

CYBER BULLYING: AN UNCONTROLLABLE EPIDEMIC

Shreya Pokhrel

ABSTRACT

“the invention of the ship was also the invention of the shipwreck”—social media has been adopted by many as a vehicle to deliver psychological trauma. This chapter defines cyberbullying while doing so in a way that encourages readers to challenge "definitions" and recognize the challenges facing this field of study. This chapter examines the many forms of cyberbullying using examples from the author's interactions with young people and published psychology research. There is no single definition for cyberbullying. A new definition of cyberbullying is provided after looking at the techniques, learning what the research indicates, and hearing from individuals who have been impacted. Nowadays, it is common for kids and teenagers to use the internet. Cyberbullying is a new type of bullying that has emerged as a result of children and adolescents using the internet more often. Bullying that occurs via technological devices is known as "cyberbullying." The phrase "aggressive, purposeful act or behavior that is carried out by a group or a person, utilizing electronic forms of interaction, repeatedly and over time against a victim who cannot readily defend him or herself" has been used frequently to describe cyberbullying (Moreno & Megan 2014-05-01). Bullying of this kind can occur via a variety of channels, such as text messages, emails, videos, phones, computers, and social networking sites, among others.[9]

KEYWORDS: cyber- bullying; harassment; cyber victim; violence tendency

INTRODUCTION

Cyberbullying is a form of bullying that occurs in a variety of settings where you are connected to virtual communities. It is done using social media, online apps, and SMS. Cyberbullying is done by distributing and posting false

content about the individuals they intend to bully. It can also refer to the disclosure of private facts about a specific individual that makes them appear embarrassed or degraded in front of everyone. These criminals typically target teenagers. The victim of cyberbullying feels depressed and maybe even enraged.

Posting rumors, threats, sexual remarks, a victim's private information, or derogatory labels are all examples of harmful bullying conduct (i.e. hate speech). Repeated action and an intention to cause harm are indicators of bullying or harassment. Cyberbullying victims may have reduced self-esteem, more suicide thoughts, and other distressing emotions including fear, frustration, anger, or depression.

[1]The Pew Internet and American Life Project on cyberbullying conducted a similar study in 2006 which found that one out of three teens have experienced online harassment (cited in Lenhart, 2007). Pew also found that the most prevalent form of cyberbullying was making private information public; which included emails, text messages, and pictures (cited in Lenhart, 2007). The findings of the Pew research also indicated that girls are more likely to be part of cyberbullying than boys. Older girls, between the ages of 15 and 17, are the most likely to be involved in some form of cyberbullying, with 41% of those surveyed indicating that they have been involved in some type of cyberbullying (cited in Lenhart, 2007).

