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Cyber Bullying

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Theory (Abstract)

Definition: Cyber bullying is a combination of the word cyber and bullying where cyber basically means the Internet or accessible. In this case, cyber bullying will focus on getting in action with bullying by using the Internet or current technologies such as on-line chats, online media and short messaging texts through social media. The current review aims to compile and summarize the results of relevant pamphlets related to "cyber bullying." The review also contains discussing on related variables related to cyber bullying. **Methods:** Information from relevant publications addresses the demographics, commonness, differences between cyber bullying and customary bullying, bullying impulses, paths to stunned it, anticipations, coping mechanisms in relation to "cyber bullying" were repossessed and summarized. **Results:** The frequency of cyber bullying ranges from 30% - 55% and the subsidizing risk factors contain affirmative relationship with perpetration, non-supportive school environment, and Internet hazardous behaviors. Both men and women have been equal balance on being criminals and targets. The older groups with more technology experiences are more likely to be visible to cyber bullying. With veneration to different modules of bullying, reprise is less marked in cyber bullying and power inequity is not dignified by physicality but in terms of reputation and technical acquaintance of the culprit. **Conclusion:** Because of the restricted struggles integrated on the involvement, future researchers should focus on testing the effectiveness of likely interventional programs and the effects of different roles in the intervention in order to limit the problem and prevent more damaging effects of cyber bullying. ASEAN Journal of Psychiatry, Vol. 17 (1): January — June 2016.

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Introduction

Bullying is to hurt others, which affect the victims' emotion or physical security. There are three basic features of bullying, which are destructive action, repetition and power inequity. Bullying is defined as frequently carrying out negative actions on an individual.

Cyber bullying is a combination of the word cyber and bullying where cyber basically means the Internet or on-line. In this case, cyber bullying will focus on getting in action with bullying by using the Internet or current technologies such as on-line chats, online media and short messaging texts through social media. This includes frequently performing the act of damaging and hurting an individual through the Internet or modern policies without physically challenging the victim. In another revision done on high-school students states cyber bullying as an intended and purposefully bullying using electronic gadgets. In this sense, the word frequently is also put on to when the criminal only posted one harmful comment but saw by many, it is reflected as monotonous action. Cyber bullying is seen as a type of hidden bullying where the bullies expressed themselves in a hiding manner. Studies led on this issue mentioned that cyber bullying is an allowance to traditional bullying where it is known by "new wine in an old bottle". Also, another examiner is certain of a new mode of bullying. Nevertheless, Cyber bullying retains its own individuality from customary bullying.

The differences between cyber bullying and customary bullying are not very noticeable due to the parallels in procedures. Although both cyber bullying and customary bullying carries damage and threats to the victims. Cyber bullying countenances the bully to hide behind a screen and charge the bullying without being straightforwardly recognized, which permits obscurity. Next, cyber bullying also allows data to be extent promptly and allows the committer to contact the bullying anywhere, anytime. Later, accessibility and approachability to bullying are more suitable and commonly supporting the act.

In general, customary bullying has a higher incidence rate as compared to cyber bullying. This is because cyber bullying is quite new to the civilization and studies done are inadequate, the cyber bullying issue is likely to increase as youths augmented their time spent on the Internet and mobile phone usage. Regrettably.

Definition

Review has shown that there is no clear description for cyber bullying and that it is yet to be certain on. Olweus's definition of customary bullying has gained extensive approval, and researchers have adopted the same standards for defining cyber bullying. This definition circumstances that a person is bullied when he/she is open, repeatedly and over time to negative actions on the part of one or more other persons, and he/she has difficulty defending him/herself. The important standards of this definition Include: (I) recurrence. (ii) Slow, (iii) stretch of time (generally considered more than a week), (IV) inequity of power. (v) Objective of the committer to hurt and; (VI) supposed by the target to be hurtful.

In terms of defining cyber bullying, some researchers discuss that some standards of the customary definition may not be necessary:

Considered. This character mainly focuses on the purpose of the committer to demeanor the bully. It also contains the thoughts and planning of the activity. Hence, deliberate is having the committer intentionally wanting to demeanor the bully.

Recurrence. Recurrence has to repeat the same bullying act more than once. This also contains bullying in any ways, but the behavior of bullying is repetitive In terms of cyber bullying a one-time online post can be shared, re-posted and commented over and over again. Recurrence is bound to happen due to the ease of spreading Data on the Internet.

