



The Consequence of Family Bullying

Nur Eti Hasniati¹, Yuni Nurhamida²

^{1,2}Master of Science Psychology, University of Muhammadiyah Malang

DOI : <https://doi.org/10.55248/gengpi.5.0724.1828>

ABSTRACT

Bullying is a phenomenon that often occurs in social life, including within the family environment. Bullying is aggressive behavior carried out intentionally, which aims to make other people feel uncomfortable, cornered or intimidated. No different from other bullying, bullying in the family also has a huge negative impact on a person's life. The perpetrators of bullying outside can be done by anyone, be it father, mother, brother, sister, uncle, aunt, or other family members. The purpose of writing this systematic review is to clearly explore how much research has been carried out regarding bullying behavior in the family and to provide a clear picture of the impact of family bullying on children. This paper uses a systematic literature review method with the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta Analyses) formulation. After screening, there were 10 articles that met the criteria.

Keywords :Family bullying, sibling bullying, family violence

Introduction

Nowadays, it is not uncommon to find various problems and phenomena that are detrimental in the scope of social life. One of them is bullying behavior. Bullying is intentionally aggressive behavior that aims to make other people feel uncomfortable, cornered or intimidated (Friedman & Schustack, 2006; Widiarta & Megaputri, 2021) carried out both in the real world and in cyberspace (Supriyatno et al., 2021). Bullying behavior can occur anywhere, in any situation, and at any time. In fact, not infrequently, this also happens within the family. Bullying in the family can be done by anyone, be it grandfather, grandmother, father, mother, uncle, aunt, older brother, and others. Often, cases of bullying in the family are often not realized by the victim or the perpetrator. This happens due to various factors. These factors are sometimes in the form of social and cultural factors, parenting styles or behavioral encouragement from each individual (Berry & Adams, 2016; deLara, 2022a; DUNCAN, 1999). In other research that has been conducted, the driving factors for bullying in the family include family disharmony, social status, quality of interaction, differences in views and perceptions, low welfare, and lack of social skills. (Ahmed & Braithwaite, 2004; Guseynov & Stepanov, 2019; Hassan & Mohammed, 2023; Plamondon et al., 2021). These impulses can be manipulative, subtle, or often consider everything to be a joke. In fact, as we know, bullying has a fairly large negative impact on a person's life. So, it is very necessary to know the signs of bullying in the family area, so that you can provide guidance on how to deal with it.

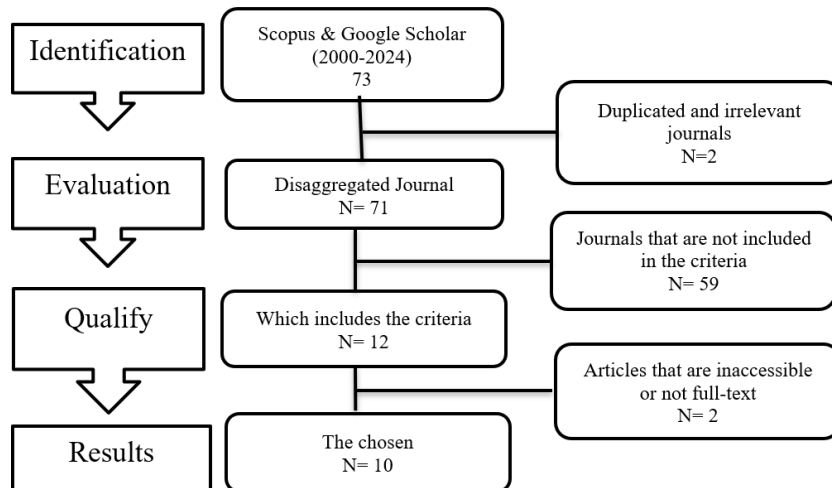
In the family sphere, apart from physical violence, cases of bullying also usually occur in verbal or emotional form. In physical form such as beatings. Meanwhile, in verbal or emotional form, bullying acts become more varied. For example, being too demanding, belittling, ignoring, silent treatment, jokes that seem condescending, criticizing or bringing up mistakes and others. (Rahayu & Permana, 2019). These behaviors cannot be tolerated, because they can cause various lasting negative effects for the victim (deLara, 2022a; Halimah et al., 2015). Such as causing stress, depression, anxiety, loss of self-esteem, personality problems, anger, trauma, low self-esteem, decreased academic performance and so on. (deLara, 2022a; Guseynov & Stepanov, 2019; Menesini et al., 2010; Mota, Sousa, et al., 2024; Plamondon et al., 2021; Skinner & Kowalski, 2013). In other research, family bullying can also result in increased psychotic symptoms, self-harm, difficulty adapting and solving problems in groups, fatigue, and even the potential to become a bully at school. (Ahmed & Braithwaite, 2004; DUNCAN, 1999; Hassan & Mohammed, 2023; Mota, Sousa, et al., 2024; Paramita et al., 2021).

