

The Effect of Preventive Counseling on Reducing Bullying Cases in Elementary School

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Abstract

Bullying in elementary schools is a pervasive issue that significantly impacts students' emotional well-being, social relationships, and academic performance. Preventive counseling has emerged as a proactive approach to address bullying by equipping students with emotional resilience, empathy, and conflict resolution skills. This study investigates the effectiveness of preventive counseling in reducing bullying incidents among elementary school students. The research aims to evaluate whether structured counseling programs can decrease the frequency and severity of bullying cases and improve peer interactions within the school environment. A quasi-experimental design was utilized, involving pre-test and post-test assessments with a control group. The sample consisted of 80 elementary school students, divided equally into experimental and control groups. Data were collected through bullying incident reports, peer relationship surveys, and teacher observations. These results highlight the effectiveness of preventive counseling in fostering a safer and more supportive school climate. The study concludes that preventive counseling is a vital intervention to address bullying and recommends its broader implementation in elementary education.

Keywords: Bullying Prevention, Elementary Education, Peer Relationships



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INTRODUCTION

Bullying remains a persistent problem in elementary schools worldwide, with serious consequences for victims, perpetrators, and the overall school climate. Victims of bullying often experience psychological distress, decreased academic performance, and difficulties in forming positive peer relationships (Bakkensen, 2022). Perpetrators are also at risk of developing aggressive behavioral patterns that may persist into adolescence and adulthood. The prevalence of bullying in elementary schools highlights the need for effective, proactive strategies to address this issue and promote a safe learning environment (Farrell, 2020).

Preventive counseling has gained attention as a proactive approach to reduce bullying by addressing its root causes (Eganyan, 2020). Unlike reactive disciplinary measures, preventive counseling focuses on building emotional awareness, empathy, and social skills in students. By fostering these qualities, schools can equip students with the tools to resolve conflicts constructively and reduce aggressive behaviors. The early intervention provided by preventive counseling is particularly relevant in elementary education, where foundational social-emotional skills are still developing (Chou, 2023).

Schools play a critical role in shaping children's behavior and attitudes, making them an ideal setting for implementing preventive measures. By integrating counseling programs into their curricula, schools can create a supportive environment where students feel safe and respected. This study investigates the potential of preventive counseling to address bullying and contribute to a positive school culture (Thorman, 2022).

Bullying continues to be a significant challenge in elementary schools, with reports indicating that many students experience or witness bullying during their early education years (Murphy, 2020). This issue not only disrupts the learning process but also affects students' mental health, self-esteem, and social development. Teachers and administrators often struggle to manage bullying effectively, as traditional disciplinary methods tend to address the symptoms rather than the root causes of aggressive behaviour (Lorenz, 2022).

The lack of a structured approach to preventing bullying at its source creates a gap in current school practices. Existing interventions often focus on punitive measures that fail to promote long-term behavioral change (Fazli, 2021). As a result, bullying incidents may decrease temporarily but frequently recur, indicating the need for a more sustainable solution. Preventive counseling, which emphasizes emotional intelligence and empathy, offers a promising alternative, but its implementation and impact remain underexplored in elementary school contexts (Marrus, 2021).

A critical challenge lies in identifying and addressing the factors contributing to bullying behaviors in young children (Cantor, 2021). Understanding these factors and developing targeted interventions is essential for creating a school environment where bullying is not tolerated. This study addresses these challenges by evaluating the effectiveness of preventive counseling as a comprehensive strategy to reduce bullying and enhance peer relationships in elementary schools (Astania, 2023).

The primary objective of this study is to evaluate the effectiveness of preventive counseling in reducing bullying incidents among elementary school students (O'Connor, 2020). By focusing on this intervention, the research aims to determine whether structured counseling programs can foster empathy, conflict resolution skills, and positive peer

interactions. The study also seeks to identify specific elements of preventive counseling that contribute most significantly to its success (Patnode, 2022).

This research further aims to explore the broader impact of preventive counseling on school climate and student well-being (Mangione, 2022). By reducing bullying, the study hypothesizes that students will experience a safer and more supportive learning environment, leading to improved academic performance and emotional health. The findings are expected to provide practical insights for educators and policymakers to implement evidence-based strategies in their schools (Krist, 2020b).

In addition to addressing immediate bullying concerns, this study aspires to contribute to the development of preventive frameworks that can be adapted to diverse educational contexts (Henderson, 2020). By demonstrating the value of proactive interventions, the research aims to shift the focus from reactive measures to strategies that promote long-term behavioral change and emotional resilience (Krist, 2020a).

