

CONTENTS

Acknowledgements.....	i
Contents	ii
List Of Tables	iv
List Of Figures	viii
List Of Charts.....	ix
Abstract.....	x
CHAPTER ONE	1
INTRODUCTION.....	1
1.1 Background of the Study	1
1.2 Nature of Bullying	3
1.3 The Difference between Bullying and Harassment	5
1.4 Significance of the Study.....	6
1.5 Statement of the Problem.....	6
1.7 Limitations of the Study.....	7
1.8 Delimitations of the Study:.....	7
1.9 Definition of the Terms.....	8
CHAPTER TWO	9
REVIEW OF RELATED LITERATURE.....	9
2.1 Research Already Conducted.....	9
2.2 Kinds of Bullying.....	17
2.2.1 Physical Bullying.....	18
2.2.2 Verbal Bullying.....	19
2.2.3 Common form of Verbal Bullying.....	20
2.2.4 The Effect of Verbal Bullying on the Victim	20
2.2.5 Remedial Measure for Verbal Bullying	21
2.3 Social Bullying.....	22
2.4 Workplace Bullying.....	22
2.5.1 Faisal Abad Bullying Case: Boy killed Classmate over ‘Homophobic Slur’	23
2.5.2 Mother Blames Verbal Bullying for Death of Her Son, Inquest Hears	24
CHAPTER THREE	26
RESEARCH METHODOLOGY	26
3.1 Introduction.....	26
3.2 Target Population:.....	26
3.2.1 Categorization of the Population	26
3.2.2 Sampling:	26
3.2.3 Districts in Khyber Pakhtunkhwa	27
3.2.5 Strength of the Teachers, Students and number of the Schools.....	28
3.3 Data Generation Tool.....	30
3.4 Detail of the Questions.....	30
3.5 Pilot Testing	30
3.6 Data Collection	31

3.7	Ethical Consideration.....	31
3.7.1	Budget.....	31
3.7.2	Time Schedule	32
	CHAPTER FOUR.....	33
	DATA ANALYSES.....	33
4.1	Organization of the Data.....	33
4.2	Data Tabulation and Analysis.....	33
4.3	Data Regarding Comparison between Respondents and Responses	34
4.3.1	Physical Bullying.....	36
4.3.2	Verbal Bullying.....	40
4.3.3	Social Bullying.....	45
4.3.4	Areas of Bullying.....	49
4.3.5	Causes of Bullying.....	53
4.3.6	Effect of Bullying	58
4.3.7	Workable Plan for Reduction of Bullying.....	73
	CHAPTER FIVE	89
	FINDINGS, CONCLUSION, DISCUSSION AND RECOMMENDATIONS.....	89
5.1	Findings.....	89
5.2	Conclusion	95
5.3	Discussion.....	97
5.4	Recommendations.....	105
	References.....	108
	Appendices.....	116
Appendix- 1:	Letter to the Chairman.....	116
Appendix-2:	Letter to the Director	117
Appendix-3:	List of Acronyms.....	118
Appendix- 4:	Questionnaire for Principals.....	119
Appendix- 5:	Questionnaires for Teachers.....	127
Appendix- 6:	Questionnaire for Students.....	135
Appendix- 7:	Selection of School from Different Districts.....	143
Appendix- 8:	Table of Chi-square statistics	144
Appendix- 9:	Urdu Translation of Questionnaire.....	145
Appendix-10:	7 th Class student committed suicide in Abbottabad (Pakistan)	151