

**60 - RELATIONSHIP BETWEEN CHILDREN'S QUALITY OF LIFE AND BULLYING: A SYSTEMATIC REVIEW FROM 2013 TO 2017**

FANNY KOVALESKI  
 GABRIEL JOSÉ DOMINGUES DOMINGUES  
 TATIANE TEIXEIRA  
 CLAUDIA TANIA PICININ  
 Universidade Tecnológica Federal do Paraná, Ponta Grossa - PR, Brasil  
 fannyk92@hotmail.com

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**INTRODUCTION**

For the quality of life several definitions are attributed because it is a multidimensional concept that is attributed to the values in which people live in relation to their goals, expectations, satisfactions, standards and well-being (material, physical, social, emotional, and productive). When any of these values are broken a disorder is created, mainly in the individual's quality of life (COUTINHO et al., 2016; MITCHISON et al., 2016). One of these disorders is bullying, which can be physical (such as beating, and pushing) and also verbal (teasing, threatening, and spreading rumors), with the most affected being physically different children followed by children with chronic illnesses. In many cases the victims commit violence, there is a decrease in self-esteem, and depression. It is necessary to work around this scenario, actions to prevent and reduce bullying (RADHAKISHUN et al., 2015; PINQUART, 2016).

Kvarme et al. (2013) states that the individual's quality of life is high when it goes through group and emotional experiences. Participants in a study have reported that they felt happier and safer after they stopped being victimized by bullying, indicating a quality of life improvement. Help group support can be an alternative to the psychological well-being increasing of intimidated individuals.

The physical injuries occasioned by bullying is only one of the implications that this phenomenon brings to the affected children. In many cases we forget about humiliation, increased anxiety, sadness, disease development (obesity, and diabetes). In short, factors that imply the victims' psychological, social, and academic functioning, and negatively impact the quality of life of these children (FAITH et al., 2015).

Coutinho et al. (2016) present a study in which the relationship between depression and the quality of life in the school context was verified. One of the survey's findings says that young people with higher rates of depression are more likely to be victims of bullying. It generates wear on physical and emotional health and confirms the negative influence on quality of life.

From this brief context, the present study aims to analyze the main studies that include children's quality of life and bullying from 2013 to 2017, through a systematic review, with the purpose of confirming or refuting the relationship between both.

**METHODOLOGY**

The research method used was systematic review. The methodology was divided into two parts. The first part of the methodology is presented in Figure 1.

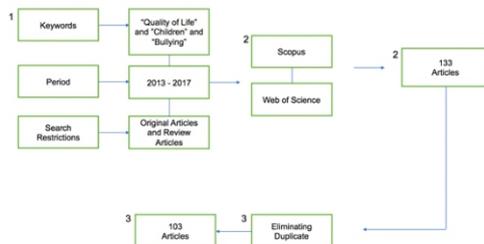


Figure 1 – Research Stages for Articles in the Bases  
 Source: Authors (2017)

Figure 1 is divided into three stages. Step 1 is divided initially into keywords' choice, defined as: Quality of Life, Children, and Bullying, followed by the period chosen to carry out the search, defined from 2013 to 2017. Finally, the search restrictions have merely resulted in original articles and review articles. Step 2 was the choice of the databases in which the articles (Scopus and Web of Science) would be searched, resulting in 133 articles. Step 3 was restricted in eliminating duplicate articles, which resulted in 103 articles.

The second part of the methodology was given by the content organization in a table, as shown in Figure 2.

Ranking	Article	FI	Ano	Ci	InOrdinatio

Figure 2 – Articles ordination  
 Source: Authors (2017)

In the Figure 2, item "Article" the complete title of the article was inserted, in "FI" the impact factor (JCR - Journal Citation Reports), the year of article's publication and "Ci", the number of citations of the article according to Google Scholar. Finally, the articles were classified in a "ranking" by applying the InOrdinatio  $[(Fi / 1000) + \alpha * [10 - (YearResearch - YearPublication)]] + (\sum Ci)$  equation, assuming 10 for  $\alpha$ , considering that the year factor is relevant to the researched topic.

