

## REVIEW

### Bullying and alcohol consumption in adolescents: an integrative review

### Bullying y consumo de alcohol en adolescentes: revisión integrativa

### Bullying e consumo de álcool em adolescentes: revisão integrativa

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### Abstract

**Introduction:** Bullying is a public health problem that has been categorized as a type of violence between social groups according to the following classification, that is to say, aggressor, victim and victim/aggressor. Bullying in all its forms is therefore associated with alcohol consumption. **Objective:** Assess the available scientific evidence regarding the relationship between bullying and alcohol consumption in adolescents. **Methodology:** This is an integrative review based on Dhollande's methodological framework. The following databases were used: Virtual Health Library, SciELO, Google Scholar, PubMed and ScienceDirect during February to April 2024; moreover, combinations were made using Boolean operators. The inclusion criteria were as follows: full-length original articles in indexed journals, written in Spanish and English that included the variables of bullying and alcohol consumption in adolescents. The Joanna Briggs Institute checklist was used to select the articles, obtaining a sample of 16 articles. **Results:** 93.8 % of the articles reported a relationship between the study variables. 31.3 % refer to cyberbullying as a means of carrying out bullying, highlighting that physical violence (50 %), verbal violence (31.3 %), psychological violence (18.8 %), sexual violence (12.5 %) and violence through isolation (12.5 %) were some of the forms used to carry out bullying. Adolescent bullies were the most likely to use alcohol and excessive alcohol consumption (31.3 %). **Conclusions:** It is recommended that further original research be carried out to clarify the relationship between the variables of study, in particular between the classification of bullying and the prevalence of alcohol consumption and the types of alcohol consumption among adolescents.

**Key words:** Bullying; Harassment; Alcohol; Adolescents (DeCS).

### Resumen

**Introducción:** El bullying es un problema de salud pública que integra un tipo de violencia en algún grupo social según su clasificación; agresor, víctima y víctima/agresor. En consecuencia, el bullying en todas sus formas se asocia con el consumo de alcohol. **Objetivo:** Analizar la evidencia científica disponible sobre la relación entre el bullying y el consumo de alcohol en adolescentes. **Metodología:** Revisión integrativa con base al marco metodológico de Dhollande, haciendo uso de bases de datos; Biblioteca Virtual en Salud, SciELO, Google Académico, PubMed y ScienceDirect durante febrero a abril de 2024. Se realizaron combinaciones con operadores booleanos. Los criterios de inclusión fueron; artículos completos y originales en revistas indexadas, escritos en español e inglés, que incluyeran las variables de bullying y consumo de alcohol en adolescentes. Para la selección de los artículos se utilizó la lista de verificación de Joanna Briggs Institute, obteniendo una muestra de 16 artículos. **Resultados:** el 93.8 % mostraron relación entre las variables de estudio. El 31.3 % refieren el cyberbullying como medio para llevar a cabo el acoso, enfatizando que la violencia física 50 %, verbal 31.3 %, psicológica 18.8 %, sexual 12.5 % y por exclusión 12.5 % fueron algunas formas de ejercer el bullying. Los adolescentes agresores fueron quienes presentaron mayor frecuencia de consumo y consumo excesivo de alcohol 31.3 %. **Conclusiones:** Se sugiere continuar con la realización de estudios originales que esclarezcan la relación entre la clasificación del bullying con las prevalencias de consumo y tipos de consumo de alcohol en adolescentes.

**Palabras clave:** Bullying; Acoso escolar; alcohol; Adolescentes (DeCS).



### Abstrato

**Introdução:** O bullying é um problema de saúde pública que foi categorizado como um tipo de violência entre grupos sociais de acordo com a seguinte classificação, isto é, agressor, vítima e vítima/agressor. Consequentemente, o bullying em todas as suas formas está associado ao consumo de álcool. **Objetivo:** Analisar as evidências científicas disponíveis sobre a relação entre bullying e consumo de álcool em adolescentes. **Metodologia:** Revisão integrativa baseada no referencial metodológico de Dholand, utilizando bases de dados; Biblioteca Virtual em Saúde, SciELO, Google Acadêmico, PubMed e ScienceDirect durante fevereiro a abril de 2024. As combinações foram feitas com operadores booleanos. Os critérios de inclusão foram; artigos completos e originais em revistas indexadas, escritos em espanhol e inglês, que incluíssem as variáveis de bullying e consumo de álcool em adolescentes. Para seleção dos artigos foi utilizado o checklist do Instituto Joanna Briggs, obtendo-se uma amostra de 16 artigos. **Resultados:** 93,8 % apresentaram relação entre as variáveis do estudo. A lista de verificação do Joanna Briggs Institute foi usada para selecionar os artigos, obtendo-se uma amostra de 16 artigos, destacando que a violência física 50 %, a verbal 31,3 %, a psicológica 18,8 %, a sexual 12,5 % e a exclusão 12,5 % foram algumas formas de bullying. Os adolescentes agressores foram aqueles que apresentaram maior frequência de consumo e consumo excessivo de álcool 31,3 %. **Conclusões:** Sugere-se a continuidade da realização de estudos originais que esclareçam a relação entre a classificação do bullying e a prevalência de consumo e tipos de consumo de álcool em adolescentes.

