

37th World Summit on Positive Psychology, Happiness, Mindfulness & Wellness

April 29, 2024 | Paris, France

Volume : 13

Associations of bullying, cyberbullying and 24-hour movement behaviours among adolescent girls

Yancy SHI¹, Fenghua SUN¹, Chenpeng SUN¹, Yo Hyeong KIM²

¹ The Education University of Hong Kong, HK

² Shanghai American School, China

Statement of the Problem: Bullying and cyberbullying victimization is known to have negative impact on the health of adolescents, but few study ever explored its association with 24-hour behaviors including physical activity (PA), sedentary behavior (SB) and sleep. **Methods:** A total of 15,577 adolescent girls (10-19 yrs) in China joint this study. Verbal bullying, physical bullying and social/relational bullying were measured using the Delaware Bullying Victimization Scale-Student (DBVS-S). Cyberbullying was measured using Revised Cyber Buyllying Inventory (RCBI). PA and SB were measured by the International Physical Activity Questionnaire (IPAQ). Pittsburgh Sleep Quality Index (PSQI) was used to measure sleep. Linear mixed models were performed for analysis to examine the associations between bullying, 24-hour behaviors (LPA, MPA, VPA, SB) and sleep. The associations were adjusted for age.

Results: Bullying (verbal, physical, social/relational and cyberbullying) was positively associated with LPA, MPA, VPA and sleep quality among adolescent girls, respectively. Verbal bullying, physical bullying and social/relational bullying were positively associated with SB in weekdays, but not in weekends. Cyberbullying were negatively associated with SB in weekends, but not in weekdays.

Conclusions: Verbal, physical and social bullying were associated with more PA, lower sleep quality and longer sedentary behaviors during their school days. Cyberbullying, was associated with shorter sedentary behaviors during weekends. Further studies could explore the relationship of bullying, PA and SB, whether adolescent girls would take actions in increasing PA to against physical bullying or decreasing SB to against cyberbullying.

Biography

Dr. Yancy Shi has her expertise in public health issues and passion in improving sleep, physical activity and sedentary behavior among adolescents. She engaged in many research targeting on behavior patterns and health of youth. Besides, she has experiences in teaching mindfulness and meditation training for more than 10 years, with training from both Oxford Mindfulness Foundation Center and Buddhism University in India. She is also a tech-focused entrepreneur, aiming at using a series of original design AI product in helping children with special education need.

yanshi@eduhk.hk

Abstract received : March 13, 2024 | Abstract accepted : March 14, 2024 | Abstract published : 04-05-2024