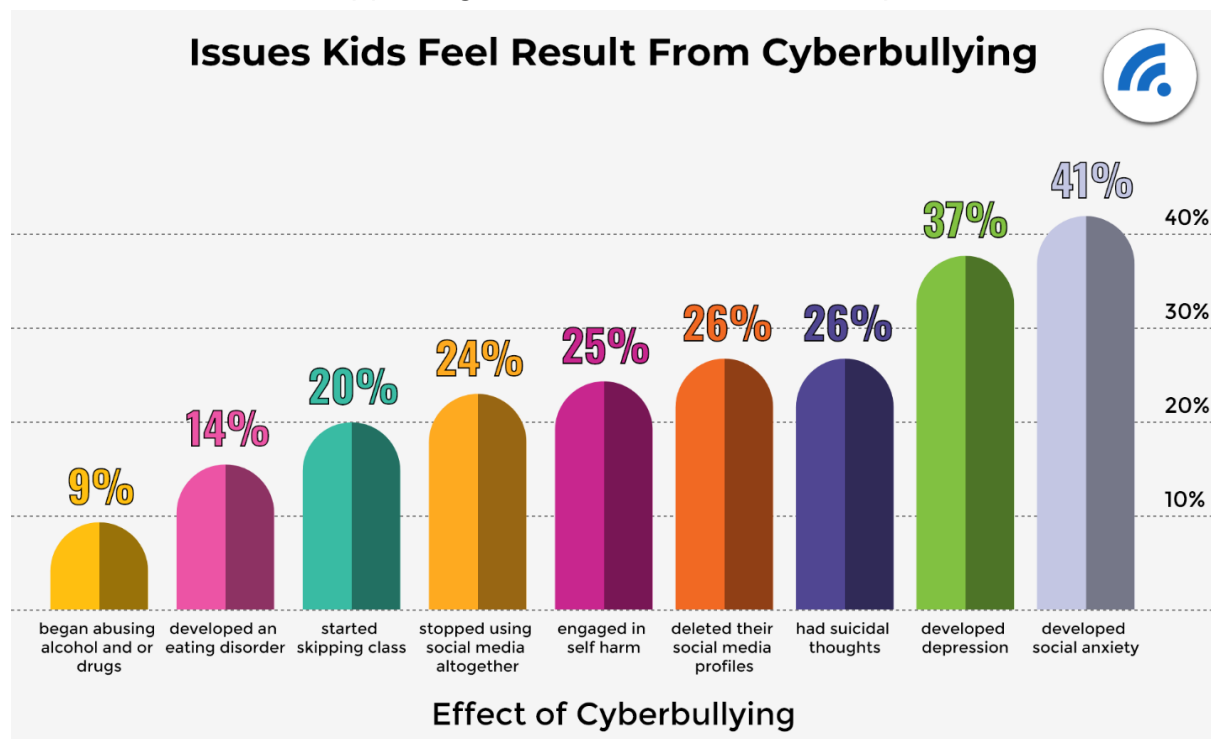
Cyberbullying is different from traditional bullying due to the anonymity that the Internet can provide. Cyberbullies do not have to own their actions due to the anonymity and cyberbullying is often outside of the legal reach of schools and school boards since it often happens outside of the school (Belsey, 2004). According to Willard (2006), there are different forms of cyberbullying. These forms include flaming, harassment, denigration, impersonation, outing, trickery, exclusion, cyberstalking, and cyberthreats.

This study will focus on the prevalence of cyberbullying and forms of it; prevention and intervention when it comes to cyber bullying; and effect on kids due to internet harassment.

ARGUMENT

[2]Cyberbullying is a growing public health issue among teenagers, and it has been linked to both physical and mental health issues.[3]Teenagers who are victims of cyberbullying are more prone to endure insomnia, ongoing

abdominal pain, and frequent headaches.[2] In comparison to peers who were not victims, they are also more likely to support signs of anxiety, sadness, and suicidal ideation. [4]Due to unique characteristics of the electronic media, cyberbullying differs from "conventional" types of bullying (i.e., physical, relational, and reputational violence). These include nearly endless exposure, a larger chance of perpetrator anonymity, the permanence of bullying displays on the Internet, and little regulation of the time and place in which bullying can take place.[4]Although adult monitoring and supervision of juvenile internet activity is regarded to be particularly bad, it is a concern for both traditional and cyber forms of bullying.[5] When considered collectively, these characteristics have prompted some researchers to anticipate that cyberbullying may be more harmful than conventional forms of peer hostility, however initial data supporting this assertion has been equivocal.



Source: All the latest cyberbullying statistics 2022. BroadbandSearch.net. (n.d.). Retrieved October 12, 2022, from <https://www.broadbandsearch.net/blog/cyber-bullying-statistics>

The above figure shows the data regarding the issue that kids have been feeling from Cyberbullying.

[6]It is important to understand how children are cyberbullied so it can be easily recognized and action can be taken. Some of the most common cyberbullying tactics include:

- Posting comments or rumors about someone online that are mean, hurtful, or embarrassing.
- Threatening to hurt someone or telling them to kill themselves.
- Posting a mean or hurtful picture or video.
- Pretending to be someone else online in order to solicit or post personal or false information about someone else.
- Posting mean or hateful names, comments, or content about any race, religion, ethnicity, or other personal characteristics online.
- Creating a mean or hurtful webpage about someone.
- Doxing, an abbreviated form of the word documents, is a form of online harassment used to exact revenge and to threaten and destroy the privacy of individuals by making their personal information public, including addresses, social security, credit card and phone numbers, links to social media accounts, and other private data.

Why Do People Cyberbully?

