

# **Analysis of the Causes of Campus Bullying from the Perspective of Positive Psychology**

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**Abstract:** School bullying is one of the primary concerns in current education and teaching. Campus bullying is also considered to be one of the worst behaviors on campus, which will bring inexplicable physical and mental harm to students, leading to the future development of students. restricted. However, due to the large population base in China and the lack of perfect equipment for teachers, the handling of school bullying cases is still in its infancy, and it can only be dealt with after the bullying cases are exposed, resulting in many students being harmed. In order to effectively avoid such situations, the best way to do so now is to actively study the causes of bullying on campus and to find out which students are likely to become bullies and thus prevent them. This article will start with the harm that campus bullying brings to students, and comprehensively solve the analysis of the causes of campus bullying from the perspective of positive psychology.

## **1. Introduction**

Positive psychology pays attention to people's psychological characteristics and activities under positive circumstances. At present, most scholars in China believe that the essence of campus bullying is that bullies themselves are not actively treated, so the bully is always in a state of depression. Coupled with the control of anger and other emotions, there was a bullying incident in the school. The main reason is that the bully wants to rely on his own strength to pass on his misfortune to others, so as to satisfy his inner pleasure and let himself get enough vent. However, the method adopted is based on the suffering of other people, which will bring great harm to the bullied person, both physically and mentally, which will cause indelible trauma. School bullying has always been considered by schools to be one of the worst times [1]. And bullying is different from mere fighting, it is purely harmful behavior, so it must be eliminated. The specific research situation is as follows:

## **2. The Harm that Campus Bullying Brings to Students**

### **2.1. Campus bullying brings physical harm to students**

The most direct manifestation of bullying on campus is to bring physical harm to students, because the behavior of bullying on campus is mainly accompanied by physical beatings. Under normal circumstances, bullies need to vent their inner feelings, the best way is to beat others, bullies are often beaten and kicked by bullies, and bullies often form small teams that will act on bullies. Restrictions, such as multiple people controlling the bullied, and then being beaten by one person. When one person is beaten, another person is beaten [2]. Among the female bullies, even the abuse of the reproductive organs, stimulating the physiological reaction of the female being bullied, and thus forming a sense of inner pleasure, is a metamorphosis derived from venting. Once the abnormal psychology is born, further physical injuries such as needle sticks, fire, and other extremely bad behaviors may occur.

## **2.2. Campus bullying brings mental harm to students**

Another injury to school bullying is mental damage, which is often more serious than physical damage. In school bullying cases, there is often a bullying organization that makes verbal abuse and some behavioral insults to some people who are bullied. In male bullies, often with insults as the core, these insults can cause serious mental damage to male bullies. In the case of female bullies, behavior is even worse, in addition to abusive, often accompanied by other insults. For example, the clothing of the deceived person, exposed to the public's vision, or the use of some equipment to harm the sexual organs of the detained, etc., these are common methods that will leave the female bully indelible for life. Impression [3].

## **3. Analysis of the Psychological Situation of Various Characters in School Bullying**

### **3.1. Analysis of the psychological situation of bullies in school bullying**

In school bullying, the psychological analysis of the bully is mainly based on the behavior of the bully: the first is bullying but not abuse. This kind of behavior is more common among bullies, mainly because the daily appeals are not satisfied, and the resulting incitement needs to be vented by beating others. It is a typical venting behavior, the psychological problem is not serious, and there is not much mental illness. The second is the coexistence of bullying and abuse. The coexistence of bullying and abusive behavior is the most serious kind of bullying. It is mainly because bullying people have been badly educated for a long time, which leads to the emergence of mental illness. It is necessary to get pleasure through abuse, which is a typical abnormal behavior. Often bullies also want to apply their emotions to the bullies, thus forming inner communication.

### **3.2. Analysis of the psychological situation of the bullied person in school bullying**

The bullied person in the school bullying incident is the main victim. According to the victim's reaction, his psychological situation shows two manifestations: one is frustration. The bullied person often encounters physical embarrassment. For most of the bullies, they may try to resist, but because the individual strength is weak, the resistance will not work well. This type of bully often shows frustration, extreme imbalances, and even the path to bullying. The other is the pleasure of being abused. Some of the bullies themselves are showing a weak situation, they are extremely weak, and even have the characteristics of attracting bullies. They hope to feel the pain and psychological damage of the body in the process of being bullied, so as to satisfy their own abuse. The thrill of the same, like the bully, such a bullied person also has certain psychological problems.

### **3.3. Analysis of the psychological situation of the leader in school bullying**

In the case of bullying in the school, in addition to bullies and bullies, there is a third type of person, that is, a visitor. There are two types of spectators, one of which is the initiator. These people are the main players who have fueled the arrogance of bullies and are one of the main drivers of bullying and abuse. The nature of these initiators is also a type of bully, but compared to the direct bully, these initiators do not have the courage and courage of the bully themselves, and cannot do the bullying activities alone. But it also has the thrill of wanting to vent. Watching and squatting are exactly what they need. They can do what they dare not do. It is an alternative vent, and an accomplice to the bully. This type of person also needs to be severely punished.

### **3.4. Analysis of psychological situation of indifferent visitors in school bullying**

Another type of spectator is a cold-eyed spectator. These indifferent spectators generally present two kinds of people. One is simple and has no moral feelings, the other is that it has weak traits, so you want to see other people and yourself. The situation is the same. The first type of person is a normal behavior, and there is no serious mental situation. The second category is because of his own misfortune, so I want to see more people and themselves encounter the same situation, and even see other people are more bullied, the more happy the psychological. But because of the weak qualities, they are often reluctant to become a voice. They are different from the squatters, but they

also want to see other bullies that satisfy their inner pleasures. They can use this to comfort themselves, suggesting that this situation is actually a normal phenomenon, and everyone will experience and be satisfied.

