Coping Mechanisms of Obese Children against Bullying in La Trinidad Benguet

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Keywords: Coping mechanism, obese children, bullying, denial, regression, repression, projection, displacement, rationalization, sublimation and compensation.

Abstract

This study was conducted to assess the level of effectiveness of coping mechanisms of obese children in La Trinidad, Benguet. Moreover, it sought to determine the level of effectiveness of coping mechanisms in terms of denial, regression, repression, projection, displacement, rationalization, sublimation and compensation.

The respondents of this study were forty (40) obese children from four (4) different schools in LTB. The study was conducted from October 2012 to February 2013. A questionnaire was used as a data gathering tool. The researchers personally administered the questionnaires to be able to explain and simplify the content of the questionnaire.

The researchers made use of the weighted mean, T-test (one sample case), and F-test in analyzing the tabulated data and interpreted the results vis-à-vis the specific problems and hypotheses of the study.

Findings show that all coping mechanisms; denial, repression, regression, projection, displacement, rationalization, sublimation and compensation were slightly effective. Gender and ethnic affiliation have no bearing in coping against bullying.

Based on the findings the conclusions are: The coping mechanisms utilized by the obese vary in the effectiveness against bullying. Gender and ethnic affiliation do not affect the level of effectiveness of the coping mechanisms utilized by the obese children.

Based on the findings, the researchers would like to recommend the following: Encourage the obese children to excel in academics. The parents of the obese children should monitor their child's behavior if the child exhibits sign of being a victim of bullying. Encourage the obese children to engage in sports or develop worthwhile hobbies. A similar study should be conducted to include coping mechanisms utilize by teenagers against bullying. A study comparing the coping mechanisms of bullied in public and private school pupils in La Trinidad. A future study to include other coping mechanisms such as intellectualization, isolation, introjection, undoing, trivializing, fantasy, dissociation, conversion and restitution.

Conclusions

The conclusions are as follows:

1. The coping mechanisms utilized by the Obese Children vary in the effectiveness against bullying.
2. Gender and ethnic affiliation do not affect the level of effectiveness of the coping mechanisms utilized by the obese children.

Recommendations

Based on the findings and conclusions the following are recommended:

1. Encourage the obese children to excel in academics.
2. The parents or the guardian of the obese children should monitor their child's behaviour if the child exhibits signs of being a victim of bullying.
3. Encourage the obese children in sports or develop worthwhile hobbies.
4. A similar study should be conducted to include coping mechanisms utilized by teenagers against bullying.

5. A similar study comparing the coping mechanisms of bullied children in public and private school children in La Trinidad.
6. A future study to include other coping mechanisms such as intellectualization, isolation, introjection, undoing, trivializing, fantasy, dissociation, conversion and restitution.

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