Cyberbullying occurs for many of the same reasons as traditional bullying, but because it can be done anonymously, it might even be more tempting.

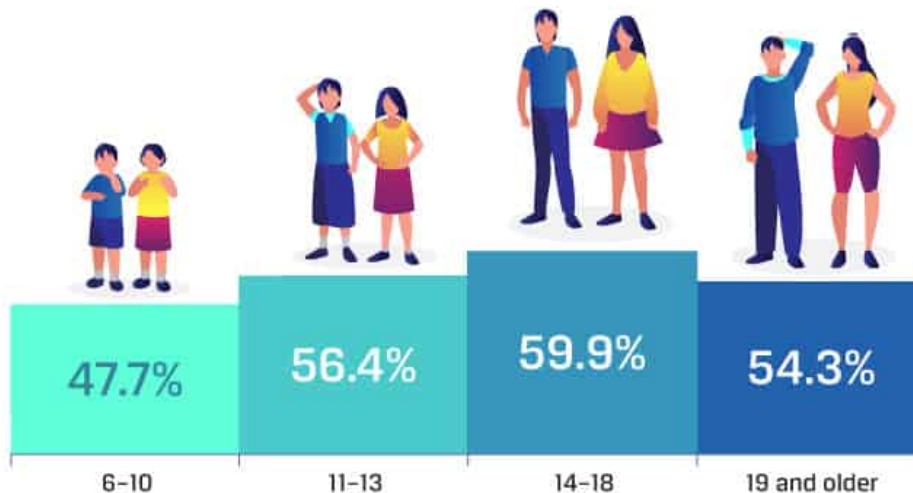
Bullying is a means for popular adolescents or teenagers to maintain their popularity. It also gives them a sense of power because it hurts other people. Similar to this, children or teenagers who struggle socially may bully because it gives them a way to deal with their own low self-esteem, they believe it will make them fit in with their classmates, and they find it difficult to empathize with the people they hurt.

[7]Some additional reasons why people bully...

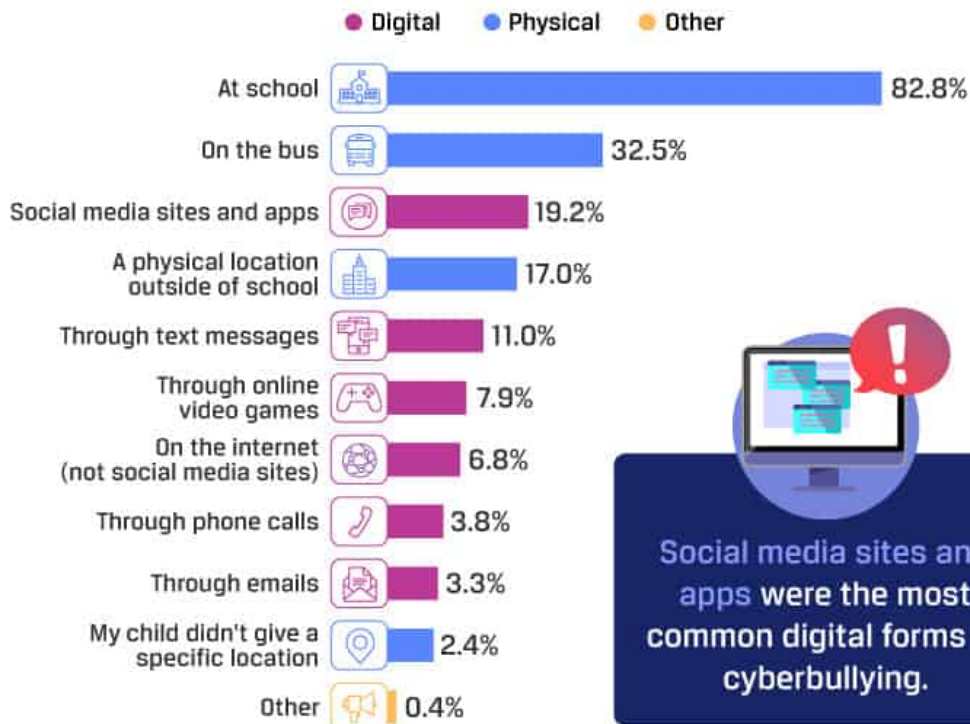
- Anonymity—Cyberbullying allows bullies to avoid facing their victims, so it requires less courage and provides the illusion that bullies won't get caught.
- Ignorance of the consequences—The National Council on Crime Prevention reports that in a survey of teenagers, 81% said they believe others cyberbully because they think it's funny. Because they don't see their victims' reactions in person, cyberbullies may not realize how much damage they are doing.
- Social pressure—Some cyberbullies may think their behavior is normal and socially acceptable, especially when friends egg them on.

