

BÖLÜM 31

Okul Öncesi Dönem Çocuğu Akran İlişkileri Nasıl Olmalıdır, Bu Dönemde Akran Zorbalığı Nasıl Yönetilir?



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Akran ilişkilerinin çocuk ve ergenlerin yaşamında yaşla birlikte artan önemli bir yeri vardır. Bu dönemde yakın arkadaşlarla etkileşim, daha sonraki tatmin edici yakın ilişkiler için temel oluşturur. Yetişkin çocuk ilişkilerine benzer şekilde akran ilişkisinin kalitesi de ruh sağlığını önemli ölçüde etkileyebilir.

Akran ilişkileri incelendiğinde; bu ilişkilerin farklı sosyal düzeylerde bireysel, ikili ya da çoklu grupta oluştuğu yaklaşımı mevcuttur. Buna göre akran deneyimi; yetkinlik, dayanıklılık, uyumu destekleyen özellikler, uyumsuzluğa yol açan özellikler, uyumsuzluğun etkilerini azaltan özellikler olarak değerlendirilebilir. Bu etkiler kendisini ikili veya çoklu grup düzeyinde gösterebilir. Bir diğer yaklaşım arkadaşların beklentilerinden bazı akran etki türlerinin ortaya çıkmasıdır. Özellikle kişinin yakın arkadaşları ve akran grubunun üyeleri tarafından kabul görmesinin oluşturduğu olumlu onaylanma algısı ve duygusal iyi olma hali, dışlanma, reddedilme ve zorbalığa maruz kalma ile ilişkili olumsuz deneyimler benliğin gelişimini belirlemektedir. Bu süreçler ve etkiler kültürel bağlama göre değişkenlik göstermektedir.

Çocukların arkadaşları dört ana yolla belirlenebilir. Birincisi, çocuklara anneleri veya öğretmenleri tarafından arkadaşlarının isimleri sorulur ve bu seçimlerinin karşılıklı olup olmadığı öğrenilir. İkincisi, çocuklara birbirlerinden hoşlanıp hoşlanmadıkları sorulur. Üçüncüsü, çocukların birbirinden ne kadar

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Öğretmenlerin sınıftaki tüm öğrencilere karşı sıcak ve şefkatli davranışı akran zorbalığına karşı koruyucudur. Yaşlılarına göre daha küçük görünen, gözlük takma, kilolu olma gibi fiziksel olarak farklı görünen çocukların zorbalığa maruz kalma ihtimali açısından öğretmenlerin dikkati olması gerekmektedir. Özellikle Dikkat Eksikliği Hiperaktivite Bozukluğu gibi zorbalık riski yüksek bireylere, önlemede dikkat edilmelidir. Zorbalığın okuldan kaçınma veya davranış bozukluğu gibi yaşamın ilerleyen dönemlerinde gelişebilecek problemler açısından risk oluşturduğu düşünüldüğünde erken müdahale çok önemlidir. Zorbalığın üstesinden gelmek için grup dinamikleri ve kişisel tutumları değiştirmeye odaklanan Kiva programı daha büyük çocuklarda en etkili zorbalık karşıtı müdahalelerden biri olarak gösterilmiştir. Anaokulu öğrencileri arasında zorbalıkla mücadele etmek için tasarlanmış olan Beprox programının temel amacıysa okul öncesi öğretmenlerin zorba/kurban problemleriyle başa çıkmasını kolaylaştırmaktır. Yaklaşık dört ay süren bu programın temel özellikleri grup tartışmaları, karşılıklı destek, öğretmenler ve ebeveynler arasındaki işbirliğine vurgu yapmasıdır.

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