



UTM
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(ACADEMIC COMMUNICATION SKILLS)**

TABLE OF LITERATURE

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SECTION : 49

Topic of term paper: Effect Of Cyberbullying

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No	Name Of Article	Year Of Published	Author	Main Ideas (List Down All The Main Ideas Stated In The Article)	Contributed By:
1	Psychological Effects Of Cyberbullying In Adolescence Theoretical Analysis	2016	Mioara Boca-Zamfir.	<ul style="list-style-type: none">• Many of the cyber victims feel angry, frustrated, sad and depressive. They also feel fear, confusion, guilt, shame, stress, and anxiety. Researchers who studied the correlation between involvement of the adolescents in cyberbullying and self-esteem found that both victims and perpetrators have lower self-esteem than the adolescents who were not involved in cyberbullying.• Many of the cyber victims feel angry, frustrated, sad and depressive. They also feel	Azriana

				<p>fear, confusion, guilt, shame, stress, and anxiety. Researchers who studied the correlation between involvement of the adolescents in cyberbullying and self-esteem found that both victims and perpetrators have lower self-esteem than the adolescents who were not involved in cyberbullying. The correlation is stronger for the cyber victims and their self-esteem, than for the perpetrators and their self-esteem. Cyberbullying is associated with depression, self harm, suicide or suicidal ideation for the victims</p> <ul style="list-style-type: none"> ● Victimization of cyberbullying predicted depressive symptoms and problematic Internet use and higher depressive symptoms and more substance use predicted the involvement in cyberbullying. Also, it is more likely for adolescents who experienced bullying and 	
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				<p>cyberbullying – victims or aggressors – to have suicidal thoughts or attempts (the risk is double for victims in contrast of non-victims)</p> <ul style="list-style-type: none"> • Children and adolescents with social anxiety can choose to avoid friends or social interactions in real life so as not to feel stress or anxiety. Unfortunately, in the virtual world, open 24/7, it is difficult for adolescents to avoid “social” situations which can produce negative feelings. However, cyberbullying can have social effects on victims such as isolation from friends and colleagues. • Cyber victims have a higher risk of school problems (suspension, copying out at tests, absenteeism, school aggression, lower academic achievement and not feeling safe in school) and other deviant behaviors (alcohol abuse, substance abuse, running away from home). Researchers have found that cyber perpetrators are 	
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				<p>involving in alcohol and substance abuse, antisocial behaviour, and behaviour problems. At school they are isolated and have the feeling of insecurity and the perception that they do not get help from the school personnel.</p> <ul style="list-style-type: none"> ● Cyberbullying can have physical problems on victims such as weight loss or gain, headaches, abdominal pain and sleeping problems . In addition, victims of cyberbullying can become cyber aggressors or can be victimized in others situations, too. 	
2	Current Perspectives: The Impact Of Cyberbullying On Adolescent Health	2014	Charisse L Nixon	<p>Cyberbullying victimization and internalizing issues</p> <ul style="list-style-type: none"> ● Past work has revealed a significant relationship between one's involvement in cyberbullying and affective disorders. <p>For example, results indicate that there is a significant relationship between</p>	Azriana

				<p>cybervictimization and depression among adolescents, and among college students. Specifically, results showed that higher levels of cyberbullying victimization were related to higher levels of depressive affect.</p> <ul style="list-style-type: none"> ● Notably, 93% of cybervictims reported negative effects, with the majority of victims reporting feelings of sadness, hopelessness, and powerlessness. ● .Not surprisingly, Sourander found that cybervictims feared for their safety. It is posited that cyberbullying is more stressful than traditional bullying, perhaps in part related to the anonymity of cyberbullying. Compared to traditional bullying, targets of cyberbullying are less likely to know their perpetrators. ● Reactions to being cyberbullied may depend on the form of cyberbullying. For example, Ortega et al⁵³ found that different forms of 	
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				<p>cyberbullying may elicit different emotional reactions – for instance, being bullied online may evoke a different emotional reaction than being bullied via a cell phone. In terms of predicting the most deleterious outcomes, past studies have shown that pictures/video images were the most harmful to adolescents</p> <ul style="list-style-type: none"> ● Cybervictimization is related to disruptions in adolescents’ relationships. Specifically, targets of cyberbullying reported more loneliness from their parents and peers, along with increased feelings of isolation and helplessness. Not surprisingly, targets of cyberbullying reported fewer friendships, more emotional and peer relationship problems, lower school attachment, and more empathy. Past work has shown that adolescents who were victimized via cyberbullying were more likely to lose trust in others, 11 	
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experience increased social anxiety, and decreased levels of self-esteem. Importantly, the relationship between cybervictimization and adolescents' psychosocial problems remain even after controlling for relational and physical forms of victimization, as well as school-based victimization.