Power inequity. Power unhinge having differences in power levels of the quarry and committer such as physical size of the committer and quarry. In contrary with the customary bullying, power inequity in cyber bullying is measures in physical terms but can be measured in terms of approval of the committer and level of technological knowledge. Also, anonymity donate power to the committer who causes power inequity for the quarry unable to classify the bully.

At this time, researchers either label cyber bullying as a type (cyber vs- relational, physical bullying); environment (cyberspace vs- school bullying) or a communication mode (in-person vs. cyber bullying)- The first two concepts have the disadvantage of double counting, and Ybarra et al suggest treating cyber bullying as a communication mode Generally, cyber bullying is defined as bullying through the use of a variety of electronic media, including text messages, phone calls,

email, social media and other communications technology- And among the many forms of cyber bullying, the most common ones are sending aggressive messages via phone and the Internet, thinning out rumor to hurt the victim, and name-calling.

Popularity

The common rate of cyber bullying is within the range of. The lowest commonness rate is 15.8% among high- school students from Metro West Massachusetts The highest prevalence rate IS reported by a recent meta-analysis Results from this meta-analysis exposed a high prevalence rate of th1S issue in all countries: almost: 40% and of students are involved in some ways either as sufferers, committers, or witnesses. Hence, almost one of two students has been: or is involved in cyber bullying- Among them, the commonness of victims is the highest: around 10% to 27% of those Involved are victims of cyber bullying. Around to have been cyber bullied; and around 4% to 10% of them have experienced both victims of cyber bullying and cyber bullied It is also observed that those who are involved in cyber bully are more likely to be involved in customary bullying as well. However, the commonness of customary bullying is still higher than cyber bullying.

Threat Factors and Cyber bullying Incentives

Researchers are examining many factors related with cyber bullying and the incentive of committers. Among them are beliefs about hostility. Also, parenting factors plays a role in this as well. Normative beliefs about aggression among youths are also examined in terms of ethical separation, lower empathic openness and experience to violent online games, while poor parenting style, low levels of parental control and solicitation and paternal unemployment were shown to be positively linked with cyber bully behaviors- Some evidence suggested that effort inhibition of cyber bullying should include patterns of Internet use: amount and nature of social and exposure to traditional bullying as risk factors for indulging cyber bullying.

Two other recurrently mentioned and Inter-related inspirations include anonymity and the disinhibition effect. Unlike traditional bullying where it is person, cyber bullies are not identified

by the witnesses and sufferers. This distance protects them from facing the costs of their actions; reducing self- control for potential bullies to do what they will not do in person. At the same time; the incapacity of cyber bullies to view the direct Effect of harassment is not conducive for empathic reply or regret. Many other risks factors predict cyber bullying behavior and risk of victimization are shown Table 1.

Table 1. Risk factors predicting perpetration and victimization in cyber bullying

Positive association with perpetration	Positive association With victimization
Non-supportive school environment	Poor body image for girls
Internet risky behaviors	Obesity
Perception of peers behaving similarly	No heteronormative identified youth
Narcissistic exploitative ness	
Longer tune spent on computer based social activities	

*Predicts involvement with cyber bullying regardless of roles

Impact of Cyber bullying

All forms of bullying have negative effects on those involved Cyber bullying has few factors, which may exaggerate its negative impacts, including the trouble in escaping from the bullying, the degree of the potential audience, the privacy of the bully, and the ability to violence at any time and any place. On the other hand, cyber bullying does not cause physical bustle, making its consequences fewer visible and revolting text messages or e-mails can be easily and quickly deleted.

Cyber bullying is transferred to affect the victims' emotional well-being the most. Most of the cyber bullying involved individuals transferred to experiencing emotional disturbances such as worry, afraid and sad. These emotions may be carried forward as the victim grows older and may affect their future lives. Many researchers have looked into the effect of cyber bullying on its bullies and bully-victim. Looking at high-profile cases, it is obvious that cyber bullying is related

to depression and suicides. This is backed up by evidence that verifies that cyber bullying is strongly related to suicidal ideation, suicide attempts, serious depression and stress. Cyber bullying also has harmful effects on mental health. Research shows Victims. Bully-victims and committers have lower self-esteem victims have higher risk of having a self-induced problem, and a research interviewing 55 young people with clinical high risk for obsession, 38% of them has experienced cyber bullying before.

Cyber bullying also affects school performance. Victims have lower school performance and supplement, and do not feel safe in school an interesting finding is that cyber bully position is associated with observed difficulties. Headache and not feeling safe at school. However, the directionality of these cannot be proved. In addition to that, cyber bullying has been seen as a social position modulator. There is a positive relationship between cyber bullying and observed approval. This weighs more towards females where they may measure their popularity and social position through social media. Bullies may use this as an advantage to bully others to gain a higher position of the social status. Across trouble research, a common finding is that the group most defenseless to negative Effects of cyber bullying is the bully-victims and this should be considered in the main aim involvement of the problem.