**Palavras-chave:** Bullying; Assédio; Álcool; Adolescentes (DeCS).

### Introduction

According to the World Health Organization (WHO), bullying or school harassment is classified as a public health problem because it includes a type of violence within the interpersonal category, which occurs when any social group is involved and where the group of actors is classified according to the following roles: Victim (who receives the aggression), aggressor (who attacks or uses violence) and victim/aggressor (who was first attacked and then becomes the aggressor) <sup>(1)</sup>.

Bullying is the various forms of violence at school directed against a specific victim who suffers various forms of aggression (physical, verbal, psychological and sexual). Cyberbullying is also a specific form of bullying, a growing problem affecting one in ten adolescents, which can occur at school but also at home through technological devices (mobile phones, computers) <sup>(2,3)</sup>.

The United Nations Educational, Scientific and Cultural Organization (UNESCO) reports that one in three students worldwide is bullied at school every month, with more than 36 % of them involved



in physical fights with a classmate. In addition, one in three students has been physically attacked at least once a year <sup>(2)</sup>. It is worth noting that the COVID-19 pandemic brought with it the disruption of face-to-face teaching (due to school closures), which influenced the increase in harmful online behaviors such as Cyberbullying, which is characterized by online violence and hatred <sup>(4)</sup>.

A study conducted by the United Nations Children's Fund in 190 countries, that included prevalence rates of different forms of violence against children, found that one in three students aged 13 to 15 had been harassed or bullied at school <sup>(5)</sup>. Similarly, the study carried out by Ruiz-Narezco, et al <sup>(5)</sup> among adolescents aged 12 to 18 years highlights that 17.5 % of the total sample reported having suffered verbal aggression (teasing, insults), 11.9 % had things stolen, broken or destroyed, 7.6 % had been beaten and 6.4 % had been threatened, insulted and harassed via the Internet <sup>(6)</sup>.

Consequently, bullying in all its forms is associated with different risk behaviors, including alcohol consumption <sup>(3,7)</sup>. In line with the above, several studies point to the relationship between bullying and alcohol consumption in adolescents <sup>(7-9)</sup>. With regard to alcohol consumption, the WHO reports that every year three million deaths occur worldwide due to harmful alcohol consumption, representing 5.3 % of all deaths <sup>(10)</sup>. At the international level, the study by Lago-Díaz, et al <sup>(11)</sup> among Cuban adolescents aged 15-17 years found that almost half of the sample (46.9 %) drank alcohol. In turn, in Mexico, the National Health and Nutrition Survey <sup>(12)</sup> showed that the current prevalence of alcohol consumption among adolescents was 20.6 %, higher among males (22 %) than females (19.2 %). Excessive drinking in the last year (13.9 %) and in the last month (5.2 %) was also reported. It is worth noting that the prevalence of both heavy drinking in the last year (15.0 %) and in the last month (6.1 %) increased between 2018 and 2020, with higher percentage among males (12.7 % and 4.2 %, respectively) than females (12.7 % and 4.2 %, respectively).



Although there is evidence of a relationship between the variables of the study, it is important to consider the classification of the group of actors (victim, aggressor and victim/aggressor) for alcohol consumption. In this regard, it is essential for the nursing professional to continue working on the subject of adolescent behavior in the school context, identifying risk and protective factors to reduce this type of behavior. Likewise, it is necessary for nursing professionals with experience in research to design and implement interventions with special emphasis on parental involvement, in order to reduce bullying and alcohol consumption in this vulnerable population. Therefore, the aim of this integrative review was to assess the scientific evidence that is available with respect to the relationship between bullying and alcohol consumption in adolescents.

### **Methodology**

This is an integrative review that allows for the collection and synthesis of findings and the identification of gaps in knowledge to guide the development of future research to inform behavior and decision making <sup>(13)</sup>. The methodological approach of Dhollande, et al <sup>(14)</sup> was used with 7 steps. Evidence gathering began with the following PICO-structured guiding question: What scientific evidence regarding the relationship between bullying and alcohol use in adolescents is available? A search strategy using DeCS and MeSH descriptors was used. For the variable “bullying”, the terms school bullying, cyberbullying, intimidation and sexual harassment were used. For the variable “alcohol”, terms such as “consumption of alcoholic beverages”, “alcohol consumption in minors” and “alcohol consumption at university” were used. Different databases were used (Virtual Health Library, SciELO, Google Scholar, PubMed and ScienceDirect) and different combinations were made with the AND Boolean operator, (Table 1).



