

## **COPING MECHANISMS OF BULLYING VICTIMS AMONG JRU STUDENTS**

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This research focused on the coping mechanisms of bullying victims among JRU students. Primarily, those bullying encounters started when they were in the grade school, high school, and to a lesser degree, in college now. There are many researches on bullying in varied forms, its effects on individual victims and how they cope with this social problems. These victims indeed suffer fear, anxiety and psychology drawbacks which may have damaged their physical well-being and social worth. The seven (7) respondents interviewed refused to go on a prolonged suffering and emotional torture. They were one in saying that the bullies could be outsmarted – a real challenge, but they took the positive route. Smile at the bullies, immerse into creative activities, indulge in sports, get up and just deal with it. They said that bullying is here to stay – but it could be dealt with. A victim himself/herself needs a strong resolve to overcome it.