The severity of the impacts also depends on the form of cyber bullying. Cyber bullying which is public (such as social network) rather than private (such as insulting text messages) and unknown committers rather than non-anonymous more austere Cyber bullying With pictures and videos, especially of close or Violent scenes are observed as more austere over practical joke calls or insults on short messaging texts (SMS) .

Intermediations

Currently, there is not much research on the direct effect of interventional programmers. Out of the articles found, three papers published showed efficacy of the researched programmers. These include the Kiva a programmer, Media Hero programmer and Peer-led role models programmer.

The Kiva program targets the witnesses A single study found that cyber bullying victims' success in coping with bullying largely depended on schoolmates and other witnesses' social support Behavioral determinants to defend or support the victim were found to be low moral separation,

that the victim is in group member, and that the spectator is popular. However, youths observed low support for defending victims from peers and parents. Encouraging a supportive approach towards the victim is one of approaches of The Kiva program targets the witnesses by increasing sympathy; awareness of the role of witnesses in preventing cyber bullying and teaching possible witnesses strategies to help the victim. Study shows that Kiva has significant intervention effect on the occurrence of cyber victimization.

The second method to prevent cyber bullying is attempting the awareness of youths towards the problem. Studies showed that students believe cyber bullying is not as simple as physical bullying. The Media Heroes (German: Medienhelden) and Italian Peer-led model programmer mainly subterfuges awareness and encouraged non-accepting insolences towards cyber bullying, and supporting the victims. Both have been shown to be effective.

Another approach is training the commanding figures. More than one-third of victims do not report being bullied and more surprisingly, half of them who reported the bullying were not taken seriously. Children also report that they are afraid of overreaction and succeeding loss of Internet rights if they report cyber bullying occasions to their parents. Parents tend to undervalue their own children's bullying behavior as well as have inadequate concepts of their children as victims of bullying. Studies show that increased parental control and increased awareness of punishing actions from adults are associated with lower cyber bullying involvement. Parents must thus be educated and be more aware of their children's online activities. Law and authority figures are also important roles the Involvement of cyber bullying but the general public's level awareness of related laws is low.

Anticipation

Cyber bullying is more common among students, whether they are children or adults. Social skills and coping skills should be taught and spread among students in educational settings. Awareness on the impact of such problems should be effectively conveyed to all potential victims or bullies. Coping strategies played a vital role in helping potential or involved students to be able to cope better with their problems.

Besides that, focusing on changing norms and social beliefs in educational settings is important in changing students' perceptions towards cyber bullying. By changing the social norms, students may not be willing to accept cyber bullying as a social norm and take this issue seriously. Positive social norms also promote positive mindset and behaviors which will result in lesser social conflicts. In addition to that, educational institutes may implement positive online interactions such as allowing students to access the Internet or use electronics for positive reasons. This will enable students to practice positive relationships and positive views about technology. Example of such practice is conducting discussions and educational online groups for students to form healthy relationships and sharing appropriate materials.

Cyber bullying may affect anyone irrespective of age. Due to this, it is Dynamic to focus on observation such as keeping computers and electronic gadgets at a visible range. This also includes observing the usage of electronic gadgets and the Internet in educational organizations as well as at home. This way, parents, families, friends and higher establishments are able to be aware of bullying through texts or online media. Cyber bullying will be made harder if it is detected easily. Next, education and awareness about cyber bullying are essential for preventing this issue. Awareness on the dangers and effects of cyber bullying may allow victims to protect themselves against cyber bullies. It is also important to be technologically aware and be aware of how technology works. Educating students on how to avoid being a victim of cyber bullying such as consciousness of the type of personal information to be shared and the boundaries on the suitability of information shared online plays a vital role in preventing cyber bullying. Education may also include teaching students and parents of the danger of cyber bullying. This way, students will be able to defend themselves from bullies. Lastly, defensive measures may also take the form in attentions given to potential victims and bullies. Parents and educators play a vital role in detecting cyber bullying. Paying more attention to the victims or bullies allows them to confess and share their experiences with higher establishments. This way, more cases can be reported and solved.

