-bullying, awareness, inclusive environment

1. INTRODUCTION

Even though we are already in 2022 when most people are supposed to be more mature and kinder, many bullying cases have been recorded in our country. Kimberly et al. (2016) state that Bullying is a typical occurrence in the lives of the majority of young people today. When we were younger, we were already taught not to bully other people when we are younger but when we reach adulthood, most adults do not learn bout such things anymore. In the year 2022, bullying cases are still being reported not just among adolescents, but also among young adults and adults. Bullying can be a difficult and traumatic experience in life, and it is important to equip children with tools and knowledge to help them deal with bullying. For the execution of this project, an e-book is an effective way to send a message towards people about bullying. With the help of my knowledge of the relevant literature which is creative writing, the process of finishing the e-book can be quite doable. This e-book will be discussing on anti-bullying and offers advice on prevention, signs, and knowledge about bullying. The e-book includes information about recognizing bullying in different forms, developing empathy, practising

assertiveness, and understanding the root causes of bullying. It also provides strategies on how to get help and protect yourself from bullies. By providing this information, the e-book is a valuable resource that can help young adults and adults understand bullying, keep safe, and develop resilience and confidence.

Creating an anti-bullying e-book can help to address the problem of bullying, which is a significant issue that affects many people. Bullying can have serious negative impacts on the mental health and well-being of those who are targeted, and it can also lead to a toxic and unhealthy school or workplace culture. According to Eve, M., Lori, A., & Katherine, P. (2012), bullying can have far-reaching impacts on both the bully and the victim, negatively affecting their academic performance, relationships with their families and peers, as well as their psychological and physical health. By creating an anti-bullying e-book, you can provide a resource that can help to educate people about the negative effects of bullying, provide strategies for preventing and addressing bullying, and promote a culture of kindness and respect. This can be particularly important for younger readers, who may not have the skills or resources to effectively deal with bullying on their own. Overall, creating an anti-bullying e-book can be a powerful way to help combat this harmful and pervasive problem. This anti-bullying e-book provides readers with valuable information on the damaging impacts of bullying, as well as suggests age-appropriate strategies for dealing with it. By reading this e-book, readers of all ages can gain a better understanding of the harmful effects of bullying and how to confront it when it occurs. This e-book offers an invaluable resource for individuals, families, educators, and communities to help reduce the prevalence of bullying in our society. With its evidence-based information and strategies, this e-book is an essential tool for creating more inclusive and equitable environments for everyone. According to the American School Counselor Association, an anti-bullying e-book can "help to create a positive school climate by providing educational tools to teach, discuss and prevent bullying" ("Social & Emotional Learning"). An anti-bullying e-book typically provides information on how to recognize and prevent bullying, intervention strategies for when bullying does occur, and education about the negative impacts of bullying. By providing a unified guide for administrators, teachers, and students, an anti-bullying e-book can reduce the potential for miscommunication or lack of understanding about the school's anti-bullying policies, create a stronger school climate, and inform both adults and students of the resources available for help. In this way, an anti-bullying e-book serves to inform, create visibility, and support students and schools in their efforts to prevent bullying.

1.1. Project Objective/Purpose

The purpose of an anti-bullying e-book is to educate and inform readers about the negative effects of bullying and provide strategies for preventing and dealing with bullying behaviour. Suzanne, M. (2020), stated that bullying victims are more likely to experience later mental, emotional, physical, and behavioural issues, particularly internalising issues like low self-esteem, sadness, anxiety, and loneliness. With that being said, this e-book covers topics such as the different types of bullying, the impact of bullying on individuals and communities, and how bullying can be prevented and addressed. The purpose of the e-book is to promote a safe and respectful environment for all individuals, whether it is in school, in the workplace or online. Bullying can have severe consequences on a person's mental and physical health, and can also lead to absenteeism, poor academic performance and low self-esteem. An anti-bullying e-book aims to help readers understand these consequences and to provide them with the tools they need to prevent and address bullying behaviour.

Objectives are important when discussing anti-bullying because they provide a clear and specific focus for the conversation and help to ensure that the discussion is relevant, informative, and effective. The objectives for this project include:

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- to educate people about the negative effects of bullying and provide strategies for preventing and addressing it.
- to promote a culture of kindness and respect.
- to address a significant social problem and make a positive impact on the lives of those who are affected by bullying.

1.2. Entrepreneurial Opportunities

It is no surprise that e-books are proving to be a popular form of reading and educational material in today's digital world. With the growing availability and affordability of digital devices, e-books offer an easy and cost-effective way to access and distribute information. With the right idea and a creative vision, e-books can present a great opportunity for entrepreneurs looking to break into the industry. With the potential for an e-book to be tailored for a particular audience, such as workplace professionals, adults, or the educational market, there is a range of possibilities on offer for an enterprising individual. In this essay, I will explore the potential for an e-book to serve as an entrepreneurial opportunity for each of these target audiences.

Entrepreneurial opportunities in the e-book market for anti-bullying resources are vast, with potential for success in various niches. One promising area for e-book entrepreneurs is the workplace market. With the trend of remote work on the rise, there is an increasing need for resources that address bullying and harassment in virtual environments. E-books that guide how to recognize and prevent bullying, as well as strategies for addressing it when it does occur, could be particularly successful in this market.