In this case, father and mother's awareness of good and correct parenting knowledge is very important. Both in controlling and cultivating empathy, listening and monitoring, or maintaining and minimizing various potential acts of bullying in the family (Dahlia & Hastuti, 2022). If this is implemented optimally, a family environment that is conducive and safe and comfortable for children will be created. However, if parental control is lacking and they seem indifferent. So this will provide motivation for other family members to continue bullying children. If it is allowed to continue, then, like bullying in general, it will have a bad impact on the victim.

Several previous articles have explained the various impacts and effects caused by bullying behavior in the family. Therefore, the aim of writing this systematic review is to clearly explore how much research has been carried out regarding bullying behavior in the family and to provide a clear picture of the impact of family bullying on children.

Method

This paper uses a systematic literature review method with the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta Analyses) formulation in international journals that research bullying in the family. The data base used in journal searches for this systematic review comes from Google Scholar and Scopus. The inclusion criteria set out in this systematic review are: (1) Journals in English and Indonesian, (2) Journals available in full text, (3) Journal research themes regarding bullying in the family, (4) The population studied is teenagers and adults, (5) Journals published or released between 2000-2024. The exclusion criteria in this paper are: (1) Irrelevant and duplicated journals, (2) Review journals or reports and literature studies, (3) Journals that are not in full-text form, (3) Subjects other than teenagers and adults. The search in this systematic review used the keywords "Family Bullying, sibling bullying, family violence".



Prism Diagram: Stages of Systematic Review

Results

Table 1. List of Findings and Results.

No	Author	Title	Results
1	(Berry & Adams, 2016)	Family Bullies	Communication between families is critical, because communication between families will be rooted in intentional aggressive behavior. Lack of contact with the family will indicate that the family members lack love and are in conflict with moral values. So various problems arise because they are considered no longer bound by each other.
2	(Blais et al., 2024)	Family Victimization Among Canadian Sexual and Gender Minority Adolescents and Emerging Adults	Family bullying will affect self-stigma regarding sexual orientation and social anxiety. Apart from that, family bullying can also cause feelings of loneliness, stress and mental health problems.
3	(deLara, 2022a)	Family Bullying in Childhood: Consequences for Young Adults	In Family Bullying, bullying is divided into several parts, the first is general bullying by siblings and parents, the second is based on appearance and weight, the third is based on intelligence and school achievement, the fourth is based on gender, and the fifth is based on sexual orientation. This leads to low self-esteem and shame, eating disorders, behavioral problems

