



Bullying in College Students

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Introduction

It seems like today people have discovered bullying, but Bullying has always been around when people gather. We define bullying as repeated and intentional behavior where one person (or a group) uses power to hurt, intimidate, or control another individual.

Bullying has been around since humans have lived in groups. Of course, the type of intentional hurting behavior changed as we changed and the way we deal with it is also different. In the nineties it happened in person, and it was usually physical (fights) or verbal. Bullying can happen in every setting, but until only years ago, there was a break from it. When we went home, home was a “safe place.”

Today it still happens in person but what is new is “the style.” With the use and abuse of social media aggression moves through Instagram, snapchats or any social platform and it is called Cyberbullying. The distinguished part of this bullying behavior is that it has no barriers, it goes with you. There is no “safe zone.”

We usually think about Bullying as something that

affects kids or teens in middle school. Even though these might be more vulnerable, they have parents to back to back them up, even a teacher to help. There are some adult oversights. In college young people are on their own.

Bullying in college students has a significant impact on these young adults. College students are in the process of shaping their self-esteem, identities, and building independence. Peer pressure is significant. Finding “place” there is hard and that makes them vulnerable to engaging in bullying just to fit in.

At college young people are more on their own, allowing harmful behaviors to escalate unnoticed. Cyberbullying is the way bullies use to harm their victims in college. When underlined, the victimizer will excuse themselves by minimizing the situation calling it just a joke. On the other hand, bullying reporting is difficult, and not frequent due to fear of retaliation. There is no safe place.

Psychological effects of Bullying in college

At this stage of their lives to be a victim of bullying can be very harmful for these young adults. Even though

the psychological effects still need to be investigated, as for now we notice that being bullied generates anxiety, isolation, and inadequacy. As a result, decrease or even failure in academic performance all which reinforces the process of feeling guilty, devastated, and can lead to depression or even suicide behaviors.

Counseling Services Might Help

Understanding the roots and the effects of bullying and how it impacts young adults in this stage of their lives is extremely important.

Colleges should raise awareness, generating reporting mechanisms that allow the person to say what is going on without fear of retaliation or shame. Promote that they can and should report these behaviors. All these tools might help even though the victim must walk through the process, colleges should create support systems that allow the victims to feel they are not alone. Encouraging asking for counseling services is necessary.