Managing Device

Coping with issues and problems are vital in solving these matters. Coping strategies used should be able to encourage positive outcomes from a negative issue. Wrong coping strategies may result

in negative results. There are two types of coping strategies, which are the problem-focused and the emotion-focused strategies. Other coping strategies that can be applied to cyber bullying are approach and avoidance. Approach is more into solving the problem faced while avoidance is to prevent confrontations towards the problem. These strategies are more appropriate for victims who believe in their own influence over the situation. Besides that, ability to cope also depends on the resources available to the victim to cope with the bullies.

In an interesting concept, a research done on children and youths shown that they are more likely to consider telling someone and sharing their experiences with others but only very few will fight back and face the committer. Most also considered changing their electronic mail (e-mail) addresses, mobile numbers and their online profiles. The students did not think that asking cyber bullies to stop was a good idea as paralleled to traditional bullying. Due to this, the committee does not feel the hazard from the victims and continues to hurt others. According to another study done on university students, it is found that they normally block the committer from communicating them and changing online profiles and accounts. Youths are more likely to pursue help from their peers or friends, then from their families then finally from authority figures such as school personnel. This is clarified through the lack of confidence in the ability of the expert figures to understand and help them in solving their problems. The victims are also afraid of losing their electronic gadget and Internet freedoms. On the other hand, young adults tend to survive with cyber bullying by seeking support from peers or friends and facing the bully such as revenge seeking behaviors. These coping strategies were seen as less effective. According to the research, university students tend to use strategies that are more extensively accepted such as blocking, avoiding and pursuing support from others, which are focused on problem-focused coping. There is a difference between young adults and youths or children in a way that university students are more accepting to the idea of pursuing help from authority figures such as professors.

Other ways on how to cope with cyber bullying are challenging the bully. This method has been proven to deteriorate the Condition and may also cause the bully to further bully the Victim outside of cyber bullying such as harming physically. Due to this, the method best to stop the bullying nearly is by blocking or changing online profiles.

In this case, the coping devices and strategies used in most ages were similar. Most of the victims of cyber bullying tend to put in themselves from the bullying. It is found that victims prefer to sort

to block or changing of on-line Identity and profile or avoiding contact on-line with the bullies. In the case of genders, men tend to remedy to more threatening solutions while women are more elusive.

Sexual category and cyber bullying

Companions as committers. Some of the reviews done on sexual category differences and cyber bullying have shown substantial results weighing towards men are more likely to have been involved in the bullying activity as likened to females. This study done on 2,298 scholars in England from 14 different schools with ages ranging from 11 to 16 years old showed important result on three different provinces. The provinces are all considered for the last two months, have directly bullied someone, using mobile phone to bully someone and using the Internet to bully. Although men are more disposed to straight bullying, in terms of cyber bullying, men showed more involvement than women even when cyber bullying is measured as indirect bullying. These consequences are also supported by a study done on youths where males were found to be more involved than women. This singularity may be due to the fact that cyber bullies are mostly involved in traditional bullying as well, making the results of cyber bullying similar with the customary bullying. It is also declared that the results for the relationship between cyber bullying and traditional bullying were correlated. This shows that the involvement in traditional bullying affects cyber bullying. In another study done on studying the empathy and cognition of different genders in relation to cyber bullying, it is found that males are more prone to be involved in bullying than females. It is explained that this phenomenon is due to the lower levels of empathy experienced by males.

Females as perpetrators. In the contrary, rendering to another research done on sex differences on cyber bullies, the consequences found that females were additional likely to behavior cyber bullying actions as compared to males. They were to show to fast their aggressions finished posting stones online to upset others. According to the investigation done on middle school children, it found that females are more likely than males to be complicated in cyber bullying. This was due to the aptitude for females to prefer unintended aggressions in expressing their feelings. This because females involved in mental and emotional misuse, which is not physically complicated.

Lastly, on a like study done on university students, the results showed that there were no important differences among genders. It also mentioned that cyber bullying is more common amongst females as likened to males due to the ethics believes that each sex possesses. Females usually learn to upkeep and be accountable in their actions while males are absorbed on moral justice. Due to this, females will opt to bully through a technique that is not seen as bodily or violent while physical violence is the way males shape their status amongst peers.

Victimization. In terms of being the victim of cyber bullying, females are additionally likely to be cyber bullying victims as likened to males. On the additional hand, Li (2006) found that there were no changes in gender when it derives to preferences of victims. It is created that males were more likely to be cyber victims than females rendering to a study done on China's students. It is stated that these changes in results happen due to the differences in sympathetic of the definition of cyber bullying between Cowboy movie and Asians. From here it can be understood clearly that there are lacked of investigation done on the gender changes on victimization and is unable to come to a deduction on whether there is a gender change in this matter.