4	(Guseynov&Stepanov, 2019)	Psychological And Pedagogical Analysis Of The Problem Of Family Bullying Of Children	Based on psychological and pedagogical analysis, family bullying can cause various negative impacts and disorders in the psychosomatic realm of personality such as cognitive disorders, eating disorders, sleep disorders and behavioral problems.
5	(Liu et al., 2022)	Four Risk Factors Associated with Adolescent Depression: Discrimination, Academic Stress, Migrant Status and Family Bullying	Family bullying is a factor that contributes to children's psychological problems. Children who are exposed to family bullying will suffer from depression and will gradually become lower in self-esteem and self-denial.
6	(Menesini et al., 2010)	Bullying among siblings: The role of personality and relational variables	Based on research, the appearance of older siblings, especially older brothers, is a major factor in bullying at home. The impacts caused by this are various negative behavioral problems, cognitive disorders such as the inability to understand other people's thoughts and feelings, and aggressive behavior.
7	(Mota, Sousa, et al., 2024)	Sibling Violence and Bullying Behaviors in Peers: The Mediation Role of Self-Esteem	From the research results, bullying by siblings has a significant impact on aggressive behavior and bullying behavior. Apart from that, this also has an impact on verbal violence and social exclusion.
8	(Plamondon et al., 2021)	Family Dynamics and Young Adults' Well-Being: The Mediating Role of Sibling Bullying	Based on research results, family dynamics have a big impact on teenagers. Teenagers with hostile parents will provide opportunities for family bullying to occur. This causes various impacts such as low life satisfaction, lack of self-competence, and behavioral problems such as aggression.
9	(Skinner & Kowalski, 2013)	Profiles of Sibling Bullying	From the research results, bullying is carried out by siblings due to the contribution of parents who are indifferent and ignore it, considering bullying to be a normal thing between siblings. It was later discovered that this could cause various disorders such as cognitive disorders, emotional disorders, low self-esteem and behavioral problems.
10	(Varsamis et al., 2022)	The role of basic psychological needs in bullying victimization in the family and at school	Based on research results, violence experienced in the home environment will have an impact on social life outside. Children who experience violence at home are more vulnerable to acts of intimidation or bullying by their peers.

From these 10 papers, the impact of family bullying will be compared with the impact of bullying(Rigby, 2003)in table 2 then these impacts are grouped into 3 groups.

Table 2. Comparison of the impact of bullying in general and research results.

Group impact of bullying	Group impact of bullying in general	The impact of family bullying in this research
Psychic Factors	Not happy	Low life satisfaction(Plamondon et al., 2021)

	Low self-esteem	Low self-esteem and shame(deLara, 2022b; Liu et al., 2022; Plamondon et al., 2021; Skinner & Kowalski, 2013)
	Emotional problems	Disturbed mental health, stress and depression(Blais et al., 2024; Liu et al., 2022; Plamondon et al., 2021)
	N/A	Behavior problems(Berry & Adams, 2016; deLara, 2022b; Guseynov&Stepanov, 2019; Menesini et al., 2010; Mota, Rita, et al., 2024; Plamondon et al., 2021; Skinner & Kowalski, 2013)
Social Factors	Lonely	lonely(Blais et al., 2024)
	Number of friends	N/A
	Acceptance of Friends	Vulnerable to peer bullying(Varsamis et al., 2022)
	N/A	Self-stigma and social denial(Blais et al., 2024; Liu et al., 2022)
Physical Factors	Physical symptoms	Eating disorders(deLara, 2022b; Guseynov&Stepanov, 2019)
		Sleep disorders(Guseynov&Stepanov, 2019)
		Cognitive problems(Blais et al., 2024; Guseynov&Stepanov, 2019; Menesini et al., 2010; Plamondon et al., 2021; Skinner & Kowalski, 2013)

Note: N/A = No Answer or Not Available

Discussion

In this research, the results showed that the impact of family bullying on teenagers consists of 3 main domains, namely psychological aspects, social aspects and physical aspects. The following is an explanation of each aspect.

1. Psychic Aspect

a. Low life satisfaction

Of the 10 articles, there is 1 article that strengthens this statement. This can be related to various things such as less harmonious family dynamics, parents who are hostile to each other, the level of parental satisfaction with marriage which influences behavior, or the level of support from parents.(Plamondon et al., 2021). These things can affect an individual's life satisfaction, causing low psychological well-being.

b. Low self-esteem and shame

Of the 10 articles, there are 4 papers that strengthen this statement. Self-esteem is something that is really needed by all individuals to make psychological adjustments in the social environment so that they can minimize negative behavior caused by other people.(Mota, Sousa, et al., 2024). As a result of having low self-esteem, you will be vulnerable to various negative behaviors such as anxiety and depression(Nurhayati&Indriana, 2015)while on the other hand, intimidation or bullying behavior will have a positive lowering effect on self-esteem(Eyuboglu et al., 2021). Children who have low self-esteem will become increasingly withdrawn and feel embarrassed if they have to appear in public.

