

General Mood and Emotional Regulation as Predictors of Bullying Behaviors among Adolescent Males: Basis for a Proposed Bullying Intervention Program

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Abstract : Bullying cases are a proliferating issue that schools need to address. This calls for a challenge in providing effective measures to reduce bullying. The study aimed to determine which among the socio-emotional aspects of adolescent males could predict bullying. The respondents of the study were the grades 10 and 11 level and the selection of the respondents was based on the names listed by the teachers and guidance counselors through the Student Nomination Questionnaire. The Bullying Survey Questionnaire Checklist was answered by the respondents to be able to identify their most observed bullying behavior. On the other hand, the level of their mental ability was measured through the use of Otis-Lennon School Ability Test, while their socio-emotional aspects was is classified into 2 contexts: emotional intelligence and personality traits which were determined with the use of Bar-On Emotional Quotient Inventory: Youth Version (BarOn EQ-i:YV) and the Five-Factor Personality Inventory-Children (FFPI-C). Results indicated that majority of the respondents have average level of mental ability and socio-emotional aspects. However, many students have low to markedly low level interpersonal scale. Furthermore, general mood and emotional regulation were found as predictors of bullying behaviors. These findings became the basis for a proposed bullying intervention program.

Keywords : bullying, emotional intelligence, mental ability, personality traits

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