The InOrdinatio equation was proposed by Pagani, Kovaleski and Resende (2015) to offer assistance in the decision-making process regarding the scientific relevance definition of each article using three criteria (impact factor, year of publication, and number of citations by the process proposed).

Finally, articles with InOrdinatio greater than 100 were selected for reading and systematic analysis, totaling 17 articles.

**RESULTS AND DISCUSSIONS**

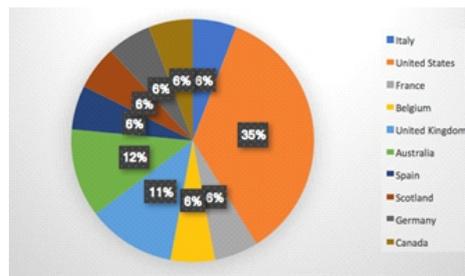
The InOrdinatio applications results, with an InOrdinatio index greater than 100, are presented in Table 1.

Ranking	Article	FI	Year	CI	InOrdinatio
1	Adult health outcomes of childhood bullying victimization: Evidence from a five-decade longitudinal British birth cohort	14,176	2014	212	282
2	Quality of life in overweight and obese children and adolescents: a literature review.	2,344	2014	84	154
3	Child and Parental Reports of Bullying in a Consecutive Sample of Children With Food Allergy	5,705	2013	88	148
4	Adverse childhood experiences: Assessing the impact on health and school engagement and the mitigating role of resilience	4,98	2014	74	144
5	Mental Health and Quality-of-Life Concerns Related to the Burden of Food Allergy	2,172	2015	54	134
6	Peer victimization in fifth grade and health in tenth grade	5,705	2014	62	132
7	Impact of the 2008 economic and financial crisis on child health: A systematic review	2,101	2014	44	114
8	Headache in school children: Prevalence and risk factors	4,257	2013	49	109
9	Life after perinatal stroke	6,032	2013	48	108
10	Comorbidity and correlates of disruptive mood dysregulation disorder in 6-8-year-old children with ADHD	3,295	2016	18	108
11	Traditional and cyberbullying victimization as correlates of psychosocial distress and barriers to a healthy lifestyle among severely obese adolescents - A matched case-control study on prevalence and results from a cross-sectional study	2,265	2014	36	106
12	Comorbidities, Social Impact, and Quality of Life in Tourette Syndrome	3,532	2016	15	105
13	Weight-based bullying and compromised peer relationships in young adult bariatric patients	2,182	2017	2	102
14	Psychological consequences of childhood obesity: psychiatric comorbidity and prevention	0	2016	12	102
15	The Interplay among BMI z-Score, Peer Victimization, and Self-Concept in Outpatient Children and Adolescents with Overweight or Obesity	2,243	2017	1	101
16	Systematic Review of Health-Related Quality of Life in Adolescents with Psoriasis	1,598	2017	1	101
17	Bullying and quality of life in children and adolescents with food allergy	1,572	2017	1	101

Table 1 – Final Result of Systematic Review

Source: Authors (2017)

It can be seen in Table 1 that 17 articles were selected for analysis. Graph 1 shows in which country each of the studies was developed.



Graph 1 – Country where each study was developed

Source: Authors (2017)

The largest number of studies representing 35% (six articles) were developed in the United States, followed by Australia, with two studies. Analyzing all 17 articles, we can notice that eight of these were quantitative research applied in children and nine literature reviews.

Table 2 presents the analysis of the 17 articles mapped in the literature according to the InOrdinatio method from 2013 to 2017, regarding the relationship between children's quality of life and bullying.