Table 1. Search protocol - combinations used, 2025

Databases	Spanish and English language combinations	Selected articles
BVS	((Bullying) AND (alcohol) AND (adolescents)), ((Cyberbullying) AND (alcohol) AND (adolescents)), ((Bullying) AND (álcool) AND (adolescentes))	3
SciELO	((Bullying) AND (alcohol) AND (adolescentes)), ((School violence) AND (alcohol) AND (adolescents))	3
Google Scholar	((Bullying) AND (alcohol) AND (adolescentes)), ((Violencia escolar) AND (alcohol) AND (adolescentes)), ((Acoso escolar) AND (alcohol) AND (adolescents)), ((School violence) AND (alcohol) AND (adolescents))	6
PubMed	((Bullying) AND (alcohol) AND (adolescents)), ((Cyberbullying) AND (alcohol) AND (adolescents))	3
ScienceDirect	((Cyberbullying) AND (alcohol) AND (adolescents))	1

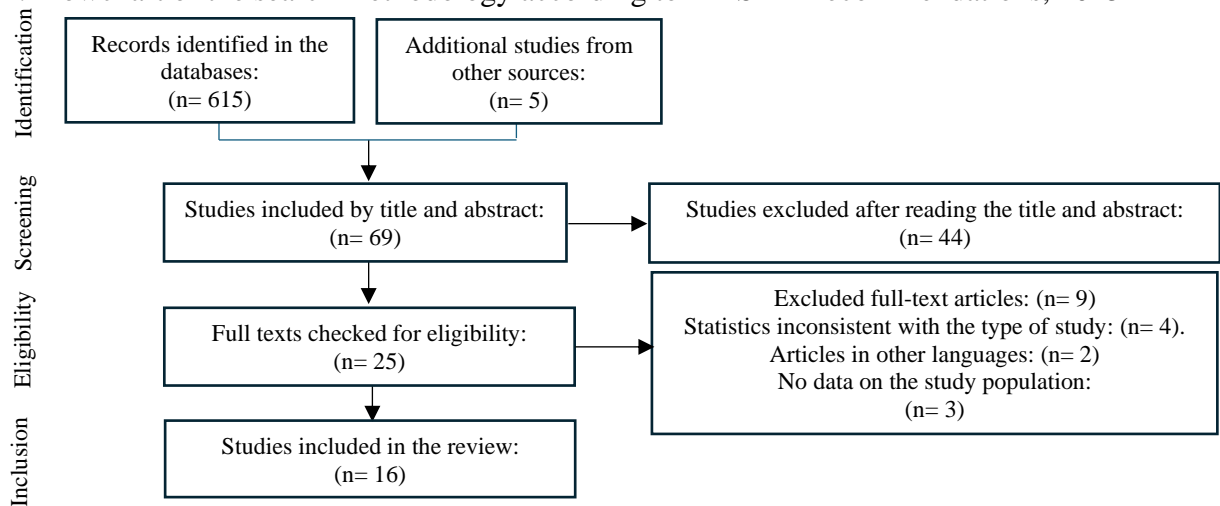
Source: Self-development

Among the inclusion criteria established for the selection of articles were the following: Full and original articles published in indexed non-experimental journals that included the variables “bullying” and “alcohol consumption”, in Spanish and English, published in the last five years, and that dealt with the adolescent population. Exclusion criteria were: Articles that did not include alcohol consumption as an outcome variable, studies from the grey literature (reports, working papers, dissertations) and duplicate studies in the various databases.

Critical appraisal of the search results was performed using the Critical Appraisal Skills Programme Spanish (CASPe) tool <sup>(15)</sup>. To summarize the search data, the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) methodology was used to clearly and precisely report why the review was conducted, what the authors did and what they found <sup>(16)</sup>. We first read the title, abstract and keywords to check the inclusion and exclusion criteria and to eliminate duplicate studies; 25 articles were submitted to critical reading, resulting in a sample of 16 articles, (Figure 1).



Figure 1. Flowchart of the search methodology according to PRISMA recommendations, 2025



Source: Self-development

## Results

The articles included were mainly from countries such as Brazil (37.5 %) <sup>(18,23-25,28,30)</sup>; Spain (18.7 %) <sup>(9,17,19)</sup>. Colombia (8.26 %) and the United States (12.5 %) <sup>(21,27)</sup>; as well as from Asia (29 %), Sweden (22 %) and Jamaica (6.2 %) <sup>(20)</sup>. In terms of temporality, 56.3 % were from 2019 <sup>(8,20,21,24,25,27-30)</sup>, 18.7 % from 2020 <sup>(18,23,26)</sup>, 12.5 % from 2021 <sup>(9,19)</sup>, 6.2 % from 2022 <sup>(17)</sup> and 2023 <sup>(22)</sup>. The type of study varied: it included correlational <sup>(20,24,29)</sup> and analytical/epidemiological <sup>(8,23,25-29)</sup> studies, (Table 2).

