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**ULHB2122**

**ACADEMIC COMMUNICATION SKILLS**

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**SEMESTER 2 2020/2021**

**READING REFLECTION ASSIGNMENT**

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### **TITLE OF ARTICLE 1: Self-esteem, empathy and their impacts on cyberbullying among young adults**

Source : Google Scholar

- The interaction of cyberbullies, victims, and bystanders
- Cyberbullying is detrimental to one's mental health, causing cognitive, social, and physical issues, as well as suicidal thoughts
- Self-esteem and empathy affect victims and witnesses, but not cyber bullies

### **TITLE OF ARTICLE 2: Unraveling the underlying factors SCulPT-ing cyberbullying behaviours among Malaysian young adults**

Source : Google Scholar

- There are 3 factors which caused cyberbullying which are sociocultural, psychology and technology.
- Sociocultural factors are those that are linked to a person's environment.
- The attitude toward cyberbullying is determined by one's daily actions. (psychology factor)
- With the advancement of technology and the availability of the Internet, cyberbullying can occur at any time and from any location using different social networking tools.

### **TITLE OF ARTICLE 3: Cyberbullying Prevention and Intervention Efforts: Current Knowledge and Future Directions**

Source : Google Scholar

- Informational websites and tip sheets to combat cyberbullying
- Cyberbullying awareness, attitudes, and perceptions among students and educators
- The role of health care providers in combating cyberbullying is critical

- The effectiveness of cyberbullying programmes in schools

Article 1 is about interrelation between cyber bullies, victims and bystanders. The data is collected among Malaysian youth as the author believed that cyberbullying frequently occurs among them. Cyberbullying is psychologically harmful with impacts from emotional, social and physical problems to suicidal ideations. The author opined that self-esteem and empathy influence on victims and bystanders as emotional responses about cyberbullying will be shown by high levels of self-esteem victims or bystanders.

Article 2 opined that cyberbullying may result in devastating consequences on victims. There are three factors of cyberbullying. Sociocultural factors are related to a person's surroundings. Next, the psychology factor is about how living behaviour decides the attitude towards cyberbullying. With technology and Internet availability, cyberbullying can occur anytime, anywhere with various social networking tools.

Article 3 discussed about the efforts to prevent cyberbullying. 4 main ideas mentioned in the article are the prevention of cyberbullying through informational websites and tip sheets, the awareness, attitudes and perceptions of cyberbullying of the students and educators, the importance of healthcare provider's role to prevent cyberbullying and the efficacy of school-based cyberbullying interventions.

The similarities are both article 1 and 2 were written based on research and questionnaire and stated that serious cyberbullying will lead to suicidal ideations of the victims. Both article 2 and 3 opined that parental supervision plays an important role to prevent cyberbullying. All articles discussed the cyberbullying issue from the psychology aspect and involved the future direction as the summary.

The differences in between three articles are article 1 was mainly discussing the impact of self-esteem and empathy towards cyberbullying, main ideas in article 2 were related to factors of cyberbullying, whereas article 3 majority talked about efforts from different aspects to prevent cyberbullying. Besides, article 1 involved bystanders in the research whereas article 2 and 3 did not.

These articles are profitable especially to teenagers as all of the characteristics of cyberbullying have been pinpointed. It showed how terrible cyberbullying is as in Article 1 mentioned that cyberbullying has effects on someone's emotional impacts and will lead to having suicidal thoughts. Through Article 2, someone could be easily influenced to be a

cyberbully while Article 3 has taught us on how to prevent cyberbullying through awareness, educational websites and tip sheets and healthcare providers. Lastly, the articles aimed to inform the public about their concern on the after effects of cyberbullying.

The related examples from the articles that we can include in our research paper are Article 1 explained that becoming a survivor of cyberbullying is related to higher levels of mental illness. Meanwhile, Article 2 stated that youth are easily influenced to do cyberbullying where they will use the same methods against others after witnessing other cyberbullies' action. Besides that, Article 3 explained that preventing cyberbullying could be done through tips sheets ranging from avoiding reading cyberbullies' comments and educating parents to identify and require agreement with the Internet policies for pupils and implementing an entire prevention effort for the school.

The writers generalized that a community that has a lackadaisical attitude upon cyberbullying will increase the rate of cyberbullying cases. Besides, it is more bothersome when the eyewitness does not report the cyberbullying cases to law enforcement and safety authorities. I agree with the writer as the number of cases will increase due to the cases not reported. As a victim, it may be considered as a sign of weakness and it will cause the victim fears to report the case. The attitudes of bystanders who are very passive and turn a blind eye to the cases make it worse.