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Effects of workplace bullying on mental health among Asian -American women

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Statement of the Problem: Working women who experienced bullying in their workplace suffers from various mental health problems, as a consequence of bullying. Work is fundamental to prosperity, yet working is dangerous when individuals encounter bullying, which incorporates mental, physical and sexual abuse or harassment. Bullying has been described as a persistent pattern of the negative actions.

Purpose of the Study: The purpose of the present study is to extend current understanding, from the perspective of women, "how workplace bullying affects their mental health."

Methodology & Theoretical Orientation: In this following study, the researcher wants to understand the knowledge related to workplace bullying among Asian American Women that effect their mental health. The purpose of the phenomenological study is to describe lived experiences (phenomenology) and interpreting the texts of life (hermeneutics). The researcher identified individuals' shared experience of the phenomenon. Interviews are the primary method. The participants are asked two broad, general questions; (1) What contexts or situations have typically influenced your experiences (bullying experience)?; (2) How that experience affect participant's mental health?

Challenge & Significance: The participants of the study need to choose carefully other wise the researcher will find difficulties to bracketing personal experience of the participants (Merriam and Tisdell, 2015). All participant of the study should be shared common experiences or phenomenon that helps the researcher to bracketing personal experiences. The significances of the study are: (1) Minimize employer insurance premium (MacIntosh et al., 2011); (2) improve productivity of the worker and; (3) beneficial for both parties employee and employer.

Biography

Jesmin Akter has her expertise in Clinical Psychology. She is interested in working with women and children who experience violence in their lifetimes. She was a Counselor at the National Trauma Center in Bangladesh to improve the Psychological Well-Being of Victims. She acquires her knowledge and expertise to work through different organizations and hospitals. Now, she is doing her Doctoral program in I/O and Business Psychology and interested to research on working Women's Mental Health Issue.

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