Table 2. Characteristics of included studies, 2025 (n=16)

Author/Year	Country	Objective	Journal	Methodology
Páez, et al., 2019 <sup>(8)</sup>	Colombia	To determine the prevalence of bullying and its determinants among school-aged adolescents.	Revista da Escola de Enfermagem da USP	Analytical cross-sectional study, n=500 adolescents aged 10 to 19 years, 50.4 % female and 49.2 % male. Multi-stage probability sampling. Mean age: 14.5 years.
Patiño-Masó, et al., 2021 <sup>(9)</sup>	Spain	To analyze the prevalence of different bullying behaviors among high school students, both as victims and as aggressors, and their relationship with alcohol use.	Health and Addictions / Salud y Drogas	Comparative, descriptive, cross-sectional study, n= 468 high school students aged 11 to 15 years, 49.4 % female and 50.6 % male. Mean age: 12.8 years (SD= 0.8).
Pichel, et al., 2022 <sup>(17)</sup>	Spain	Analyze the possible relationship between bullying, such as cyberbullying, and substance use.	Children and Youth Services Review	Study with selective methodology, n= 3,173 adolescents aged 12 to 17 years (49.6 % males, 50.4 % females). Purposive sampling. Mean age: 14.4 years (SD= 1.7).

Source: Self-development





Table 2. Characteristics of included studies, 2025 (n=16) (continued)

Author/Year	Country	Objective	Journal	Methodology
Lara, et al., 2020 <sup>(18)</sup>	Brazil	To analyze the socio-demographic, school and family factors associated with excessive drinking patterns and frequent or heavy drinking among adolescents.	Jornal of Pediatric	Cross-sectional study, n= 6,387 junior high school students aged 11 to 15 years (48.8 % male, 51.2 % female). Probabilistic sampling. Mean age: 12.6 years (SD= 0.3).
Méndez, et al., 2021 <sup>(19)</sup>	Spain	Analyze drug use as a function of whether or not the adolescent belongs to a violent or non-violent gang and bullying roles.	Revista Española de Investigaciones Sociológicas	Correlational study, n= 1,264 high school students aged 11 to 18 years (50.8 % female and 49.2 % male), stratified cluster probability sampling. Mean age: 14.4 years (SD= 1.4).
Elledge, et al., 2019 <sup>(20)</sup>	Jamaica	To investigate whether bullying victimization and parental involvement were associated with internalizing distress, suicidal thoughts and behaviors, and substance use in Jamaican adolescents.	Journal of Social and Personal Relationships	Association study, retrospective, n=1,623 students aged 11 to 16 years (51.2 % female and 48.8 % male). Stratified cluster probability sampling. Mean age: 13.5 years.
Feinstein, et al., 2019 <sup>(21)</sup>	USA	To examine racial/ethnic differences in mental health (sadness/hopelessness and suicidal thinking) and substance use among bisexual youth.	LGBT Health	Retrospective study, n=18,515 racially and ethnically diverse bisexual youth (76.8 % female and 23.2 % male), stratified cluster probability sampling. Mean age: 16.2 years (SD= 1.2).
Wahlström, et al., 2023 <sup>(22)</sup>	Sweden	To examine the relationship between bullying victimization and alcohol use among adolescents.	Children and Youth Services Review	Cross-sectional, correlational study, n=12,161 students aged 11 to 15 years (52.2 % female and 47.8 %), probability cluster sampling. Mean age: 13 years.
Silva, et al., 2020 <sup>(23)</sup>	Brazil	To identify differences between prevalence and factors associated with involvement in bullying among schoolchildren in Recife, in the roles of victims and perpetrators.	Jornal of Pediatric	Cross-sectional, analytical epidemiological study with a sample of 1402 high school students aged 15-19 years, probability cluster sampling. The mean age was 17 years.
Beserra, et al., 2019 <sup>(24)</sup>	Brazil	To analyze school violence suffered and perpetrated, and its association with the use of alcohol and other drugs.	Latino-Americana de Enfermagem	Descriptive, cross-sectional, correlational study, n= 643 adolescents aged 12 to 18 years (64.2 % females and 35.8 % males), stratified probability cluster sampling. Mean age: 15 years.
Santos, et al., 2019 <sup>(25)</sup>	Brazil	To describe and analyze the factors associated with sexual violence among students in an elementary school in Brazil.	Revista Ciência & Saúde Coletiva	Epidemiological, cross-sectional, analytical study, n=3,160 schools with adolescents aged 13 and 17 years, stratified probability cluster sampling. Mean age: 15 years.
Páez, et al., 2020 <sup>(26)</sup>	Colombia	To determine the prevalence and factors associated with bullying in adolescents in three public schools.	Revista Cuidarte	Analytical, cross-sectional, analytical study, n= 816 adolescents from 3 public schools (50 % female and 50 % male), probability cluster sampling.