#### **4. Analysis of the Causes of Campus Bullying from the Perspective of Positive Psychology**

##### **4.1. School bullying occurs because there is no active educational environment**

From the perspective of positive psychology, there is no positive educational environment in the cause of campus bullying. The educational environment is divided into two parts: family education and campus education. Family education mainly refers to family education for students. . Due to the accelerated pace of life, there are a large number of left-behind children in China. These children have not experienced too much family warmth, and are generally rural children, and their own lives are not rich enough. Therefore, the long-term hard life makes these children need to meet their own desires through special means. This also causes the left-behind children in rural areas to fight and fight, and their behavior is getting worse. Unstable families often have a certain dark side, such as the idea of patriarchal women in rural areas, which makes girls unfairly treated. Working out for a long time to break the family, and let the left-behind children experience the feeling of betrayal prematurely, so after they enter the school, they generally do not trust anyone, and they will adopt this intense Means to create an image that you can't bully. School education mainly refers to the content of education and teaching in schools. Due to the widespread problems of left-behind children, in public schools, teachers often think that these children are problem children, which will affect the effectiveness of education and teaching. Therefore, the attitude of teachers to these students is generally not good, so that these students once again feel the social malice, which has given birth to the bullying of these students, they want to let those students who seem to live a happy life also experience their own lives.

##### **4.2. School bullying occurs because there is no positive emotional experience**

In the emergence of school bullying cases, the general situation is that the bully has no positive emotional experience, which leads to the bully being a violent party. However, for a long time, the bully's own emotions are extremely unstable and even violated. The oppressed side. The positive emotional experience has two effects on the bully: the first is irritability. The life of the bully is not smooth, and he is often subject to criticism and blindness, which leads to the bully's own negative emotions being very serious, and the heart is more vulnerable than others. Often people who need to be more friendly. Once in the daily life, there are people who hurt the bully, then the bully itself will injure and hurt. For example, in daily life, bullies are often criticized by teachers, and once a teacher praises a classmate, this contrasting emotional experience will make the bully feel that he has been harmed. The main target of harm for most bullies is this relatively good life student. The second is that emotions are extremely easy to collapse. The bully itself is emotionally negative, so it has always been in a state of loss. This long-term accumulation of negative state makes the inner body of the bully very vulnerable. Once there is a situation that causes harm to the bully, bullying The person will be fully emotional and his behavior will be uncontrollable. Bullies tend to cry or be extremely violent. These collapsed emotions will cause the bully to make some radical moves, and it is also an emotional change in the bully from simple bullying to abuse.

##### **4.3. School bullying occurs because there is no positive personality trait**

The third reason for bullying in schools is the hidden reasons, mainly because bullies generally do not have positive personality traits. The vast majority of the bully's own personality has shown a negative change in personality in the development. Its personality will eventually form two branches: the first branch is a strong personality, that is, paranoia, arrogance. The vast majority of bullies have this strong personality, which is caused by the fact that in the process of growing up, they themselves have been greatly infringed, and these violations exist for a long time. If there is weak and positive content in personality, it will lead to further intensification. It stimulates the

self-protection desire of the bully, thus forming a paranoid, arrogant personality, the core of this personality is to protect themselves. According to research, the appearance of this personality is often very aggressive. As long as subjectively judges that the other party will cause some damage to yourself, it will attack immediately. Has a certain personality splitting traits. The second branch is the weak personality, that is, inferiority, loneliness, weakness, and so on. The core of these emotions is caused by the long-term misfortune of life, so that the bully is born to think that he is inferior, that he is not recognized by others, and will choose to escape. People who have such a situation often feel that they are already in a desperate situation and are abandoned by the whole world. Once this type of person thinks that he has been invaded, or sees light from other people, it will breed a devastating personality, and will destroy the carrier of the content in order to stop seeing it. . This type of personality bully is often very easy to attack some better students.

#### **4.4. School bullying occurs because there is no positive social environment**

The social environment often plays a certain role in the bullying of the campus. This is because there is too much realistic content in the social environment, which has created a certain stimulus for the bully, leading the bully to use the social law too early to deal with the life of the campus. Among the self-learning of bullies, the following two major categories of social environment should be very important: the first category is the violent side of society. Violence has become a main tone of society. Whether it is competition in society or mode in online games, there is a certain violent aesthetic content. However, because of their own personality defects, bullies often do not regard the content of these violent aesthetics as pure aesthetic content, but as a reference content. In particular, the first in the commercial film is the idea of justice, which is deeply stimulating the bully. Under the guidance of the social environment, the bully will go to destroy all the light and get the qualities. It also gave birth to the birth of the bully. The second category is the law of the weak meat in society. In society, the law of the jungle is the main rule, that is, the law derived from social Darwinism is popular in society. These obviously negative rules repeatedly emphasize the power of the self to solve problems better. In the eyes of the bully, this means that you can only let others fear that you are away from yourself by bullying. It is a way to protect yourself through violence. The vast majority of school bullies are admirers of this kind of thinking. In the bullying of the campus, they are certainly a strong side, but in life, they are the weaker side. Therefore, how to deal with bullies is a serious issue and a complicated issue.

### **5. Conclusion**

In summary, bullying is not a simple fight, it is not caused by conflicts between students and students. It is a deliberate injury between students and students. Its nature and its badness often give the body and mind of the bullied. Brings huge damage. After investigation, it was found that these bullies generally have a bad family environment and a dark personality. These inactive characteristics have long been the dark side of the bully's heart, and thus bullying other students, mainly to vent their inner dissatisfaction. . The target of bullying is the students who are rich in life and happy in the family. Therefore, for campus bullying, you need to further understand.

### **References**

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