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An Analytical Study of Contemporary Behavioural Challenges Faced by Parents in Raising Children (Survey Based Research)

1. Anisa Nawaz

anisa.imran@gmail.com

PhD Scholar,

Department of Islamic Studies,

National College of Business Administration and
Economics, Sub Campus Bahawalpur.

2. Dr. Tanveer Akhtar

tanveerakhtar@civas.edu.pk

Lecturer,

Cholistan University of Veterinary and Animal Sciences,
Bahawalpur.

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1. Anisa Nawaz

*PhD Scholar, Department of Islamic Studies,
National College of Business Administration and Economics, Sub Campus Bahawalpur.
anisa.imran@gmail.com*

2. Dr. Tanveer Akhtar

*Lecturer, Cholistan University of Veterinary and Animal Sciences, Bahawalpur.
tanveerakhtar@cuvas.edu.pk*

Abstract

According to the most recent census, Pakistan's population has reached approximately 241.5 million, with children under the age of 14 comprising 34.6% of the total population. This significant proportion reflects the importance of children as a vital part of the nation's future. Unfortunately, children across socio-economic backgrounds—whether from impoverished or affluent families—are increasingly facing a wide range of behavioural and developmental challenges. These issues may be physical, mental, emotional, or social in nature. Contributing factors include poverty, family conflicts, lack of access to basic healthcare and education, early marriages, violence, sexual exploitation, and child labour. In the contemporary era, rapid technological changes, excessive screen time, diminishing parental interaction, and a decline in moral and social values have further intensified parenting challenges. This study aims to analyse the behavioural problems that parents encounter in raising children today, highlighting their root causes and exploring practical strategies for fostering a healthy, balanced, and nurturing environment for children. As children are the shared asset of our society, ensuring their mental well-being and proper development is a collective responsibility that must not be overlooked.

Keywords: *Problems, Children, Parents, Challenges, Religion, Behavior.*

Introduction

Education and training are sometimes taken in the same sense. But if you look deeper, there is a big difference between the two. If children are just going to school or memorizing books. If this is not affecting their morals and character, then only they are getting an education. Training is not happening. These are two different things, and both have to be worked on separately.

Education provides information, but training builds the temperament and character of the child on the right track. It teaches them to differentiate between good and evil, express their emotions correctly, and positively use their energies.

Parents need to understand the problems of children while training their children. Some common examples of children's issues are:

1- Emotional Problems

Children are the assets of parents. They need to be taken care of like delicate objects. Children face physical and emotional problems at every stage of life. However, the correction of children's thoughts, feelings, moods, and behaviours is called emotional education. From childhood to every stage of life, a person needs emotional support. Children are especially weak and helpless. So, they always need the attention and

guidance of their parents.¹

Emotions can sometimes be difficult. They can be intense, out of control, or difficult to understand. If you are struggling with your emotions, it is important to reach out to a trusted friend or family member for help. The human heart, mind, and thoughts, and the resulting behaviours and attitudes that result are called psychology, some aspects of which are called emotions. Emotions are the plural of passion. It comes from the Arabic language and means to attract something.

Types of Emotions

There are different types of emotions, including happiness, sadness, anger, fear, surprise, disgust, shame, and guilt. Each emotion has its unique facial expression, physical sensations, and set of thoughts and behaviours. In addition, there are good emotions and bad emotions. It depends on the human character and behaviour. For example, faith and certainty, hope, joy, love, patience, gratitude, humility, and compassion are examples of good emotions, while anger, hatred, sadness, anxiety, fear, shame, and feelings of inferiority are examples of bad emotions. Apart from this, arrogance, malice, envy, surprise, etc. are also examples of bad emotions.²

- **Why do children become angry and irritable?**

Anger is a negative emotion that is associated with feelings of frustration, aggression, and hatred. In today's era, due to a lack of tolerance among people, everyone is prone to anger. Inflation, injustice, and unemployment are the main reasons for this. Anger is affecting children as well as adults. Children imitate adults.

There are reasons for anger and irritability in adults. Deprivation, depression, poverty, unemployment, etc. But when we see the same anger and irritability in young children, we start looking for its triggers. It turns out that this anger of a child is all due to their environment, parental quarrels, and inappropriate behaviour or treatment of adults with them. In the end, children also end up in the same way. Which has become a part of their temperament and personality after learning it all their lives.