Source: Self-development





Table 2. Characteristics of included studies, 2025 (n=16) (continued)

Author/Year	Country	Objective	Journal	Methodology
Kyoung, et al., 2019 <sup>(27)</sup>	USA	To explore gender differences in peer victimization typologies and adolescent alcohol use.	Social Work in Public Health	Analytical, cross-sectional study, n= 1,424 students aged 14 to 18 years (50 % female and 50 % male), probability sampling by clusters, stratified. Mean age: 16 years old.
De Oliveira, et al., 2019 <sup>(28)</sup>	Brazil	To assess possible relationships between drug use and bullying involvement among adolescents.	Psicologia: Teoria e Pesquisa	Analytical, descriptive, cross-sectional, analytical study, n= 1,192 students aged 11 to 15 years (51.8% female and 48.2% male), probability sampling by cluster, stratified. Mean age: 12.9 years (SD= 1.3).
Pengpid, et al., 2019 <sup>(29)</sup>	Asia	To assess the relationship between bullying victimization and psychosocial or adverse health problems among school-aged adolescents in five Southeast Asian countries.	Children and Youth Services Review	Descriptive, cross-sectional, correlational study, n= 33,184 adolescents aged 13 to 15 years (51.1 % females and 48.9 % males), stratified probability cluster sampling. Mean age: 14.6 years (SD= 1.7).
De Castro, et al., 2019 <sup>(30)</sup>	Brazil	To analyze the prevalence of school violence among Brazilian adolescents, focusing on factors associated with victimization and aggression behaviors in students	REME – Revista Mineira de Enfermagem	Analytical, cross-sectional study, n= 678 students aged 10 to 14 years (61.2 % females and 38.8 % males), probability sampling by clusters, stratified. Mean age: 12.7 (SD= 1.61).

Source: Self-development.

Regarding the articles reviewed, 93.8 % reported that participants had experienced bullying <sup>(8,9,17,18,20-30)</sup>. 31.3 % mentioned cyberbullying as a means of bullying <sup>(17,21,22,27,30)</sup> and highlighted that physical violence (50 %) <sup>(8,9,18,24,26,27,29,30)</sup>, verbal violence (31.3 %) <sup>(8,9,18,24,26)</sup>, psychological violence (18.8 %) <sup>(26,29,30)</sup>, sexual violence (12.5 %) <sup>(25,27)</sup> and violence through isolation (12.5 %) <sup>(8,9)</sup> were some forms of bullying. According to gender, women were more likely to have been bullied (18.8 %) <sup>(17,28,30)</sup> than men (12.5 %) <sup>(9,20)</sup>. It is important to note that 12.5 % of women had experienced sexual violence <sup>(25,27)</sup>. Similarly, 43.8 % of the studies described bullying according to its classification (victim, aggressor, victim/aggressor) <sup>(8,9,17,22,23,26,28)</sup>.

From the studies, 68.8 % reported that adolescents had consumed alcohol <sup>(17,18,19,21,22,24)</sup> and 37.5 % showed excessive consumption <sup>(17,19,21,22,24)</sup>. This use was associated with gang membership <sup>(19)</sup>. It is important to note that only one study (6.3 %) addressed these variables in bisexual adolescents



<sup>(21)</sup>. Along these same lines, 93.8 % of the studies indicated the relationship between bullying and alcohol consumption in the adolescent population <sup>(8,9,17-23,25-30)</sup>, and it was found that adolescent aggressors were those who had the highest frequency of alcohol consumption and 31.3 % showed excessive alcohol consumption <sup>(8,9,23,26,30)</sup>, (Table 3).

Table 3. Bullying and alcohol consumption in adolescents, 2025 (n=16)