c. Disturbed mental health, stress and depression

Of the 10 articles, there are 3 articles that strengthen this statement. Various acts of bullying, including family bullying, carried out by people closest to them can have an impact on an individual's mental health and give rise to various negative emotions such as stress, depression, anxiety and various other complaints.(Ran et al., 2020). When experiencing bullying, individuals experience various psychological pressures and decreased psychological well-being(Blais et al., 2024). One of the causes of this is also due to a parenting style that is too authoritarian, causing a lack of space for children to express and express their emotions and opinions, thus making children into closed and low self-esteem individuals.(Liu et al., 2022). Low self-esteem has a vulnerability to anxious behavior and loneliness(Nurhayati&Indriana, 2015).

d. Behavior problems

Of the 10 articles, there are 7 articles that strengthen this statement. Behavioral problems are conditions related to an individual's emotional state such as alertness, aggressiveness, self-injurious behavior, etc(Berry & Adams, 2016; deLara, 2022b; Guseynov&Stepanov, 2019; Menesini et al., 2010; Mota, Rita, et al., 2024; Plamondon et al., 2021; Skinner & Kowalski, 2013). If left unchecked, it will affect the individual's social life in a negative direction because the inability to manage emotions will make the individual isolated in society.

2. Social Aspects

a. Lonely

Of the 10 articles, there is 1 article that strengthens this statement. From a study, individuals who experience loneliness are closely related to low self-esteem (Nurhayati & Indriana, 2015). Individuals who experience family bullying are prone to experiencing social anxiety, so they withdraw from their environment and often feel lonely (Blais et al., 2024).

b. Vulnerable to peer bullying

Of the 10 articles, there is 1 article that strengthens this statement. Peers are very important in teenagers' lives. Bullying or intimidation that occurs within the family sphere, influences the individual's level of vulnerability to exposure to bullying outside, thus providing a strong internalizing influence and contributing to symptoms of emotional disorders in adolescents, even controlling each other. (Charalampous et al., 2019; Khuluq, 2023).

c. Self-stigma and social denial

Of the 10 articles, there are 2 articles that strengthen this statement. Self-stigma is related to how they are oriented, this includes their sexual orientation (Blais et al., 2024). Often those who experience self-denial will tend to avoid disturbing and negative feelings with various other self-destructive actions such as eating disorders, sleep disorders, etc. (Liu et al., 2022)

3. Physical Aspects

a. Eating disorders

Of the 10 articles, there are 2 articles that strengthen this statement. As a result of various exposure to bullying in the family, it is not uncommon for victims to experience eating disorders, this can be caused by the effects of decreased self-confidence due to various verbal teasing about physical shape and obsession with ideal body shape. (deLara, 2022b; Guseynov & Stepanov, 2019).

b. Sleep disorders

Of the 10 articles, there is 1 article that strengthens this statement. Sleep disorders are changes in sleep patterns that are irregular and not at the right time. Individuals who are exposed to bullying will be more susceptible to sleep disorders because they are caused by various things such as stress, depression, lack of self-confidence which causes excessive thinking, etc. (Guseynov & Stepanov, 2019) If not handled properly, it will cause various health problems such as hypertension and heart problems.

c. Cognitive problems

Of the 10 articles, there are 5 articles that strengthen this statement. In one study, bullying behavior in the family caused a decrease in cognitive function, such as low competence, the individual's inability to understand other people's thoughts and feelings, etc. (Blais et al., 2024; Guseynov & Stepanov, 2019; Menesini et al., 2010; Skinner & Kowalski, 2013).