- **Being Lonely**

Children are very emotionally weak. They get happy or sad very quickly with anything. Sometimes some things bother them, and they are not able to express it to anyone. That is why they prefer to be alone. Nowadays, psychological and emotional problems have increased in children. Loneliness is one of them. And if this condition persists for a long time. Then it turns into a mental illness. Children who live alone and isolated often become frustrated and become like a useless organ.

The survey report shows that one in every ten children is lonely and there can be many reasons behind it. For example, the child being the only one and both parents being employed. Even while living at home, parents or mothers are lost in their interests. Leaving them at the mercy of employees, etc. are included. In addition, the behavior of a teacher at school hurts them. Or a dear friend abandons or leaves. Some children make fun of others in the group. Which causes mental anguish and pain for these children.

Excessive restrictions, strictness, and restraint on children also make them lonely. In such a case, the child withdraws from educational activities. And creates his separate world. In the case of disagreement, separation, or divorce between parents, the child is also affected. And he suffers from psychological problems.³

- **Mental Stress, Depression**

Mental stress or depression is a very common disease today. However, the occurrence of depression in children is a worrying process. This rate has been gradually increasing

for the past few years. Parents, especially mothers, have to play a key role in preventing the spread of depression in children.

It can affect people of all ages, but it is most common among young adults. Depression is a medical condition that does not go away without treatment. It is a serious condition that can lead to various physical and mental health problems.

- **Consequences of Depression**

The symptoms of depression in children are not the same. It varies from child to child, depending on the mood and environment of each child. Some children may seem completely normal and well-adjusted, but in fact, they are suffering from a disease like depression, which sometimes makes them suffer from bad company.

Sadness in each child can arise for very different reasons. Sometimes a friend leaves or a friend changes school or moves to another city. Maybe your pet has died, or a loved one has died. Sad moments are a part of life, just like happy moments. And this is true for both children and adults. In the case of children, they should be taught to go through these sad moments.

Many children will want to know why what made them sad happened to them. Blame yourself and explain the matter. Children are not capable of bad actions. Whether someone dies, their parents get divorced, friends leave or other losses, these are events that are part of life. Like happy events. Playful and creative activities will help children deal with their negative feelings.⁴

- **Fighting**

It is common for children to have a fighting habit. This habit starts from 2 to 4 years of age and reaches its peak at 6 to 8 years of age. And in adolescence, children are very emotional. At this age, children are in the process of increasing their independence and exploring their world. They also find it difficult to express their emotions. Therefore, they often fight in a state of anger, frustration, or jealousy.

- **Being Abusive**

Domestic violence affects everyone in the household, including children. Children may be physically hurt or threatened, but they also experience emotional distress when they witness violence between their parents or other adults in the home.

Many children experience immediate and long-term effects on their health from witnessing violence. For example, young children may cry in their sleep, have nightmares, and get wet the bed. Older children may become aggressive toward other children or the parents they live with. They may hit other children at school. They get pleasure from hurting others. Some children do not feel optimistic about the future, while others experience learning and behavioural problems. Parents and caregivers should tell others in the child's life about the violence – if it is safe to do so. Then, teachers, coaches, and friends will understand the negative changes in behaviour.

- **Loss of Interest in Activities**

Common reasons why children are not interested in tasks are:

- Finding tasks is challenging. If children find a task challenging, they avoid taking an interest in it. They are afraid of failure.
- Lack of interest in tasks. Sometimes children do not take any interest in tasks, considering them unnecessary or useless. Sometimes they escape from their responsibilities due to lack of interest.
- Lack of commitment to the results of tasks. If children do not have any commitment to the results of a task, they avoid taking an interest in it. They do

not consider such tasks necessary or important for their lives. Their negative experiences related to tasks. If children have had negative experiences with a task, they avoid taking interest in it because they find it unpleasant or painful.

2- Social Problems

Man, and society have a close relationship. The nature of social relationships lies in the nature of man. That is why man is called a social creature. That is, man cannot live without society. This is the reason that encourages man to fulfil his social responsibilities in society. And he allows him to form the best family, clan, and community.

The social training of a child is very important for parents. They teach them to relate to people. Children are also as sociable as their parents. But in the current era of chaos, these social distances have increased. Along with adults, children have also become victims of social problems.⁵

The social problems of children are those problems that affect the social development and relationships of children. These problems include:

- **Difficulty in Establishing Relationships with Others**

This difficulty makes it difficult for children to make friends, join groups, and meet social requirements. Less socializing with other people, being isolated, being afraid of crowds, not participating in any kind of events, etc. All these factors hinder children from establishing relationships with others.⁶

- **Difficulty in Managing Their Emotions**

In social problems, children have difficulty managing emotions such as anger, frustration, or fear. Sometimes, if the person in front of them is higher in status or age, children become afraid of them and become silent. Especially, they suppress their sadness and anger within themselves. Which proves to be harmful for them in the future.