Another promising market for e-book entrepreneurs is the adult education market. With the growing awareness of the impact of bullying on mental health and well-being, there is a need for e-books that provide practical advice and support for adults who have experienced bullying, as well as those who want to learn more about how to stand up against it. E-books that cover topics such as self-care, assertiveness, and advocacy could be successful in this market.

Finally, the school market is another area with potential for e-book entrepreneurship in the anti-bullying space. With the increasing focus on creating safe and inclusive school environments, there is a need for e-books that can be used as resources for teachers, students, and parents. E-books that cover subjects such as bystander intervention, conflict resolution, and creating a positive school culture could be successful in this market.

Overall, the e-book market offers numerous entrepreneurial opportunities for those who can identify unmet needs and create high-quality, innovative products to meet those needs. With the right idea, strategy, and execution, e-book entrepreneurs can build successful businesses that make a positive impact on the lives of their customers and contribute to the greater good of society.

2. METHODOLOGY

2.1. Market Survey

A survey was created and given to multiple people of all ages. The aim of the survey is to collect critical data as the questions in the survey tackles important issues such as if they have ever been bullied before, whether have they ever stepped in to stop it, do they know what to do if they ever see someone getting bullied, and other important issues that need to be covered. Through the survey, a lot of new and important information was gained from people of different ages as our mindset is different as we ages.

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2.2. Discussion

Creating a survey about bullying for both teens and adults is important because it allows for a more comprehensive understanding of the issue. Teens are often the primary victims and perpetrators of bullying, but adults also experience and contribute to bullying behaviours. By surveying both groups, researchers can gain insight into the various ways in which bullying affects individuals of different ages and how it may differ between them. Additionally, surveying adults can also help to shed light on how bullying behaviours persist into adulthood and the impact it has on them. By gathering data from both teens and adults, researchers can develop more effective prevention and intervention strategies that target all ages.

3. RESULTS AND DISCUSSIONS

3.1. SURVEY FINDINGS
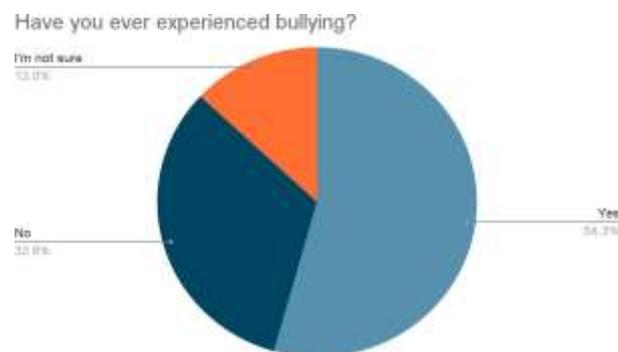
Figure 1. Respondents' answers on whether they have ever been bullied.

The figure shows that more than half of the people who answered the survey have experienced bullying (54%), while 13% are not sure whether they have ever been bullied before and the remaining 32% answered no.
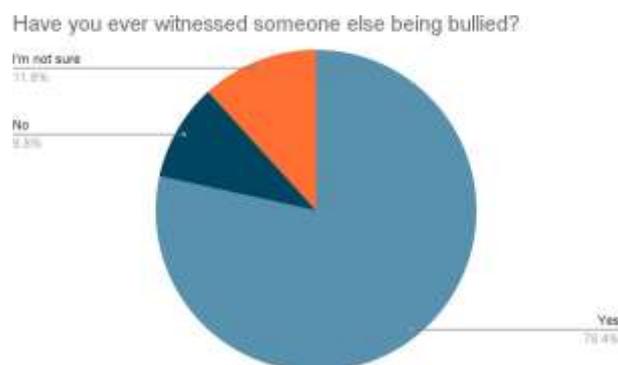

Figure 2. Respondents' answers on if they have ever seen someone getting bullied

The second figure shows that the majority of the people that answered the survey have witnessed bullying (74%), 11% of them are not sure if they have ever seen someone getting bullied before and the remaining 9% answered no.

Do you know what to do if you or someone else is being bullied?
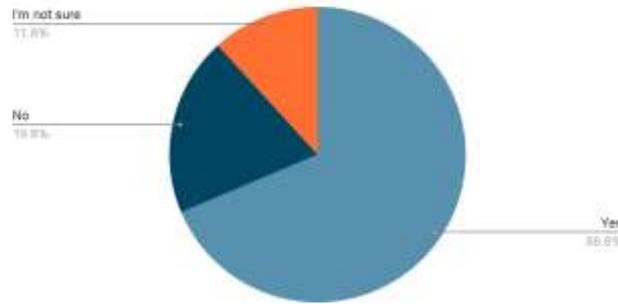
Figure 3. Respondents' answers on whether they know what to do if they or someone else is getting bullied.

It can be seen in the third figure that 68% of the people that answered the survey know what to do if they or someone else is being bullied while 19% of them do not know what to do if such things happen to them. The remaining 11% answered that they are not sure.