Bullying	Alcohol consumption	Relationship between study variables
66.5 % of the adolescents reported having suffered verbal violence, 32 % physical violence, 30.6 % violence through exclusion, 69.5 % were witnesses of violent events, 35.8 % victims, 14.2 % aggressors. From the aggressors, 80.5 % were victims of bullying <sup>(8)</sup> . Among adolescents who were victims of bullying, 24.8 % reported being insulted (27.3 % males and 22.3 % females), 12.8 % were beaten (14.8 % males, 10.4 % females) and 17.8 % were ostracized (16.9 % males, 18.8 % females). On the other hand, adolescent perpetrators of bullying reported that 25.6 % insulted other adolescents (31.8 % males, 19.1 % females); 5.9 % beat (8.0 % males, 3.9 % males) and 23.2 % marginalized (24.9 % males, 21.5 % females) <sup>(9)</sup> . Regarding bullying, 16.4% were victims (17.3% females, 15.5% males) and 5.9% were perpetrators (6.2% females, 5.5% males). Regarding cyberbullying, 5.2% were victims (5.8% females, 4.6% males) and 4.6% were perpetrators (4.7% females, 4.6% males) <sup>(17)</sup> .	No data	Being a bully was associated with alcohol consumption (PR 2.2, CI 1.3-3.8, p<0.05).
The use of violence at school in the last 30 days occurred in 18.8 % through bullying, 8.1 % through physical aggression and 11.8 % through verbal aggression <sup>(18)</sup> .	No data	Statistically significant relationship between alcohol use and being an aggressor: those who had tried alcohol had been more frequently aggressors in the three behaviors observed. Has insulted (X <sup>2</sup> = 7.7; p< 0.005). Has beaten (X <sup>2</sup> = 10.1; p< 0.001). Has marginalized (X <sup>2</sup> = 11.3; p< 0.001).
No data <sup>(19)</sup> .	Alcohol consumption habits in the last month: consumed alcohol (25.7 % women, 23.8 % men, total 24.8 %); 3 or more consumptions/episode (15 % women, 14.1 % men, total 14.6 %); 6 or more consumptions/episode (5.9 % women, 6.4 % men, total 6.2 %). Binge drinking (12.1 % women, 10.3 % men, total 11.2 %).	There is a significant relationship between drinking habits in the last month and bullying (X <sup>2</sup> = 225.132; p≤ 0.001.) and drinking habits in the last month and cyberbullying (X <sup>2</sup> = 142.684; p ≤ 0.001).
With regard to bullying, higher means were found in men (M= 1.9; SD= 1.5) than in women (M= 1.7; SD= 1.4) <sup>(20)</sup> .	16.5 % reported heavy drinking in the year prior to the interview, 2.2 % drank frequently or heavily in the previous month.	Physical aggression was statistically associated with frequent or excessive alcohol consumption, physical aggression (OR= 2.2, 95 % CI= 1.36; 3.50; p≤ 0.001).
	Drinking alcohol every week among adolescents not linked to gangs (ANVB) was 10.4 %; in non-violent gangs (BNV) it was 17.7 % and in violent gangs (BV) it was 25.0 %. Occasional drunkenness was 27.3% in ANVB, 33.9% in BNV, and 61.5% in BV. Meanwhile, getting drunk every week showed 2.8% in ANVB, 3.0% in BNV and 17.3% in BV (19).	Belonging to a violent gang (BV) with respect to a non-violent gang (BNV) was statistically associated with getting drunk occasionally. (OR= 3.113; p<0.001) and getting drunk every week (OR= 6.881; p<0.001).
	Frequency of alcohol consumption in men (M= 2.7, SD= 1.7) and women (M= 2.2, SD= 1.5).	For females, harassment victimization was statistically associated with drinking frequency (β= 0.194, SE= 0.049, p< 0.001).

Source: Self-development.



Table 3 - Bullying and alcohol consumption in adolescents, 2025 (n=16). (Continued)

Bullying	Alcohol consumption	Relationship between study variables
32.4% experienced in-person bullying in the past year and 26.2% experienced cyberbullying <sup>(21)</sup> .	23.4 % drank to excess in the last month.	Cyberbullying was statistically associated with excessive alcohol consumption (OR= 1.61; 95 % CI; 1.1 to 2.4; p<0.05).
The frequency that characterized bullying: 4.8 % were frequent victims and 8.7 % were occasional victims of traditional bullying; in cyberbullying 3.4 % were frequent victims and 9.5 % were occasional victims of cyberbullying. Perpetration of traditional harassment was reported in 2.0 % (frequent) and 7.0 % (occasional) <sup>(22)</sup> .	17.5 % reported having consumed alcohol at least once in the last month, while 6.0 % reported having been drunk in the same period.	Being a frequent victim of traditional bullying was statistically associated with alcohol consumption (OR= 1.43, p< 0.01) and drunkenness (OR= 2.16, p< 0.001). Cyberbullying victimization was statistically associated with alcohol consumption: Occasional victimization (OR= 2.07, p< 0.001); frequent victimization (OR= 2.58, p< 0.001). With drunkenness: Occasional victimization (OR= 2.29, p< 0.001); Frequent victimization: OR= 3.25, p< 0.001).
8.4% were victims of bullying, 21.6% were aggressors and 2.0% were both victims and aggressors at the same time <sup>(23)</sup> .	No data	The role of bully was statistically associated with drinking too much alcohol rarely (OR= 1.87; 95 % CI= 1.27-2.75; p< 0.001), or frequently (OR= 1.49; 95 % CI= 1.12-1.97; p< 0.005).
The prevalence of school violence suffered was 62.2 % of violence perpetrated 51.9 %, 55.6 % had verbal aggression and 33.5 % had physical aggression <sup>(24)</sup> .	The prevalence of alcohol use in the last month was 16.5 %; 23.6 % of the adolescents had consumed 2 doses of alcoholic beverages and 31.1 % had consumed 4 or more doses of alcoholic beverages. The prevalence of drunkenness was 12.6 %.	There was no statistically significant association of the variable's violence suffered (CR=1.23; 95 % CI = 0.85 to 1.79; p= 0.0267) and violence perpetrated (PR=1.12; 95 % CI= 0.79 to 1.59; p= 0.532), despite the prevalence of the female gender in the use of alcohol among adolescents.
The overall prevalence of sexual violence among young people was 4.0 %, 6.8 % among children under 13, 5.6 % among adolescents aged 15 and 7.3 % among those aged 16 and over. The prevalence by gender was 4.3 % for females and 3.7 % for males <sup>(25)</sup> .	8.0 % reported drinking regularly.	Regular alcohol consumption was confirmed as a risk factor associated with sexual violence (OR= 1.25; 95 % CI= 1.15-1.37; p< 0.001).
84.2 % of adolescents suffered any type of violence, 33.8 % were victims of violence, 22.3 % were victimizers, 80.1 % suffered verbal violence, 47.7 % suffered physical violence, and 36.9 % suffered psychological violence <sup>(26)</sup> .	Alcohol consumption in more than one year (88.9 %); alcohol consumption in the last year (94.8 %); alcohol consumption in the last month (86.9 %).	Bullying was higher in those who consumed alcohol more frequently in the roles of bystander (p< 0.01), victim (p< 0.02) and aggressor (p< 0.01).