- **Lack of Confidence**

Lack of confidence in children causes them to not react correctly in different situations and circumstances. This makes it difficult for children to believe in themselves and establish positive relationships with others. This affects the performance of children. And too much confidence also causes the situation to deteriorate.

- **Difficulty in Cooperating with Others**

This difficulty makes it difficult for children to work in groups, help others, and understand social rules and traditions. Ethics plays a major role in social relationships. Which includes being kind to other children, respecting elders, being fair during play, and helping others cheerfully. In the social behaviour of children, their relationship with animals is seen in how they behave with them.

3- Religious Issues

In today's era, where it is difficult for parents to give birth to children, the most difficult thing is to train them. The current era is the era of technology. Due to the digital era, access to the Internet has become very easy. It is an era of Westernization, and this Westernization is gradually growing in our generation. The Muslim nation is facing many concerns about the training of its generation. And that is why religious problems arise in children. The Prophet ﷺ said.

ما من مولود الا يولد على الفطرة فابواه يهودانه او ينصرانه او يمجسانه.⁷

Every child is born in nature. Then his parents make him a Jew, a

Christian, or a Magian.

But as children grow up, sometimes religious problems arise due to the family and social environment. They are related to the religious beliefs, actions, or relationships of the young person. These problems can hinder the religious development and success of children.⁸

There are several types of religious problems in children, some of which are common:

- **Doubts in Religious Beliefs**

These problems are related to children having doubts about their religious beliefs. Such children can often be worried or confused about their religion. Unfortunately, sectarianism is common among us. When children are mature, they get worried when they see the differences in some beliefs between sects. Apart from this, anti-Islamic propaganda is very common in this era of social media. Creating doubts about the essence of Allah Almighty, denying the hadiths, distorting the true face of Islam and linking it with terrorism, etc. This increases the chances of our future generation going astray.

- **Difficulties in Religious Practices**

The same situation occurs in performing religious practices. Different ways of performing prayers in different mosques, these problems create difficulties for children in performing their religious practices. Lack of a religious atmosphere at home from the beginning or not instilling in children the habit of praying and reciting the Quran from the beginning, such children can often face difficulties in living according to their religion. They should be given basic religious education. Prayers, memorizing the words. Introduce children to events related to Islam and Islamic figures. Teach them the life of the Holy Prophet Muhammad (peace and blessings of Allah be upon him) and fulfil the duty of making them act on it.

- **Difficulties in Religious Relationships**

If children do not get into the habit of going to the mosque from the beginning or they respect the teachers at their expensive school. But do not listen to their poor reciter and give less importance to the education of the Quran than worldly education. Then these problems arise in the children's relationships with their religious leaders, community members, or other religious people. Such children may often face difficulties in establishing or maintaining relationships with people of their religion. Or, due to the mistreatment of children studying in madrassas, children not only become disillusioned with religious education but also start to shy away from religious people.⁹

4- Educational Issues

Man is called the best of creation based on knowledge. It is one of the basic needs. The Qur'ān has repeatedly mentioned contemplation. Since ancient times, man has travelled far and wide in search of education and spent his time and money to acquire the wealth of knowledge. The importance of education has also been emphasized in Islam.

The Holy Prophet (peace and blessings of Allah be upon him) said:

طلب العلم فريضة على كل مسلم.¹⁰

Acquiring knowledge is an obligation upon every Muslim.

Education is the only means that brings about positive and lasting change in the individual and collective lives of individuals. Education alone leads to the moral, social, economic, and societal development of individuals. As a result, a healthy society is formed, and a healthy society paves the way for the development of the nation and country.

However, children face educational difficulties along with their development and

growth. These problems may be related to the curriculum, classmates, teachers, and educational institutions.

However, children face educational difficulties along with their growth and development. These problems can be related to the curriculum, classmates, teachers, and educational institutions.