Despite extensive research on bullying, many studies have focused on reactive measures, such as punitive actions or peer mediation programs, with limited success in achieving sustainable reductions in bullying incidents (Davidson, 2021). Existing literature often overlooks the potential of preventive interventions, particularly those that address the underlying emotional and social factors contributing to bullying behavior. This gap highlights the need for research that evaluates the efficacy of preventive counseling in elementary school settings (Drapkina, 2021).

Most studies on bullying prevention have concentrated on middle and high school populations, leaving a critical gap in understanding how interventions can be tailored to younger students (Wang, 2022). Elementary school students are at a developmental stage where social-emotional skills are still forming, making this period an ideal time for intervention. Research specifically targeting this demographic is essential to inform the development of age-appropriate strategies that address bullying behaviors early on (Smidt, 2020).

The limited focus on preventive counseling as a holistic approach to bullying prevention creates an opportunity for this study to make a significant contribution to the field. By examining the impact of structured counseling programs on relational and emotional factors, this research addresses a critical void in the literature and provides valuable insights into sustainable solutions for bullying in elementary schools (Stepanova, 2020).

This study introduces a novel perspective by focusing on preventive counseling as a proactive strategy to address bullying in elementary schools. While previous research has explored various anti-bullying programs, few have emphasized the role of counseling in equipping students with the emotional and social tools needed to prevent bullying behaviors. The study's emphasis on early intervention distinguishes it from traditional approaches, which often prioritize reactive measures (Luo, 2022).

The research also provides a unique contribution by integrating social-emotional learning principles into a structured counseling framework. This approach not only addresses bullying behaviors but also fosters empathy, emotional regulation, and constructive communication among students. By demonstrating the broader impact of preventive counseling on school culture, this study offers a scalable and adaptable model for educational institutions (Sun, 2020).

The justification for this research lies in the urgent need for sustainable solutions to bullying in elementary schools. The study aligns with global efforts to promote safe and inclusive educational environments, addressing a critical issue that affects millions of students worldwide. By bridging the gap between theory and practice, this research has the potential to inform evidence-based policies and transform how schools approach bullying prevention (T. Li, 2023).

RESEARCH METHOD

This study employed a quasi-experimental research design with a pre-test and post-test control group format to evaluate the impact of preventive counseling on reducing bullying incidents in elementary schools. The design allowed for a comparative analysis between an experimental group receiving the intervention and a control group following standard school practices. This approach ensured robust data collection while minimizing external variables that could influence the outcomes (Ji, 2021).

The population for this study comprised students from a public elementary school with reported bullying cases. A purposive sampling method was used to select 80 students, evenly divided into experimental and control groups. The participants were identified based on teacher recommendations and initial assessments of bullying involvement, either as perpetrators, victims, or bystanders. The diversity within the sample ensured a comprehensive evaluation of the intervention's effectiveness (D. Li, 2020).

Data collection utilized three primary instruments: a bullying behavior questionnaire, peer relationship surveys, and teacher observation logs. The bullying questionnaire assessed the frequency and severity of incidents, while the peer relationship surveys measured changes in students' interpersonal dynamics. Observational logs documented classroom and playground behaviors to capture real-time interactions and provide qualitative insights into the intervention's impact (Hu, 2021).

The intervention consisted of eight weekly preventive counseling sessions, each lasting 60 minutes, facilitated by trained school counselors. The sessions focused on building empathy, emotional regulation, and conflict resolution skills through role-playing, group discussions, and guided activities (Bauer, 2021). Pre-tests were conducted to establish baseline measures, and post-tests were administered after the final session to evaluate changes. Teacher observations and surveys were conducted throughout the intervention to monitor ongoing progress and triangulate findings. These procedures ensured a comprehensive and multi-faceted analysis of the counseling program's effectiveness (Z. Li, 2020).

RESULTS AND DISCUSSION

The study involved 80 elementary school students divided into experimental and control groups, with 40 students in each group. Pre-test results indicated a comparable baseline for bullying incidents, with the experimental group recording a mean score of 42.35 (SD = 4.89) and the control group a mean of 41.78 (SD = 5.12). After the counseling intervention, the experimental group exhibited a significant reduction in bullying behaviors, with a post-test mean score of 23.85 (SD = 3.97). In contrast, the control group showed only a slight decrease to 39.12 (SD = 5.04).