Source: Self-development.



Table 3 - Bullying and alcohol consumption in adolescents, 2025 (n=16). (Continued)

Bullying	Alcohol consumption	Relationship between study variables
18.9 % of young people were victims of bullying, 22.5 % of females and 15.8% of males. 14.4 % were victims of cyberbullying, 20 % were female and 8.8% were male. Regarding physical dating violence, the overall prevalence of victims was 6.8 %, 8.8 % were female and 4.9 % were male. 7.2 % were victims of sexual violence when dating, 10.8 % were female and 3.5 % were male <sup>(27)</sup> .	Overall alcohol consumption was 30.1 %; by gender, it was higher for women (31.3 %) than for men (29.0 %).	The relationship between bullying and alcohol consumption for females was (a) victim of bullying due to alcohol consumption ( $\beta= 0.120$ , $p<0.05$ ), (b) victim of cyberbullying due to alcohol consumption ( $\beta= 0.194$ , $p<0.001$ ) and (c) victim of physical violence in dating due to alcohol consumption ( $\beta= 0.133$ , $p<0.001$ ). In men it was (a) victim of cyberbullying due to alcohol consumption ( $\beta= 0.175$ , $p<0.05$ ), (b) victim of physical dating violence due to alcohol consumption ( $\beta= 0.065$ , $p<0.05$ ) and (c) victim of sexual dating violence due to alcohol consumption ( $\beta= 0.156$ , $p<0.001$ ).
33.4 % of adolescents were victims of bullying (51.8 % female, 48.2 % male); 26.4 % were perpetrators of bullying (50.5 % female, 49.5 % male) and 10.3 % were victim/perpetrators of bullying (48.8 % female, 51.2 % male) <sup>(28)</sup> .	23.8 % consumed alcohol in the last month.	A statistically significant association was demonstrated between bullying and alcohol consumption ( $f=89 - 28.3$ %; $p\leq 0.05$ ).
18.6 % reported infrequent bullying victimization (1 to 2 days/month) in the last month and 12.0 % reported frequent bullying victimization (3 to 30 days/month) in the last month. The types of bullying victimization were psychological (13.5 %), other (5.6 %), physical (3.6 %) and social (1.3 %) <sup>(29)</sup> .	No data	A statistically significant association was found between the types of bullying victimization, physical, psychological and social, and alcohol consumption ( $r= 0.09$ $p= 0.00$ ; $r= 0.09$ $p= 0.00$ ; $r= 0.02$ $p= 0.00$ ).
Violence at school was reported by 86.9 % of females and 85.1 % of males, and its dimensions were physical (62 % of females and 65.4 % of males), psychological (79.7 % of females and 76.4 % of males) and virtual (31.7 % of females and 31.5 % of males) <sup>(30)</sup> .	No data	An association was found between aggressor and alcohol consumption (PR = 3.92 [2.01-7.65]; $p < 0.001$ ).

Source: Self-development

## Discussion

The aim of this integrative review was to analyze the available scientific evidence on the relationship between bullying and alcohol consumption in adolescents. Among the included studies, the prevalence of bullying behavior in its different modalities (cyberbullying) was higher in males than in females. This is consistent with a research paper <sup>(31)</sup> that reported that slightly less than a fifth of men reported having harassed others compared to women. It is important to note that



a higher percentage of women (slightly more than a fifth) reported having been victims of harassment compared to men <sup>(31)</sup>. The above could be due to gender roles and cultural differences, as men are traditionally more victims of physical aggression behaviors and women suffer more verbal and social aggression behaviors than men <sup>(32)</sup>.

