

The Dark Side of Technology: Cyberbullying and Its Impact to Student's Mental Health

In the digital age, cyberbullying has become one of the major problems worldwide due to the increasing use of technology among students. According to Unicef (n.d), cyberbullying refers to the use of technology to harass, intimidate, or threaten someone such as: sending message threats, posting embarrassing photos or videos, or spreading rumors online. It can happen through social media, online forums, messaging apps, and other platforms. Cyberbullying can also be done anonymously (PACER, n.d). People can bully someone whenever they want because their personal information is hidden. The internet has become more accessible to students these days and because of that cyberbullying has become more prevalent to them.

Cyberbullying can negatively affect a student's mental health and well-being. It can cause depression and anxiety, where students may experience constant fear and worry. It can also cause low self-esteem, where they may feel insecure about themselves. Asides from that, it can also increase the risk of suicide and self-harm. This is the victim's way to relieve their pain. In addition, cyberbullying can also affect a student's academic performance. It can cause them to feel humiliated, embarrassed, or afraid to attend school (Gordon, 2022).

In conclusion, cyberbullying is a major threat to students' mental health. Parents, students, and educators must work together to promote awareness and implement prevention strategies to address this issue. Schools should implement policies against cyberbullying and parents should keep an eye on their child's online activities. By raising

awareness about cyberbullying, people can create a safer space where students can learn and improve their skills.

References

Cyberbullying. (n.d.). National Bullying Prevention Center.

<https://www.pacer.org/bullying/info/cyberbullying/>

Cyberbullying: What is it and how to stop it. (n.d.). UNICEF.

<https://www.unicef.org/end-violence/how-to-stop-cyberbullying>

Gordon, S. (2022, July 22). *The Real-Life Effects of Cyberbullying on Children.* Verywell

Family. <https://www.verywellfamily.com/what-are-the-effects-of-cyberbullying-460558>