Have you ever stepped in to save someone from getting bullied?
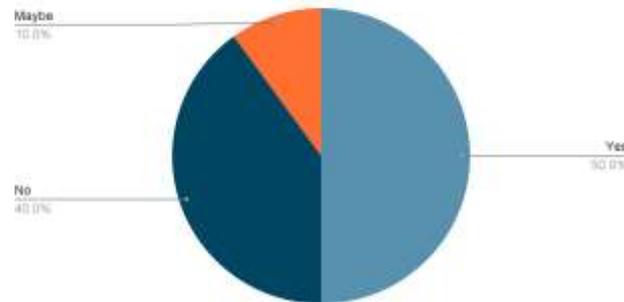
Figure 4. Respondents' answers on if they have ever saved someone from getting bullied.

It is revealed in the fourth figure that half of the people that answered the survey have stepped in to save someone from getting bullied while 10% of them are not sure whether they have done such things before. The remaining 40% have never stepped in.

Did you know that bullying still happens even when you entered adulthood?
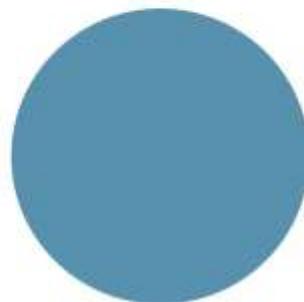
Figure 5. Respondents' thoughts on whether they know that bullying still happens even when they are entering adulthood.

Surprisingly, on the fifth figure, all of the people that answered the survey know that bullying

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still happens to someone even when they have reached adulthood.

Do you think that bullying among adults is worse than among children?
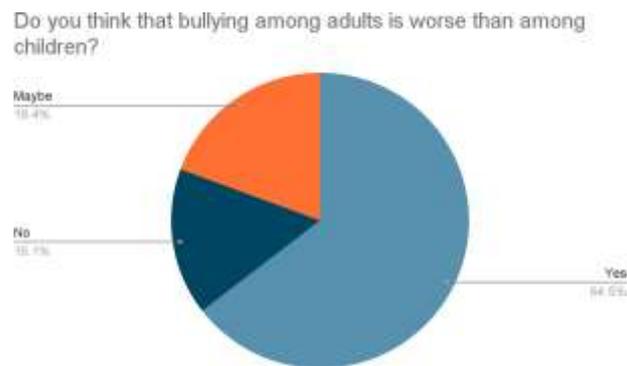
Figure 6. Respondents' opinions on bullying among adults are worse than among children.

In the sixth figure, it appears that 16% of the respondents think that bullying among adults is not worse than among children while a whopping 64% of them think otherwise. The remaining 19% of the respondents answered maybe.

3.2.DISCUSSION

With the help of 30+ active respondents, the online survey that was created for research purposes got a hold of a great number of useful pieces of information. The respondents are people of ages that are ranging from 15 to 26 and above which is very important as it answers important questions from teenagers' and adults' perspectives. The purpose and objective of this survey rely a lot on people of different ages. For example, when asked whether they know what to do if they or someone else is being bullied, the majority of adults answered yes while most teens answered no. This shows how your knowledge about bullying increases as you get older. However, when asked if they have ever stepped in to stop someone from getting bullied, it seems like most adults answered no while teenagers answered yes which is interesting. Surprisingly, when asked whether they knew if bullying is still going on even when they entered adulthood, all of them answered yes, which is a very good thing as they realise that this problem does not just happen during their teenage years.

4. CONCLUSION

An e-book about anti-bullying can help teenagers and working adults in several ways. For teenagers, an e-book can provide a safe and convenient way to learn about the impacts of bullying and how to stand up against it. It can also offer support and guidance for those who have experienced bullying, helping them to cope with the emotional and psychological effects. For working adults, an e-book can provide practical strategies for addressing and preventing bullying in the workplace, as well as guidance on how to support colleagues who have experienced it. By offering both education and support, an e-book about anti-bullying can empower both teenagers and working adults to take action and make positive changes in their own lives and communities. One of the main benefits of creating an ebook about anti-bullying is that it can reach a wide audience. With the rise of e-readers and smartphones, it is easier than ever to access and read ebooks, making them a convenient way to share information. This means that an ebook about anti-bullying can be read by people all over the world, regardless of their age, gender, or socioeconomic status. An ebook about anti-bullying can also be a cost-effective way to reach a large audience. Traditional forms of media, such as television and print, can be expensive to produce and distribute. With an ebook, however, the costs are minimal, making it a more accessible option for organizations and individuals who want to share their message. Another

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benefit of creating an ebook about anti-bullying is that it can be easily updated and revised. With traditional forms of media, once the information is printed or broadcast, it can be difficult to make changes or corrections. With an ebook, however, updates and revisions can be made quickly and easily, ensuring that the information is always accurate and up-to-date. Creating an ebook about anti-bullying is an important step in addressing this serious issue. It can be an effective way to educate people about the problem of bullying and provide them with practical strategies for dealing with it. An ebook can reach a wide audience, it is cost-effective, and it can be easily updated, making it a valuable tool in the fight against bullying.

ACKNOWLEDGEMENT

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