In addition, it was found that the type of violence suffered most by adolescents was verbal, followed by physical violence. These results differ from those of a study conducted with adolescents in elementary and high school <sup>(33)</sup>, which found that the most frequent situations of verbal violence were: “they yelled at me” (59.1 %), “they insulted me” (41.4 %), “they called me by nicknames” (37.6 %), and then “they hit me” (33.1 %). This may be because aggression, in its various forms, is a way for the adolescent to feel safe when joining a new group of friends, and to make unnecessary efforts to avoid rejection by the group. Similarly, there are important factors such as the media and social interactions that influence the development of violent behavior in adolescents, either consciously or unconsciously <sup>(34)</sup>.

It is worth noting that this research work showed that women were the ones who were victims of sexual violence. This is similar to what was found in a systematic review study <sup>(35)</sup>, in which 34.1 % of adolescents reported having experienced some form of sexual violence through messages on social networks or mobile phones. Females were more likely to report this type of situation (45 %) than males (23.4 %). Similarly, a study conducted among adolescents aged 13-17 years <sup>(36)</sup> found that 9.1 % of adolescents reported having witnessed sexual violence rarely, 5.0 % had witnessed it sometimes and 0.8 % of adolescents reported having witnessed sexual violence often. This may be because, culturally, being a woman is strongly associated with sexual violence. Similarly, in the social sphere, sexual violence is reproduced from generation to generation as a learned cultural behavior that is repeated in social groups based on the belief that men have ownership over women's bodies <sup>(37)</sup>.



Regarding alcohol consumption, this review confirms that men drink alcohol more frequently than women. This is similar to the findings of other researchers <sup>(38)</sup>, who reported higher prevalence of drinking in the last month (14.4 %) and heavy drinking (3.2 %) in men than in women (4.1 % and 2.4 %, respectively). It is very likely that these results are due to the fact that alcohol consumption patterns have traditionally been associated with men over time, being higher in men and more disguised in women. In this sense, gender influence's role differences, where masculine and feminine integrate norms, values, behaviors, ways of dressing, expressing oneself and feeling <sup>(39)</sup>. In terms of the variables of the study, this review examined the relationship between bullying and alcohol consumption and highlighted that the classification of bullying (aggressor, victim and victim/aggressor) influenced the prevalence of frequent and excessive alcohol consumption. In this review, it was seen that adolescent aggressors had higher alcohol consumption compared to adolescents with victim and victim/aggressor roles. This is consistent with the findings of researchers <sup>(40)</sup> who found that aggression was statistically associated with individual-level variables such as male gender and alcohol consumption. In other words, aggression was more common among men who reported having drunk alcohol in the past year. This could be due to various factors that cause this phenomenon in adolescents; the family context and climate were the most important causes, followed by the absence of a father figure or, on the contrary, the presence of a violent father. Therefore, if the adolescent is surrounded by a circle of abuse, it is likely that this will be reflected in the school context to which he belongs, leading to aggressive behavior towards peers and violent behavior in adolescence. Other causal factors include economic problems and exposure to alcohol and other drugs <sup>(41)</sup>. Moreover, among the limitations, it was found that despite the use of different databases, not all studies mentioned the classification of bullying with alcohol consumption.



## **Conclusions**

This integrative review showed that males were the most likely to engage in bullying and to present themselves as aggressors. Significant prevalence was also found indicating that females were the victims of this problem. It should be noted that cyberbullying is one of the ways in which adolescents perpetrate bullying. With regard to alcohol consumption, males are the ones who drink more alcohol than females, and frequent and excessive consumption of this substance is observed. Specifically, this research made it possible to clarify the relationship between bullying and alcohol consumption among adolescents, and it was found that adolescents who were identified as aggressors were those who had excessive alcohol consumption.

In light of these considerations, the involvement of the nursing professionals is essential through the design and implementation of interventions that favor the timely detection of violent behaviors in the school context, with special emphasis on the involvement of parents, and that include strategies for the prevention and reduction of alcohol consumption, as well as the strengthening of social skills in this study population. Additionally, it is important to identify adolescent victims of bullying in order to prevent them from becoming aggressors in the future, thus reducing violence in schools.

It is recommended that further original research be carried out to clarify the relationship between these variables, in particular between the classification of bullying (aggressor, victim and victim/aggressor) and the prevalence of alcohol consumption (ever, in the last year, in the last month and in the last week) and the types of alcohol consumption (sensible, risky and harmful consumption) among adolescents.

## **Conflict of interest**

The authors stated that there is no conflict of interest.





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