Quality of Life and Bullying	Authors
Overweight and obese children are bullied more often than normal weight children. They are victimized due to their physical appearance and low athletic and social competences resulting negatively on their quality of life.	Bacchini et al. (2017)
Trauma, stress, abuse or physical or emotional neglect, deprivation or exposure to violence in children significantly affect quality of life and life expectancy in adulthood. Bullying is associated with substantially worse health.	Bethell et al. (2014) Bogart et al. (2014)
Variables such as self-image, bullying, body pain, quality of food intake, physical activity, parental education level and high status are directly related to the reduction of quality of life in obese children.	Buttitta et al. (2013)
Obese children who are victims of bullying experience lower quality of life, less motivation for physical activity, and greater avoidance and emotional coping for healthy lifestyles than those who are not victims.	Desmet et al. (2014)
The Tourette syndrome associated with lack of information leads to bullying causing in the child anxiety, depression and low self-esteem, which can lead to a lower psychosocial functioning and quality of life.	Eapen, Cavanna e Robertson (2016)
Increased bullying in children with food allergy leads to a decrease in quality of life in various domains.	Fong, Katelaris e Wainstein (2017)
Children with diseases such as psoriasis have even more predicted effects on self-esteem, sexual intimacy and bullying compared to children free of this disease.	Gonzalez et al. (2016)
Perinatal stroke associated with problems of child psychology, including physical disability, bullying, and anxiety and depression increases.	Kirtoni e Deveber (2013)
Children with Disruptive Disorder of Mood Deregulation and Hyperactivity Disorders suffer from high bullying.	Mulraney et al. (2015)
Bullying increased by 22%.	Rajmil et al. (2014)
Childhood obesity is associated with depression, health-related quality of life, emotional and behavioral disorders, and self-esteem. Obese children are more likely to experience psychosocial and bullying problems.	Rankin et al. (2016)
Bullying is an emerging concern and is directly related to the study of mental health and quality of life related to food allergy in children.	Ravid et al. (2015)
Bullying is common in children with food allergies and is associated with lower quality of life. Half of the cases of bullying remain unknown to parents. When parents are aware of bullying, the child's quality of life is better.	Shemesh et al. (2013)
Headaches are becoming more common among children in school due to caffeine ingestion, smoking, low physical activity, bullying by classmates, unfair treatment at school and insufficient leisure time.	Straube et al. (2013)
Children who have been bullied continue to face a wide range of social, health and economic outcomes almost four decades after exposure.	Takizawa, Maughan e Arseneault (2014)
Victims of weight-based bullying generally avoid and exclude themselves socially in response to persistent verbal abuse.	Yufe et al. (2016)

Table 2 – Quality of Life and Bullying  
Source: Authors (2017)

Through Table 2, it can be stated that there is a strong relationship between bullying and quality of life. Three studies address the increase in bullying in children with food allergy, directly affecting quality of life. Two other studies deal with childhood obesity, in which these children are more likely to suffer from bullying, which impacts on quality of life.

Shemesh et al. (2013); Rajmil et al. (2016); Buttitta et al. (2013); and Bacchini et al. (2017) state that health professionals should address these issues in classrooms to contribute to an increase in the physical and mental health of these children and to intervene early to avoid bullying. This is a possibility to reduce exposure to childhood bullying and minimize the effects it causes on quality of life in the long term.

#### CONCLUSION

This article aimed to analyze the main studies that include the children's quality of life and bullying from 2013 to 2017, through a systematic review with the purpose of confirming or refuting the relationship between both. The goal was achieved, presenting the main studies that include children's quality of life and bullying in the last five years. We have mapped 17 studies from the literature, which pointed to a concern and relationship between bullying and children's quality of life. The higher is bullying's intensity and frequency, the lower will be children's quality of life.

As a future study, it is proposed to raise and quantify the variables most affected by quality of life caused by bullying.