Conclusion

From the description above, the impact of bullying in the family involves complex dimensions and can be observed and understood. There are three main factors impacting family bullying, namely: 1). Psychological factors, which have three main factors, namely Low Self-Esteem and Shame, Disturbed Mental Health, Stress and Depression, and Behavioral Problems. 2). Social factors, which have three main points in the form of Loneliness, Vulnerability to Peer Intimidation, and Social Stigma and Denial. 3). Physical factors, which have three main points, namely Eating Disorders, Sleep Disorders, and Cognitive Problems. To deal with this problem, parents, as the first agents in the family, should carry out prevention as early as possible by expanding parenting knowledge and applying it within the family, spending time with the family to build relationships, and better understanding children according to their respective levels of development.

Reference

- Ahmed, E., & Braithwaite, V. (2004). "What, I'm ashamed?" Shame management and school bullying. *Journal of Research in Crime and Delinquency*, 41(3), 269–294. <https://doi.org/10.1177/0022427804266547>
- Berry, K., & Adams, T. E. (2016). Family Bullies. *Journal of Family Communication*, 16(1), 51–63. <https://doi.org/10.1080/15267431.2015.1111217>
- Blais, M., Coutu, C., Boislard, M., Hart, T.A., Walker, M., & Team, S.P. and the S.R. (2024). Family Victimization Among Canadian Sexual and Gender Minority Adolescents and Emerging Adults. *International Journal of Child and Adolescent Resilience*, 9(1), 5–21. <https://doi.org/https://doi.org/10.54488/ijcar.2022.315>
- Charalampous, K., Ioannou, M., Georgiou, S., & Stavrinides, P. (2019). The Integrative Model of Multiple Attachment Relationships in Adolescence: Linkages to Bullying and Victimization. *International Journal of Developmental Sciences*, 13(1–2), 3–17. <https://doi.org/10.3233/DEV-180249>
- Dahlia, I., & Hastuti, D. (2022). FAMILY CLIMATE, PERCEPTION, AND ADOLESCENTS' STRESS PRIOR TO AND DURING COVID-19 PANDEMIC. *Journal of Child, Family, and Consumer...* <https://journal.ipb.ac.id/index.php/jcfcfs/article/view/41021>
- deLara, E. W. (2022a). Family Bullying in Childhood: Consequences for Young Adults. *Journal of Interpersonal Violence*, 37(3–4), NP2206–NP2226. <https://doi.org/10.1177/0886260520934450>