In the sense of flatter a victim, there is an association between traditional bullying and cyber bullying. This is since the victims being bullied in school may be transported home and sustained online or via mobile phones. Bullies who were complicated in traditional bullying may target the similar victim outdoor of school and continue the bullying on-Line. Henceforth, victims of traditional bullying will most likely be complicated in cyber bullying. This issue also smears to victims of cyber bullying may also finally develop a victim of traditional bullying.

Age and cyber bullying

Children (Ages: Below 12). An study done on younger children below the age of 11 years old shown that there are more likely to account bullying but did not knowledge much cyber bullying as likened to older children such as youths. In another study done on fifth and sixth-grade children, it is originate that fifth and Sixth graders are more complicated in the Internet and mobile phone practice. This may be produced by the lack of care from parents on the Internet and mobile phone usage, Parentages of these children view their as unable of being involved in such doings that may contribute to cyber bullying. The level of participation in cyber bullying seems to be cumulative

by age from 10 to 16 years of age. The cumulative amount of skill usage of the child's age may have donated to the increasing heights of cyber bullying participation.

Adolescence. Rendering to a research done to liken older students and children underneath the age of 11 years old, it is originate that youths tend to report on feeling more cyber bullying that newer children. Youths at the age variety of 12 to 16 and older were more disposed to be complicated in cyber bullying as likened to older adults. On the additional hand, in another study done on high- school students, the participation of high- school students in cyber bullying is low. The rate of participation is only at of the school's populace. This was due to the rising maturity towards the belongings of cyber bullying to victims and bullies who had transported the number of participation lower.

Adults. At this age, it is originate that the involvement of young adults is additional obvious. This may be due to the higher readiness levels of young adults to account such cases. Interestingly, there are lesser reports among older adults, generally aged than 30 years-old. Similar results were got from a study done on university students found that young adults are very much complicated in cyber bullying. The clarification to this is that students in universities are abundant older. Hence, there are lesser parental management and increase use of social technologies for communication purposes. Almost all university students own a mobile phone and have access to the Internet. In totaling to that, at that age, they are more prone to leading risky behaviors. Henceforth, the probability that they would be involved in cyber bullying higher as likened to older adults.

Victimization and perpetrator. In terms of existence a victim, there is no significant difference in age. This income that there is no preference on the sure age group on whom to be a victim in cyber bullying. On the other hand, there is being of relationship between being complicated in cyber bullying u a child and being complicated in adulthood. This means that if an individual is complicated in bullying as a young child, it determination affect the individual's behaviors to bullying in adolescents and adulthood. This may be due to the incapability to cure the psychological belongings as the individual matures.

Conclusion

Whether cyber bullying is in "old wine in new bottle" or new and separate form of bullying, there is no repudiating that it has been potential overwhelming belongings. The anonymity and public nature of cyber bullying destined that it may have even more pronounced bad effects than traditional bullying, leading to an emotional outpouring, outbursts, decreased school presentation, low self-esteem, unhappiness and suicide. The worrying tendency of increasing occurrence means that the problem has to be tackled more energetically. However, perception towards the problem from the youth or adults, including the expert figures tends to be too tolerant. Also, there is little research on likely Interventions to the problem. Most researchers have come up with proposals based on observation and testing of ask factors and incentives behind the act of cyber bullying. In the upcoming, researchers should focus on testing the efficacy of possible interventional programs ' and the effects of dissimilar roles in the interference in order to curb the problematic and prevent more harmful effects of cyber bullying.

To prevent cyberbullying from occurring you must understand exactly what it is. Research what constitutes cyberbullying, as well as how and where it is most likely to occur. Talk to your friends about what they are seeing and experiencing. Safeguard your password and other private information from prying eyes. Never leave passwords or other identifying information where others can see it. Also, never give out this information to anyone, even your best friend. If others know it, take the time to change it now!

Don't save passwords in form fields within web sites or your web browser for convenience, and don't stay logged in when you walk away from the computer or cell phone. Don't give anyone even the slightest chance to pose as you online through your device. If you forget to log out of Facebook when using the computer at the library, the next person who uses that computer could get into your account and cause significant problems for you. Do not post anything that may compromise your reputation. People will judge you based on how you appear to them online. They will also give or deny you opportunities (jobs, scholarships, internships) based on this.

Restrict access of your online profile to trusted friends only. Most social networking sites like Facebook and Google + offer you the ability to share certain information with friends only, but these settings must be configured in ordered to ensure maximum protection.

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