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Research Article

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The role of physical sports activities in traditional bullying behaviors among Albanian adolescents in upper secondary school (ages 16–18)

Jonida Peppo

Sports University of Tirana, Albania

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Abstract

This study examines the relationship between adolescents' participation in school-based physical sports activities and traditional bullying behaviors in Albanian upper secondary schools. The school environment plays a crucial role in shaping adolescents' emotional and social development, where bullying manifested through physical, verbal, or psychological aggression remains a persistent issue. Adolescents reporting low emotional regulation or limited family and peer support are more likely to engage in aggressive or intimidating behaviors, while a weak school climate further increases the likelihood of bullying. Using a cross-sectional correlational design, data were collected from 214 students aged 16–18 across 12 schools in Tirana. Findings show exceptionally high interest (91.5%) and willingness (98%) to participate in sports activities, accompanied by strong cooperative behaviors and peer support during physical activities. Experiences of isolation, mockery, or intimidation during sports were reported at low levels. The results indicate that active engagement in school sports strengthens group cohesion and prosocial interactions, contributing to a measurable reduction in traditional bullying behaviors among adolescents.

Keywords: Bullying, physical activity, school social climate, sports activities, adolescents.

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