- **The Pressure to Perform Well**

Intelligence is a very specific term. A child who is only good at studies cannot be called intelligent. A child who scores low can also be intelligent. There are different types of intelligence in children. It depends on where we focus. Therefore, intelligence is seen and measured in different ways, and it does not depend only on grades. To the extent of studying and writing, remembering things well, and how many marks you get in what you write in the exam papers in a limited time, this gives you an idea of the grade, but in our society, when many children with A1 grades come to university level, their thinking and understanding ability is often not as good as that of those with A grades. Getting an A1 grade in theory is another matter. This does not mean that he will be successful everywhere and always because such a child can perform well in class, if he can also apply it as needed, then he can be expected to succeed in life. Those children who are social and have the ability to solve any problem are successful in life. Those who have more of these abilities have more chances of success. No matter what their grade is. Most parents seem dissatisfied with their children's exam results. Some parents even show unusual sensitivity in this regard, due to which even their extremely intelligent children suffer from mental stress and psychological disorders. Such parents emphasize to their children that they must get A1 grades at all costs. Most of these parents do not care that their children's knowledge, general knowledge, and academic ability are satisfactory. Most children are under a lot of pressure to perform well, and they suffer from problems.

Parents do not want their children to excel in any field of life, but putting unnecessary pressure on them for this is tantamount to distorting their personality. Instead of making A1 grades an issue, try to awaken the intellectual consciousness of your child, provide him with opportunities to increase his general knowledge, and highlight his personal qualities that will make him a responsible member of society and a successful person. Neither A1 grades are a measure of intelligence, nor can only students who get A1 grades advance in the race of life. Success always comes from hard work, dedication, interest in their work, and passion.

- **Competitive Atmosphere**

There are different types of intelligence, and every child is unique in terms of intelligence and has his abilities. But when a child is repeatedly compared with other children at school or home, he loses confidence. One child may be very intelligent, while the other may not be as intelligent or not at all. In such a case, it is not appropriate to try to make the second child perform like the first child and keep him under constant pressure. The second child cannot afford to perform like the first child or do something like him. Constantly criticizing a child and comparing him to his siblings or other children leads to humiliation and disrespect and can lead to worse consequences. Instead, the child should be seen completely in the context of his strengths and weaknesses.

- **Inappropriate Behaviour of Teachers**

Inappropriate behaviour of teachers towards children is behaviour that can harm the educational, social, or emotional development of children. There are several types of

inappropriate behaviour of teachers towards children, some of which are common:

- **Abuse:** Teachers' physical, mental, or sexual cruelty or abuse of children creates problems for the child.
- **Cruel or unfair behaviour:** When teachers treat children in a biased or discriminatory manner.
- **Intolerance and violence:** Teachers' intolerance or violent behaviour towards children.
- **Irresponsible behaviour:** Teachers' behaviour towards children in a way that can harm their learning, social, or emotional development. Inappropriate behaviour by teachers towards children can have several negative effects, some of which are common:
 - **Academic problems:** Children may have difficulty succeeding in school.
 - **Social problems:** Children may have difficulty making friends, maintaining relationships, or concentrating in the classroom.
 - **Emotional problems:** Children may experience emotional problems such as stress, anxiety, or depression.

Inappropriate behaviour by teachers towards children can have negative effects. For example, abuse or prejudice can be harmful to children. Cruel or unfair behaviour can affect children's learning and social development. Irresponsible behaviour can endanger children's safety and education.

Teachers should pay attention to their behaviour with children. If you feel that a teacher is behaving inappropriately with children, you can report this to the relevant authorities.

• **Misbehaviour in Schools and Colleges**

Today, along with academic problems, children in schools and colleges have to face many inappropriate behaviours. In modern times, children are exploited in the name of Bullying and Ragging. Bullying is the deliberate infliction of emotional, psychological, and physical harm to someone. Nowadays, this practice is common in educational institutions. Whether it is between students individually or by a powerful person against a weak group. This act is unacceptable in any way. Bullying can happen in any institution, street, neighbourhood, and at any time. This process not only involves sexual and physical harassment but also calling people bad names, threatening them, and humiliating them by hurting their self-esteem. Although Islamic teachings strongly condemn it. Islam has stated that the sign of a perfect Muslim is that he will not harm anyone with his tongue and hand.

Abū Hurairah (may Allah be pleased with him) said that the Messenger of Allah (peace and blessings of Allah be upon him) said:

A Muslim (perfect) is one from whose tongue and hand other Muslims are safe, and a believer (perfect) is one from whom people consider their lives and their property safe.¹¹

Those who are bullied do not recover from its effects throughout their lives. They even become depressed and commit suicide. Most children become discouraged and drop out of school.

Violence in educational institutions causes deterioration in the environment. Violence also takes root in institutions due to the imbalance of power, grouping and social background, and economic imbalance of students. For example, there are incidents of quarrels between two groups in institutions in which students are physically injured, or there are incidents of shootings in schools and colleges.