BEEN BULLIED?

PERCENTAGE OF PARENTS WHOSE KIDS HAVE BEEN BULLIED, BY AGE



LOCATIONS WHERE KIDS REPORTED BULLYING HAPPENED



Social media sites and apps were the most common digital forms of cyberbullying.

Source: Survey of 1,011 parents

comparitech

We found:

- 47.7% of parents with children ages 6-10 reported their children were bullied.
- 56.4% of parents with children ages 11-13 reported their children were bullied.
- 59.9% of parents with children ages 14-18 reported their children were bullied.
- 54.3% of parents with children ages 19 and older reported their children were bullied.

Source:(Cyberbullying statistics and facts for 2022. Comparitech. (2022, September 16). Retrieved October 12, 2022, from <https://www.comparitech.com/internet-providers/cyberbullying-statistics/>)

[8]HOW CAN WE PREVENT CYBERBULLYING?

There are things you and your child can do together to lessen the possibility that they will be the target of cyberbullying, even though there is no failsafe way to stop it from ever happening. This entails taking precautions and continuing the debate about cyberbullying. You must talk about what cyberbullying is, the dangers involved, and how it can get worse. Talking to your tweens and teens about social media safety, responsibility, and what to do if they experience online bullying is vital.

Protect Accounts and Devices

When it comes to combating cyberbullying and similar behaviors such as catfishing, it's critical that you use passwords on everything. One of the best ways to safeguard accounts and devices is with passwords.

Insist that you never tell anyone, not even your best friend, your passwords. Despite the fact that you may have complete trust in that person, it is important to remember that friendships may not always last.

Use Privacy Tools and Settings

Make sure you are aware of the privacy settings and resources provided by the company regardless of what you do online. There are privacy settings on almost all social networking sites, including Instagram, Twitter, SnapChat, and TikTok.

Assist your privacy settings to the highest level of security. This entails setting up private accounts, preventing tagging, requesting permission before others share one of your images, and other measures.



Picture

source: <https://www.google.com.np/url?sa=i&url=https%3A%2F%2Fwww.cyberbaap.org%2Fcyberbullying%2Freporting%2F&psig=AOvVaw1012K8krFGK2E4PNdadySI&ust=1665673611381000&source=images&cd=vfe&ved=0CA0QjhXqFwoTCICDgvL72voCFQAAAAAdAAAAABAD>

Manage Location Sharing

Users of certain smartphones can inform friends of their whereabouts. They will constantly be aware of your whereabouts if you disclose your location with others. Someone with whom you share your location must be reliable.



Picture

source: <https://www.google.com.np/url?sa=i&url=https%3A%2F%2Fwww.cyberbaap.org%2Fcyberbullying%2Freporting%2F&psig=AOvVaw1012K8krFGK2E4PNdadySI&ust=1665673611381000&source=images&cd=vfe&ved=0CA0QjhXqFwoTCICDgvL72voCFQAAAAAdAAAAABAD>

Log Out When Using Public Devices

Remember to log out of any accounts when you are using public computers or laptops at school or the library. This includes signing out of your email, social media, school, Amazon, and any other accounts they could open.

Closing the tab completely is not sufficient. If someone uses the computer right away after you finish, they might still be able to access your account. They can take control of the account by changing passwords once they get access.

Refuse to Respond to Cyberbullies

If you experience cyberbullying, you should refrain from responding. This means you should not argue, try to explain, or engage in any way with a cyberbully.

Cyberbullies are looking for an emotional response, but if you refuse to give them anything to go on, they are left with one-sided communications.

In the meantime, you should take screenshots of the harassment and save it as proof of the encounter. This documentation may be needed when reporting a cyberbully.