Table 1. The descriptive statistics are summarized

Group	Pre-Test Mean (SD)	Post-Test Mean (SD)
Experimental	42.35 (4.89)	23.85 (3.97)
Control	41.78 (5.12)	39.12 (5.04)

Observation data reinforced these results, showing reduced bullying incidents and improved peer interactions in the experimental group. Students actively participated in role-playing activities during counseling sessions, which translated into positive behavioral changes in real-world school settings.

The significant reduction in the experimental group’s bullying scores highlights the effectiveness of preventive counseling in mitigating aggressive behaviors. The structured sessions allowed students to develop empathy, practice conflict resolution, and understand the impact of their actions on peers. These skills were directly linked to the observed improvements in peer interactions.

Qualitative feedback from teachers further supported the quantitative findings. Teachers in the experimental group reported noticeable changes in students’ behavior, such as reduced teasing, greater cooperation, and increased willingness to resolve conflicts peacefully. The consistency between teacher observations and statistical outcomes underscores the reliability of the results.

Statistical analysis using paired sample t-tests revealed a significant difference in pre-test and post-test scores for the experimental group ($t = 11.45$, $p < 0.001$), confirming the intervention’s impact. In contrast, the control group showed no significant change ($t = 1.78$, $p = 0.08$), indicating that standard practices were insufficient to address bullying behaviors effectively.

An independent sample t-test comparing post-test scores between the two groups demonstrated a significant difference ($t = 8.96$, $p < 0.001$). These findings affirm that the observed reduction in bullying incidents was attributable to the preventive counseling sessions, validating the hypothesis that proactive interventions are more effective than reactive measures.

Correlation analysis revealed a strong negative relationship between participation in preventive counseling and bullying behaviors ($r = -0.72$, $p < 0.01$). Students who actively engaged in counseling activities demonstrated a greater reduction in aggressive behaviors and an increase in prosocial actions.

Further analysis showed a positive correlation ($r = 0.65$, $p < 0.01$) between improvements in peer relationships and reductions in bullying incidents. These findings indicate that the intervention not only addressed individual behaviors but also improved overall peer dynamics, creating a more inclusive and supportive school environment.

A case study of a student in the experimental group highlights the intervention’s impact. The student, initially identified as a frequent perpetrator of verbal bullying, showed remarkable improvement after attending the counseling sessions. Pre-test observations indicated regular involvement in teasing and exclusionary behaviors, contributing to a hostile environment for peers.

Post-intervention records revealed a complete behavioral shift. The student began engaging in positive interactions, including offering help to classmates and mediating minor disputes. Teachers noted that the student displayed increased empathy and self-awareness,

attributing these changes to the skills acquired during counseling sessions. This case exemplifies the broader trends observed in the experimental group.

Qualitative feedback from students in the experimental group provided further insights into the intervention's success. Participants reported feeling more confident in addressing conflicts constructively and expressed greater awareness of the emotional impact of bullying on peers. The structured counseling activities, such as role-playing and guided discussions, were frequently cited as the most impactful components.

Observations in the control group indicated no significant changes in bullying behaviors, with several students continuing to exhibit aggressive tendencies. Teachers in this group reported frustration with the lack of progress, reinforcing the necessity of proactive and structured interventions like preventive counseling to address the issue effectively.

The results demonstrate that preventive counseling significantly reduces bullying incidents and fosters a positive school climate by equipping students with essential social-emotional skills. The structured and interactive nature of the intervention allowed students to internalize key concepts such as empathy, respect, and constructive conflict resolution. These findings underscore the importance of proactive approaches in addressing bullying, highlighting the limitations of traditional disciplinary measures. Preventive counseling offers a scalable and sustainable solution to creating safer and more inclusive school environments.

The results of this study demonstrate that preventive counseling effectively reduces bullying incidents in elementary schools. The experimental group, which participated in structured counseling sessions, showed a significant reduction in bullying behaviors, as evidenced by a marked decrease in post-test scores compared to the control group. Observational data and qualitative feedback from teachers also supported these findings, indicating improved peer interactions, increased empathy, and enhanced conflict resolution skills among students in the experimental group.

The statistical analysis confirmed the robustness of these results, with significant differences in pre-test and post-test scores within the experimental group. The absence of notable changes in the control group highlights the insufficiency of standard school practices in addressing bullying. These findings validate the hypothesis that preventive counseling provides an effective framework for mitigating bullying behaviors and fostering positive peer dynamics.

The findings align with prior research emphasizing the role of preventive strategies in addressing school bullying. Studies by Limber et al. (2011) and Farrington et al. (2017) have shown that interventions focusing on social-emotional learning and empathy training significantly reduce bullying behaviors. This study contributes to the literature by confirming these effects in an elementary school setting, where early interventions are particularly impactful (Hernández-Romero, 2020).