The third type is in which new students are made fun of. While that environment is completely new for these students. They are healthier in terms of health. Beating,

making fun of, and giving them all kinds of punishments. Which is a cause of suffering for these students.¹²

5- Fear of Exams

Fear of exams is a common problem in children, which is also known as exam fear or exam stress. This fear can occur in children of any age, but it is usually more common in school children and teenagers. There can be several reasons for exam fear, including:

- **Fear of failure:** Fear of failing exams is a common cause of exam fear in children. Children may be afraid that their parents, teachers, or friends will be angry with them if they fail the exam.
- **Fear of inadequate preparation:** Children may also be afraid that they are not well prepared for the exams. This makes them afraid that if they do not perform well in the exams, their education will be affected.
- **Fear of the exam process:** Children are also afraid of the exam process. They may not be able to finish the exam on time, or they may be afraid that they will not be able to understand the exam questions. Fear of exams can have many negative effects.

6- Extracurricular Activities

Extracurricular activities in school can often be a problem if they interfere with students' academic work. Extracurricular activities help students not only manage their time effectively but also achieve their academic goals. However, if they are too stressed, they can harm students' academic progress.

Some of the potential problems of extracurricular activities in school include:

- Students do not get time for their academic work. If students have to spend too much time on extracurricular activities, their academic work remains incomplete. This can affect their academic performance.
- Students feel too much pressure. If students are forced to participate in too many extracurricular activities, their mental stress increases. This can affect their physical performance.
- Students do not get the opportunity to develop their personal interests. If students are forced to participate only in extracurricular activities. Which are not in line with their interests. Then they do not get the opportunity to develop their personal interests. This can harm their happiness and creativity.

Parents, teachers, and school administration should work together to eliminate problems related to extracurricular activities in school. It is important to help students find a balance between their academic work and extracurricular activities. Parents should talk about extracurricular activities and ensure that they are in line with their abilities and interests. Teachers should help students organize their extracurricular activities and set aside time for them. School administration should provide diverse extracurricular activities so that all students can find activities according to their interests.

7- Dislike of the educational institution environment

The good and bad characteristics of society have an impact on its institutions. If the environment of the educational institution is conducive, children will strive to acquire knowledge happily. But if society fosters hatred, the institutions will give negative results. And children will develop a dislike towards educational institutions.

8- Absenteeism

Student attendance is very important for the smooth functioning of the education system because, without their full participation and readiness, the educational process cannot

be progressed. However, student absenteeism is a major problem in educational institutions. Absenteeism can harm children's education, social life, and overall health.

9- Slow Learners

Children who are mentally retarded are called slow learners. Slow learners may generally lag behind their peers in academic tasks. A slow learner may have many problems because they:

- They may face difficulties in academic tasks. Slow learners have problems in reading, writing, arithmetic, or other academic tasks. This can affect academic progress, and they may fail in exams.
- They may face social problems. Slow learners may lag behind their peers, which can lead to loneliness, anxiety, or depression.
- They may become a burden on society. Slow learners often need help with employment or daily tasks. This can put a financial and social burden on society.

To help slow learners, parents, teachers, and school administrators should work together. Parents should monitor their children's academic progress and talk to teachers if they have any concerns. Teachers should provide specific educational programs and resources for such children. School administration should formulate policies and programs to provide a supportive environment for mentally retarded children.

10- Other Factors

Apart from this, there are many other factors behind the educational problems of children such as age-inappropriate curriculum, competitive behaviour, financial problems, bad company, inferiority complex, excessive use of the internet, etc.

