

## **Abstract**

The present research project intends to explore bullying, anger, forgiveness and psychological well-being of early adolescents and to determine the effectiveness of anti-bullying forgiveness program among the bully-victims of early adolescents. The current research project was divided into two studies. Study I was conducted to assess the association between bullying, anger, forgiveness and psychological well-being of early adolescents. Cross-sectional survey research design was conducted to collect the data from four hundred participants (212 girls and 188 boys) using non-probability purposive sampling strategy. A Self-constructed Demographic Questionnaire, Revised Olweus Bully-victim Questionnaire, Anger Expression Scale for Children, Enright Forgiveness Inventory for Children and WHO-wellbeing index were administered on the participants. The results revealed significant positive relationship between bullying and anger along with its domain as well as among forgiveness and psychological well-being. Bullying and anger were in a significant negative relationship with psychological well-being. Results of Hierarchical Multiple Regression Analysis depicted forgiveness as the positive predictor of psychological well-being and bullying and anger as the negative predictor of psychological well-being and explained 11% of variance. Group differences also showed that gender, age, class, socio-economic status, family system and sector of school had a significant impact on study variables. Study II was conducted to apply Anti-bullying forgiveness program on the bully-victims to reduce their bullying and anger problems. Pre-test post-test control group design was followed. All the participants (N=36) were screened using the standardized assessment tool introduced in study I and their academic performance and were randomly assigned to control and experimental group. The intervention was applied in the form of groups. The Participants of experimental group received 8 sessions with the arrangement of 2 sessions per week. Results showed significant improvement in the bullying and anger problems after receiving the intervention at post-test level. The present research project provides an insight into the bullying and anger problems in the schools of Pakistan and preliminary evidence about the effectiveness of Anti-bullying forgiveness program to reduce fury within those who bully. The research also has implications for school counselors, school teachers and researchers.