Differences emerge when considering the scope and implementation of preventive measures. Unlike large-scale anti-bullying campaigns that may focus on school-wide awareness, this study highlights the value of individualized and group-focused counseling sessions. The emphasis on direct engagement and skill-building distinguishes the approach from broader interventions, demonstrating its effectiveness in achieving measurable behavioral changes in a short timeframe (Zeng, 2020).

The results signify the potential of preventive counseling to address bullying by targeting its root causes. The observed behavioral improvements suggest that fostering emotional awareness and empathy among students is crucial in reducing aggressive tendencies. This

reinforces the importance of proactive strategies that equip students with the tools to navigate social challenges constructively (Ribeiro, 2020).

The findings also underscore the limitations of reactive disciplinary approaches that focus solely on punishing negative behaviors. The absence of significant changes in the control group highlights the need for interventions that address underlying emotional and relational factors. The success of preventive counseling in this study reflects its capacity to create a supportive environment that promotes positive behavioral change (Ali, 2021).

The findings carry important implications for educational policy and practice. Schools can integrate preventive counseling into their existing support systems to create safer and more inclusive learning environments. The demonstrated impact on peer dynamics and emotional skills suggests that such interventions can contribute to broader goals of social-emotional learning and student well-being (Guo, 2021).

By reducing bullying incidents, preventive counseling also has the potential to improve academic outcomes and overall school climate. Policymakers and educators can use these results to advocate for the inclusion of counseling programs in national anti-bullying frameworks. The scalability and adaptability of the intervention make it suitable for diverse educational settings, ensuring its relevance across different school contexts (Magana, 2022).

The effectiveness of preventive counseling observed in this study can be attributed to its structured approach, which emphasizes active participation and practical skill-building. Role-playing exercises, guided discussions, and reflective activities allowed students to internalize key social-emotional concepts, translating into real-world behavioral changes (Hipel, 2021).

The interactive nature of the counseling sessions created a safe space for students to explore their emotions and practice constructive conflict resolution. The involvement of trained counselors further ensured the consistent delivery of the intervention, providing students with the guidance and support necessary for meaningful behavioral transformation (Hipel, 2020).

The success of this intervention highlights the need for its broader implementation and further research into its long-term effects. Future studies could explore the sustainability of behavioral improvements over extended periods and assess how preventive counseling influences other aspects of student development, such as academic performance and mental health. Expanding the sample to include diverse cultural and socioeconomic backgrounds would also provide valuable insights into the universality of the approach (Weyrauch, 2021).

Educational institutions should prioritize the integration of preventive counseling into their curricula, particularly in early education settings. Training programs for counselors and teachers can focus on equipping them with the skills needed to deliver these interventions effectively. Building on the evidence from this study, preventive counseling can serve as a cornerstone for comprehensive strategies to combat bullying and promote positive school cultures (Zhou, 2020)..

CONCLUSION

The most significant finding of this study is the substantial reduction in bullying incidents among elementary school students who participated in preventive counseling sessions. Unlike traditional disciplinary measures, this intervention addressed the root causes of bullying by fostering empathy, emotional regulation, and conflict resolution skills. The experimental group exhibited notable behavioral improvements, including decreased aggression and increased positive peer interactions, while the control group showed minimal

change. These results highlight the unique impact of a structured, proactive approach in tackling bullying at its source.

This study contributes to the field by introducing a structured counseling framework that integrates social-emotional learning principles into practical intervention strategies. The combination of role-playing, guided discussions, and reflective exercises provides a replicable model for educators and counselors. This research bridges the gap between theory and practice, demonstrating how preventive counseling can be adapted to elementary school contexts to address bullying effectively. By focusing on skill-building and emotional awareness, the study offers a sustainable approach to fostering a safer school environment.

The study is limited by its relatively short intervention period and the focus on a single school setting, which may limit the generalizability of its findings. The absence of follow-up assessments raises questions about the long-term sustainability of behavioral changes. Future research should explore the longitudinal impacts of preventive counseling and its adaptability to diverse cultural and socioeconomic contexts. Expanding the study's scope to include multi-site implementations would provide a broader understanding of the intervention's scalability and effectiveness across varying educational environments.

AUTHOR CONTRIBUTIONS

Look this example below:

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.

Author 2: Conceptualization; Data curation; Investigation.

Author 3: Data curation; Investigation.

Author 4: Formal analysis; Methodology; Writing - original draft.

Author 5: Supervision; Validation.

CONFLICTS OF INTEREST

The authors declare no conflict of interest

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