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**RELATIONSHIP BETWEEN CHILDREN'S QUALITY OF LIFE AND BULLYING: A SYSTEMATIC REVIEW FROM 2013 TO 2017**

Bullying is associated with children's quality of life, implying psychological, social and academic functioning of children and impacting their quality of life. This study aims to analyze the main studies that include children's quality of life and bullying from 2013 to 2017, through a systematic review, with the purpose of confirming or refuting the relationship between both. The method of searching for a systematic review and application of the InOrdinatio equation was used, resulting in 17 articles for analysis. The 17 articles emphasize aspects such as childhood obesity and food allergies, and their relationship to children's lives. In short, it is concluded that the greater the intensity and frequency of bullying, the lower the child's quality of life.

Key-words: Quality of Life, Bullying, Children

**RELATION ENTRE LA QUALITÉ DE LA VIE DES ENFANTS ET LE HARCÈLEMENT: UN EXAMEN SYSTÉMATIQUE D'ARTICLES ENTRE 2013 ET 2017**

Le harcèlement est associé à la qualité de vie des enfants parce qu'il a un impact dans le fonctionnement psychologique, social et scolaire des enfants. Cet article vise à analyser les principales études qui incluent la qualité de vie des enfants et le harcèlement entre 2013 et 2017, dans le but de confirmer ou de réfuter la relation entre les deux. Pour cela nous employons la méthode de recherche de revue systématique par l'application de l'équation InOrdinatio. Nous avons abouti à 17 articles à analyser. Les 17 articles mettent l'accent sur des aspects tels que l'obésité infantile et les allergies alimentaires, et leur relation avec la vie des enfants. En résumé, nous concluons que plus l'intensité et la fréquence du harcèlement sont importantes et plus la qualité de vie de l'enfant est faible.

Mots-clés: Qualité de vie, harcèlement, enfants

**RELACIÓN ENTRE LA CALIDAD DE VIDA DE LOS NIÑOS Y EL BULLYING: UNA REVISIÓN SISTEMÁTICA ENTRE 2013 A 2017**

El bullying está asociado a la calidad de vida de los niños, implicando en el funcionamiento psicológico, social y académico de los niños impactando en su calidad de vida. Este estudio tiene por objetivo analizar los principales estudios que incluyen la calidad de vida de niños y bullying de 2013 a 2017, a través de una revisión sistemática con el intuito de confirmar o refutar la relación entre ambos. Se utilizó el método de pesquisa de una revisión sistemática y la aplicación de la ecuación InOrdinario resultando en 17 artículos para análisis. Los 17 artículos enfatizan aspectos como obesidad infantil y alergias alimentares relacionadas con la calidad de vida de los niños. Se concluye que cuanto mayor la intensidad y la frecuencia del bullying menor será la calidad de vida del niño.

Palabras claves: Calidad de Vida, Bullying, Niños

**RELAÇÃO ENTRE A QUALIDADE DE VIDA DE CRIANÇAS E O BULLYING: UMA REVISÃO SISTEMÁTICA ENTRE 2013 A 2017**

O bullying está associado a qualidade de vida das crianças, implicando no funcionamento psicológico, social e acadêmico das crianças e impactando na sua qualidade de vida. Este estudo tem por objetivo analisar os principais estudos que incluem a qualidade de vida de crianças e bullying de 2013 a 2017, através de uma revisão sistemática, com o intuito de confirmar ou refutar a relação entre ambos. Empregou-se o método de pesquisa de uma revisão sistemática e aplicação da equação InOrdinatio, resultando em 17 artigos para análise. Os 17 artigos, enfatizam aspectos como a obesidade infantil e a alergias alimentares, e sua relação com a vida das crianças. Em suma, conclui-se que quanto maior a intensidade e a frequência do bullying menor será a qualidade de vida da criança.

Palavras-Chaves: Qualidade de Vida, Bullying, Crianças

Endereço de Correspondência:

Fanny Kovaleski

Rua Bernardo Savio, 77 – Jardim Carvalho – Ponta Grossa/PR – Brasil

+55 42 999453358

fannyk92@hotmail.com