Report Cyberbullies

Make careful to report cyberbullying at all times. This entails not just communicating the situation, but also informing the social media platform, internet service provider, and any other relevant parties. To cease the harassment, you might even need to call the police.

Once all reports have been submitted, take the necessary action to block the perpetrator(s) of the cyberbullying. While doing so will slow them down, it won't stop them from utilizing a different account or a public area to continue to cyberbully you.



Picture

source: <https://www.google.com.np/url?sa=i&url=https%3A%2F%2Fwww.cyber>

baap.org%2Fcyberbullying%2Freporting%2F&psig=AOvVaw1012K8krFGK2E4PNdadySI&ust=1665673611381000&source=images&cd=vfe&ved=0CA0QjhXqFwoTCICDgvL72voCFQAAAAAdAAAAABAD

CONCLUSION

In civilizations that have developed enough to have the technology to communicate with others online, cyberbullying is an issue that is difficult to solve. Although it may happen to anybody, today's kids are the most frequently affected. If we can stop this horrible conduct in children before it develops, they are less likely to follow that course. Regrettably, this is not a simple task. This calls on schools, and parents in particular, to be aware of the issue and take appropriate action. Cyberbullying must be eradicated collectively, and it won't happen overnight. Laws can be implemented to assist deter cyberbullying if the government is prepared to acknowledge that it is an issue. In a similar vein, parents and teachers should inform kids about this. Therefore, schools and parents should be aware of what children are doing online and on their phones and should take appropriate action if they are.

RESOURCES

1. Cyberbullying by partial fulfillment of the approved: 2 ... - UW-stout. (n.d.). Retrieved October 12, 2022, from <https://www2.uwstout.edu/content/lib/thesis/2009/2009aunen.pdf>
2. RW, S.K.O.D.A.L.S.A.C. (n.d.). Cyberbullying, school bullying, and psychological distress: A regional census of high school students. American journal of public health. Retrieved October 12, 2022, from <https://pubmed.ncbi.nlm.nih.gov/22095343/>
3. Berne, S., Frisén, A., Schultze-Krumbholz, A., Scheithauer, H., Naruskov, K., Luik, P., Katzer, C., Erentaitė, R., & Žukauskienė, R. (1970, January 1). Cyberbullying assessment instruments: A systematic review: Semantic scholar. undefined. Retrieved October 12, 2022, from <https://www.semanticscholar.org/paper/Cyberbullying-assessment-instruments%3A-A-systematic-Berne-Fris%C3%A9n/1e928c054e4892c36b82779b5e3f21c36a96f624>
4. S., S. F. P. (n.d.). Is cyberbullying worse than traditional bullying? examining the differential roles of medium, publicity, and anonymity for the perceived severity of bullying. Journal of youth and adolescence. Retrieved October 12, 2022, from <https://pubmed.ncbi.nlm.nih.gov/23184483/>
5. Sourander A;Brunstein Klomek A;Ikonen M;Lindroos J;Luntamo T;Koskelainen M;Ristkari T;Helenius H; (n.d.). Psychosocial risk factors associated with cyberbullying among adolescents: A population-based study. Archives of general psychiatry. Retrieved October 12, 2022, from <https://pubmed.ncbi.nlm.nih.gov/20603453/>

6. Assistant Secretary for Public Affairs (ASPA). (2019, December 5). Cyberbullying tactics. StopBullying.gov. Retrieved October 12, 2022, from <https://www.stopbullying.gov/cyberbullying/cyberbullying-tactics>
7. Why do people cyberbully? Delete Cyberbullying. (n.d.). Retrieved October 12, 2022, from <https://www.endcyberbullying.net/why-do-people-cyberbull>
8. Gordon, S. (2022, July 22). 10 tips for preventing cyberbullying in your teen's life. Verywell Family. Retrieved October 12, 2022, from <https://www.verywellfamily.com/how-to-prevent-cyberbullying-5113808>
9. Abstract on cyber bullying. Abstract On Cyber Bullying - 1153 Words | Internet Public Library. (n.d.). Retrieved October 12, 2022, from <https://www.ipl.org/essay/Abstract-On-Cyber-Bullying-P335ZCT7ESCF>