

## The 5S Responses of Obese Teenagers in Verbal Bullying

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**Abstract :** The present study aimed to know the role of verbal bullying in the lives of obese teenagers exposed to it. The study employed a qualitative design specifically the phenomenological approach that focuses on the obese teenagers' verbal bullying experiences. The study also used the social constructivism approach wherein it described the obese teenagers' verbal bullying experiences as they interact with the social world. Through purposive and referral sampling technique, the researchers were able to choose twelve (12) respondents from different schools around the City of Manila, enrolled in the School Year 2015-2016, ages 16-21 years old, has experienced verbal bullying for the last ten (10) years and with the Body Mass Index (BMI) of equal to or greater than 30. Upon the consent of the respondents, ethical considerations were ensured. In-depth one (1) hour interviews were guided by the researchers' aide memoir. The recorded interviews were transcribed into a field text and the responses were thoroughly analyzed through Thematic Analysis and Kelly's Repertory Grid. It was found that the role of verbal bullying in the lives of obese teenagers exposed to it is a process and is best described through a syringe, or the 5S Responses of Obese Teenagers in Bullying, with five conceptual themes which also signify the experiences and the process that obese teenagers have gone through after experiencing verbal bullying. The themes conceptualized were: Suffering, self-doubt, suppression, self-acceptance and sanguineness. This paper may serve as a basis for a counseling program to help the obese teenagers cope with their bullying experiences.

**Keywords :** obesity, obese teenagers, bullying, experiences

**Conference Title :** ICPPMH 2016 : International Conference on Positive Psychology and Mental Health

**Conference Location :** Tokyo, Japan

**Conference Dates :** May 26-27, 2016