Summary

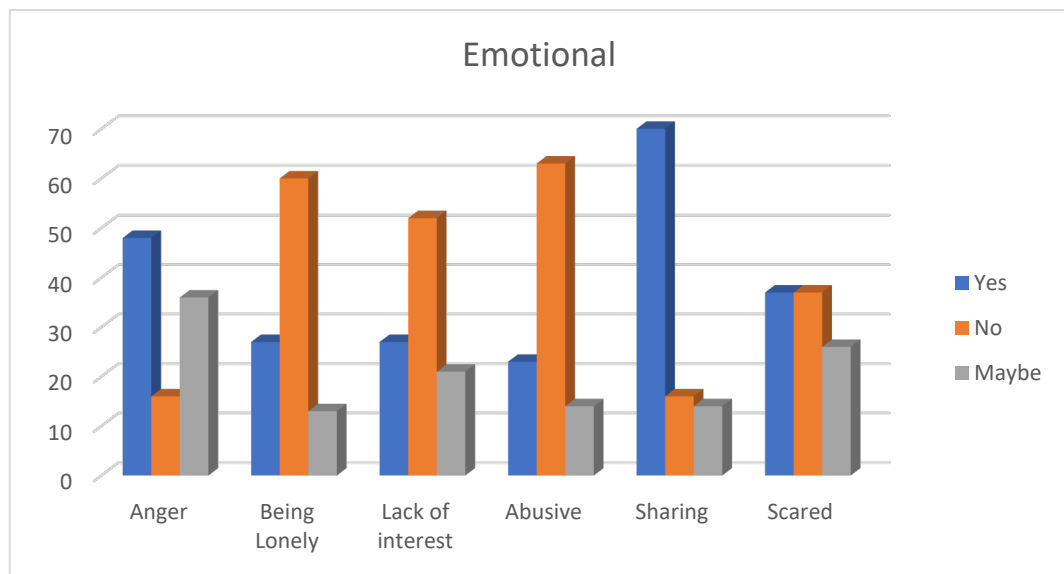
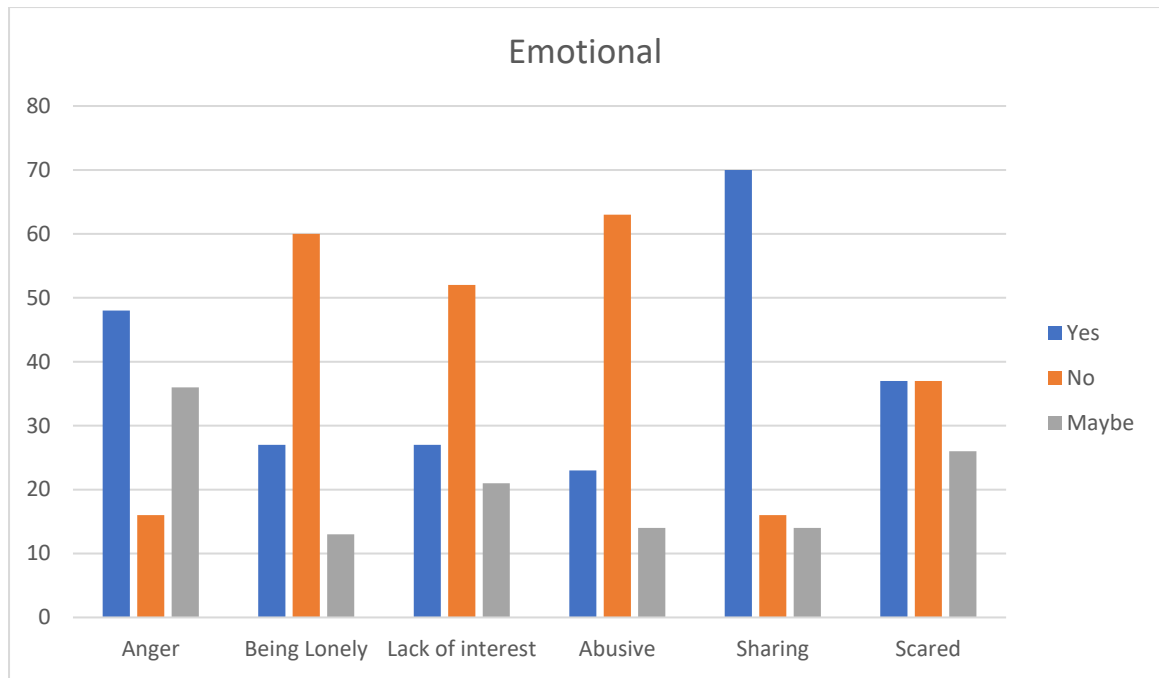
Children are precious gift from Allah Almighty. Parents face many challenges to handle their children in every stage of their life. In the upbringing of children, their emotional problems include being lonely, fighting, mental stress, sadness, depression, being a bully, and disinterest in work. And in social problems, there is lack of self-confidence, difficulty in managing one's emotions, difficulty in cooperating with others. In religious problems, there are doubts in religious beliefs. Educational problems include pressure to perform well, an atmosphere of competition with other children, inappropriate behaviour of teachers, misbehaviour in school and college (bullying/ragging/violence), fear of exams, disgust with the environment of the educational institution - absenteeism, dull mind, curriculum not according to age, competitive behaviour, financial problems, wrong company, inferiority complex, excessive use of the Internet, etc.