- deLara, E. W. (2022b). Family Bullying in Childhood: Consequences for Young Adults. *Journal of Interpersonal Violence*, 37(3). <https://doi.org/10.1177/0886260520934450>
- DUNCAN, R.D. (1999). Peer and Sibling Aggression: *Journal of Interpersonal Violence*, 14(8), 871–886. <https://doi.org/10.1177/088626099014008005>
- Eyuboglu, M., Eyuboglu, D., Caliskan, S., Oktar, D., &Demirtas, Z. (2021). Traditional school bullying and cyberbullying: Prevalence, the effect on mental health problems and self-harm behavior. *Psychiatry Research*, 297(January), 113730. <https://doi.org/10.1016/j.psychres.2021.113730>
- Friedman, H. S., &Schustack, M. W. (2006). Personality, Classical Theory and Modern Research. In *Journal of Theoretical and Applied Psychology* (3rd Edition). Erlangga. <https://doi.org/10.26740/jptt.v14n1.p43-59>
- Guseynov, A.Z., &Stepanov, I.A. (2019). PSYCHOLOGICAL AND PEDAGOGICAL ANALYSIS OF THE PROBLEM OF FAMILY BULLYING OF CHILDREN. *International Annual Edition of Applied Psychology: Theory, Research, and Practice Volume*, 6(1), 66–75.
- Halimah, A., Khumas, A., &Zainuddin, K. (2015). Bystanders' Perceptions of the Intensity of Bullying in Middle School Students. *Journal of Psychology*, 42(2), 129. <https://doi.org/10.22146/jpsi.7168>
- Hassan, BAR, & Mohammed, A.H. (2023). Overview of Bullying. *Studies in Social Science & Humanities*, 2(4), 69–71. <https://doi.org/10.56397/sssh.2023.04.07>
- Khuluq, I.K. (2023). The Relationship between Peer Perceptions of Bullying Incidents among Students at the Al-Hidayah Islamic Boarding School. *Nursing Science*, 6, 729–739.
- Liu, Y., Shi, J., Song, L., & Shi, S. (2022). Four Risk Factors Associated with Adolescent Depression: Discrimination, Academic Stress, Migrant Status and Family Bullying. *Proceedings of the 2022 5th International Conference on Humanities Education and Social Sciences (ICHESS 2022)*, 2827–2834. https://doi.org/10.2991/978-2-494069-89-3_323
- Menesini, E., Camodeca, M., &Nocentini, A. (2010). Bullying among siblings: The role of personality and relational variables. *British Journal of Developmental Psychology*, 28(4), 921–939. <https://doi.org/10.1348/026151009X479402>
- Mota, C. P., Rita, J., & Carvalho, I. (2024). Sibling Violence and Bullying Behavior in Peers: The Mediating Role of Self-Esteem.
- Mota, C. P., Sousa, J. R., &Relva, I. C. (2024). Sibling Violence and Bullying Behaviors in Peers: The Mediational Role of Self-Esteem. *International Journal of Environmental Research and Public Health*, 21(2), 227. <https://doi.org/10.3390/ijerph21020227>
- Nurhayati, I., &Indriana, Y. (2015). Self-esteem and post power syndrome tendencies in retired civil servants. *Journal of Empathy*, 4(1), 94–99. <https://media.neliti.com/media/publications/66092-ID-harga-diri-dan-kecenderungan-post-power.pdf>
- Paramita, AD, Faradiba, AT, &Mustofa, KS (2021). Adverse Childhood Experience and Deliberate Self Harm in Adolescents in Indonesia. *Journal of Integrative Psychology*, 9(1), 16. <https://doi.org/10.14421/jpsi.v9i1.2137>
- Plamondon, A., Bouchard, G., & Lachance-Grzela, M. (2021). Family Dynamics and Young Adults' Well-Being: The Mediating Role of Sibling Bullying. *Journal of Interpersonal Violence*, 36(9–10), NP5362–NP5384. <https://doi.org/10.1177/0886260518800313>
- Rahayu, BA, &Permana, I. (2019). Bullying in Schools: Lack of Empathy for Bullying Perpetrators and Prevention. *Journal of Psychiatric Nursing*, 7(3), 237. <https://doi.org/10.26714/jkj.7.3.2019.237-246>
- Ran, H., Cai, L., He, X., Jiang, L., Wang, T., Yang, R., Xu, X., Lu, J., & Xiao, Y. (2020). Resilience mediates the association between school bullying victimization and self-harm in Chinese adolescents. *Journal of Affective Disorders*, 277(August), 115–120. <https://doi.org/10.1016/j.jad.2020.07.136>
- Rigby, K. (2003). Consequences of Bullying in Schools. *Canadian Journal of Psychiatry*, 48(9), 583–590. <https://doi.org/10.1177/070674370304800904>
- Skinner, J. A., & Kowalski, R. M. (2013). Profiles of Sibling Bullying. *Journal of Interpersonal Violence*, 28(8), 1726–1736. <https://doi.org/10.1177/0886260512468327>
- Supriyatno, Tafiati, H., Syaifuddin, A., Sukei, DA, Sumarsono, Bachtiar, G., Widjningsih, R., Widiastuti, E., Rahma, angginnuzula, &Arlym, rahmiimaira. (2021). Come on, stop bullying. In S. Wahyuningsih (Ed.), *Ministry of Education and Culture* (1st ed.).
- Varsamis, P., Halios, H., Katsanis, G., & Papadopoulos, A. (2022). The role of basic psychological needs in bullying victimization in the family and at school. *Journal of Psychologists and Counselors in Schools*, 32(2), 230–242. <https://doi.org/10.1017/jgc.2021.9>
- Widiarta, MBO, &Megaputri, S. (2021). Family support is related to bullying behavior in adolescents. *Journal of Psychiatric Nursing (JKJ): Indonesian National Nurses Association*, 9(2), 323–334. <https://jurnal.unimus.ac.id/index.php/JKJ/article/view/7208>