

AKRAN ZORBALIĞI

87.

BÖLÜM

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GİRİŞ

Akran zorbalığı, kısa ve uzun vadede fiziksel, psikososyal ve akademik başarı ile ilgili olumsuz sonuçlara yol açabilen, sonuçları zorbalık sonlandıktan sonra erişkinlik döneminde bile devam edebilen dünya çapında önemli bir sorundur (1,2).

Zorbalık, karşı tarafa bilinçli bir şekilde zarar vermeye yönelik, aralarında güç dengesizliği olan kişiler arasında, zamansal sürekliliği olan, tekrarlayan, kasıtlı ve saldırgan davranış olarak tanımlanmaktadır (3). Zorbalık, birçok biçim alan, farklı işlevlere hizmet eden ve farklı ilişki biçimlerinde ortaya çıkan, benzersiz ve karmaşık bir kişiler arası saldırganlık biçimidir (4). Zorbalığın diğer saldırganlık türlerinden ayrılması önemlidir. Çünkü zorbalığın tekrarlayıcı olma, zamansal süreklilik, güç dengesizliğinin bulunması gibi karakteristik özellikleri diğer saldırganlık türlerinden daha çok zarara yol açabilmektedir. Güç dengesizliği, fiziksel güçten, gruptaki sosyal konumdan veya grup büyüklüğünden (örn. tek bir kişiyi hedef alan büyük bir grup) elde edilebilmektedir (5). Zorbalık maruziyetinin başlangıcı ve süreklilik gösteren seyri bireysel faktörlerin yanı sıra aile, okul, akran grubu, toplum ve kültürel yapı gibi sistemik faktörlerden de etkilenmektedir. Spesifik tanımsal özelliklerine ek olarak, zorbalık birey ve çevresinin etkileşimini içeren ve sosyal bağlamda ortaya çıkan bir grup olgusu olarak kavramsallaştırılmaktadır (6).

Akran zorbalığı, doğrudan ve dolaylı olmak üzere iki şekilde gözlemlenebilmektedir. Doğru-

dan zorbalık hedeflenen kişinin varlığında ortaya çıkarken, dolaylı zorbalık hedeflenen kişiye doğrudan iletilmeyen saldırgan davranışları içermektedir. Mağdura yapılan vurma, itme, sözel saldırı gibi açık saldırılar doğrudan zorbalık davranışları olarak kabul edilirken, dedikodu yayma, kasıtlı olarak gruptan dışlama, sosyal olarak yalnız bırakma gibi doğrudan gözlenemeyen davranışlar dolaylı zorbalık olarak tanımlanmaktadır (7).

Akran zorbalığı sırasında ilgili çocuklar ve ergenler farklı roller üstlenmiştir. *Zorbalar*; diğer akranlarını mağdur eden çocuklar ve ergenler, *mağdurlar*; zorbalığa uğrayan çocuklar ve ergenler, *zorba-mağdurlar* hem zorbalık yapan hem zorbalığa uğrayan çocuklar ve ergenlerdir. Zorbalık, sadece zorbalar ile mağdurların dâhil olduğu değil, aynı zamanda zorbalığa direkt katılmayan ancak zorbaya yardımcı olarak, mağdurun savunucusu olarak ya da sadece şahit olarak karışan ve bu şekilde zorbalığın sürdürülmesi veya çözülmesine yardım eden kişileri de içeren bir grup sürecidir (8,9).

ZORBALIK TÜRLERİ

Akran zorbalığı; fiziksel, sözel, ilişkisel, cinsel ve eşyalara zarar verme temelli olabilmektedir. Son yıllarda, saldırganlığın modern teknolojik cihazlarla, özellikle de cep telefonlarıyla veya internet yoluyla gerçekleştiği “siber zorbalık” olarak adlandırılan yeni bir zorbalık biçimi de ortaya çıkmıştır (7).

Zorbalık biçimleri ve tanımları aşağıda sıralanmıştır:

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