Analysis of Questionnaire Data

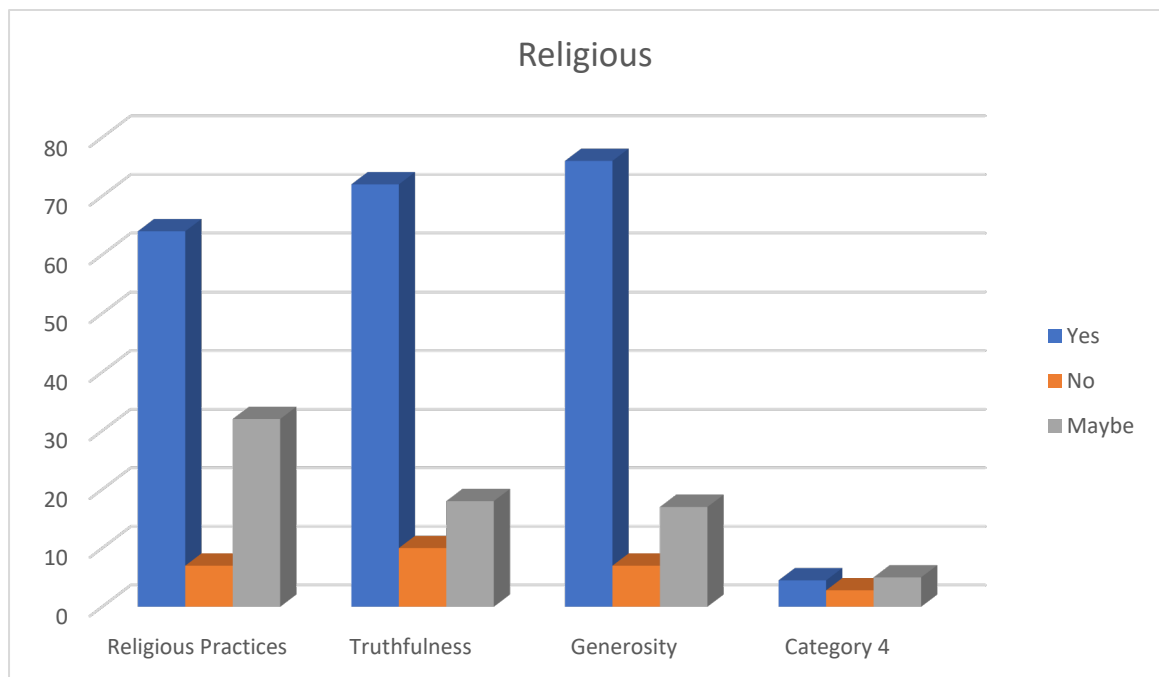
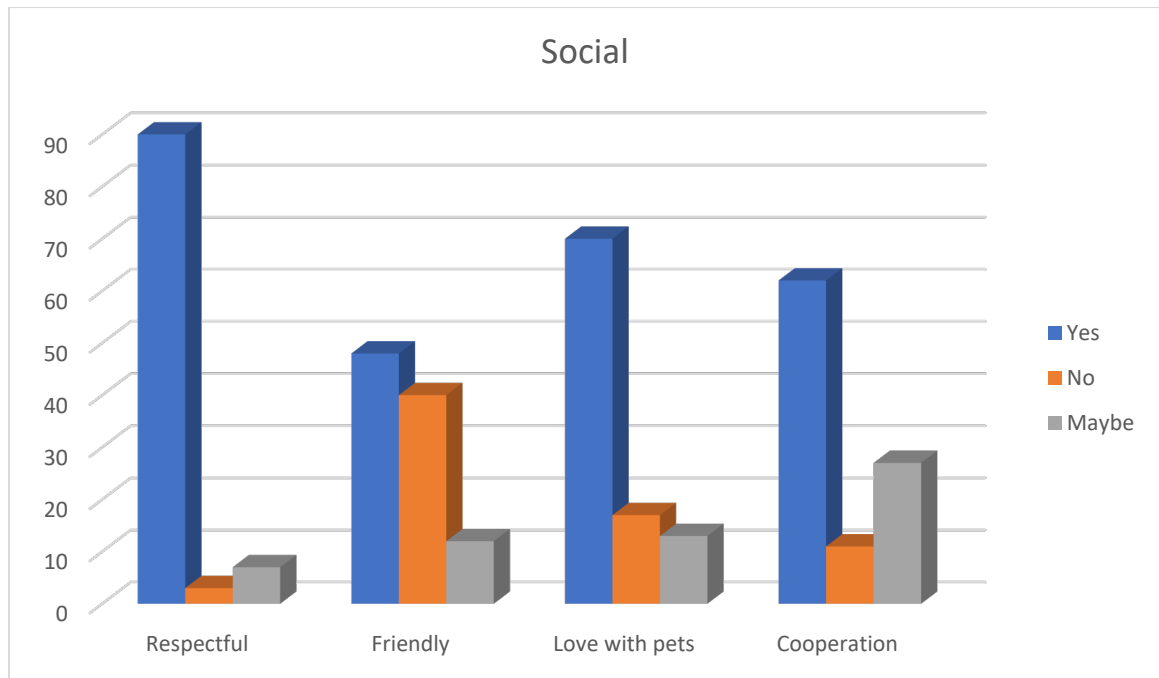
- **The purpose of the questionnaire:** To assess the problems faced by parents in Pakistan in raising their children
- **Target:** The purpose of this questionnaire is to assess the problems faced by parents in Pakistan in raising their children.
- **Audience:** Parents living in Pakistan
- **Child age range:** 8-16 years

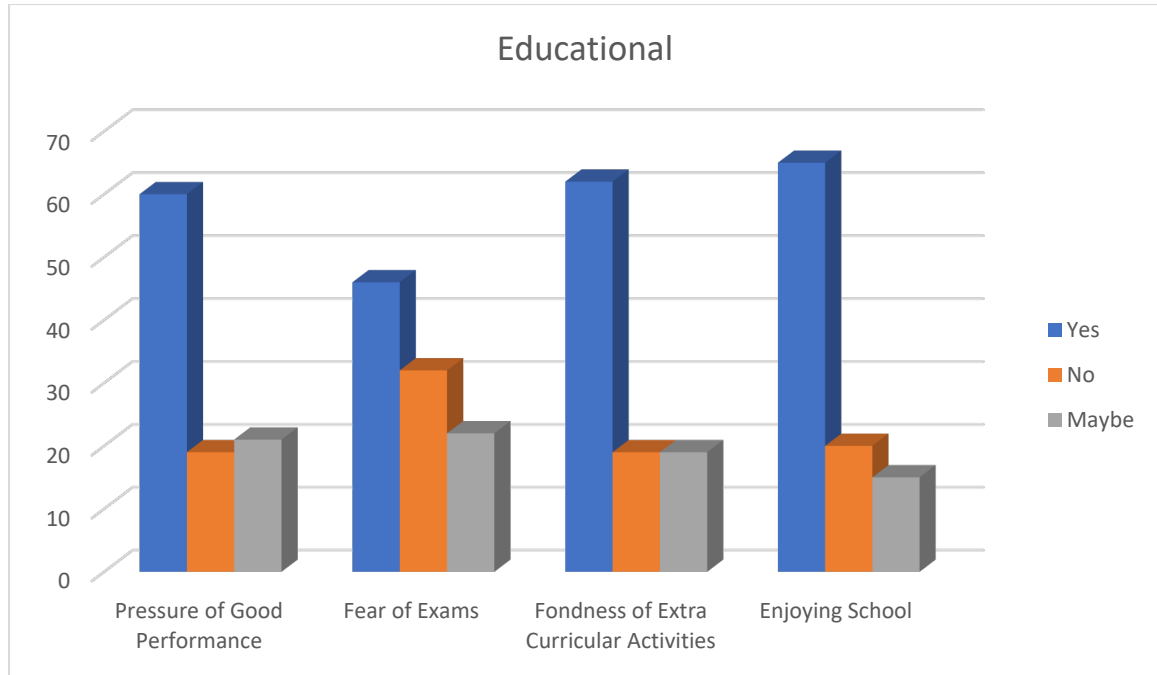
Table

Problems	Subdivisions	Yes	No	Maybe
Emotional	Anger	48	16	36
	Being Lonely	27	60	13
	Lack of interest	27	52	21
	Abusive	23	63	14
	Sharing	70	16	14
	Scared	37	37	26
Social	Respectful	90	03	07
	Friendly	48	40	12
	Love with pets	70	17	13
	Cooperation	62	11	27
Religious	Religious Practices	64	07	32
	Truthfulness	72	10	18
	Generosity	76	07	17
Educational	Pressure of Good Performance	60	19	21
	Fear of Exams	46	32	22
	Fondness of Extra Curricular Activities	62	19	19
	Enjoying School	65	20	15



6





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