Cyberbullying and suicidal behavior

- This relationship between cyberbullying and suicidality was stronger for targets, as compared to perpetrators of cyberbullying. Specifically, targets of cyberbullying were almost twice as likely to have attempted suicide.
- Moreover, adolescents' involvement in cyberbullying was a stronger predictor of suicidal ideation than it was for depressive symptomology.
- Found that those youth who were both victims and perpetrators of cyberbullying experienced more severe forms of psychological (for

				<p>example, anxiety, depression, and suicidal behavior) and physical health concerns (for example, problems sleeping, headache, poor appetite, and skin problems). Additionally, adolescents' grade level moderated these negative effects, with high school students who were both perpetrators and victims of cyberbullying reporting the highest levels of anxiety, depression, and the most physical health problems.</p>	
3	<p>Causes And Effects Of Cyberbullying</p>	2020	wowessays	<ul style="list-style-type: none"> • Cyberbullying is becoming one of the leading causes of depression and suicide among youths now. As peer pressure grows and with more bullies hitting on unassuming targets, the number of victims of cyberbullying constantly increases • What officials suppose is that the experience could lead to long-time emotional and psychological scarring • For the victims, they 	<p>Nur Aleeya Syakila</p>

				<p>withdraw socially in order to avoid being seen by the bullies. Because of this, they often feel depressed and restless, which makes them anxious about going to school</p> <ul style="list-style-type: none"> • Victims also display decreased interest in activities that they used to enjoy and begin doing poorly at school. They experience feelings of insecurity, loneliness, and humiliation, self-pity, and struggle with making emotional attachments with people • As such, they harbor feelings of anger and vengefulness towards the bullies, resulting to the victims either exacting revenge or opting for suicide 	
4	Cause and Effects of Cyberbullying	2017	Joseph Spitz	<ul style="list-style-type: none"> • Bullying has effects for both the bully and the victim. The first effect of bullying is that the perpetrator has a high likelihood of becoming a delinquent and finally a serious criminal. This tendency emanates from the 	Nur Aleeya Syakila

				<p>repeated pattern of bullying that graduates the perpetrator from a bully to a hardcore delinquency.</p> <ul style="list-style-type: none"> ● The second effect is that bullying puts the bully at risk of abusing drugs and thus become a school dropout ● The third effect is that bullying puts the victim and the perpetrator at the risk of experiencing depression. As Mishna (2004) asserts “bullies and victims tend to experience depression more than their peers who have not been involved in bullying, which can lead to academic problems, frequent absences from school, loneliness, and social isolation.” ● The fourth effect of bullying is increased risk of self-destruction behaviors for both the perpetrators and their victims. Such self-destruction behaviors include suicidal thoughts and risky behaviors such as excessive engagement in harmful drugs. As Mark & Ratliffe (2011) state, 	
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				<p>“research indicates that the risk of both thoughts and attempts at suicide seem to be higher for girl victims and girl bullies no matter how infrequent the bullying occurs.”</p> <ul style="list-style-type: none"> ● The fifth effect of bullying is development of nervous habits by the victims. <p>Bullying is a bad experience on the victims. As such, they live in fear since they do not know when next they will encounter a bully. The result of this is that they develop nervous habit for the fear of repeated bullying experience</p> <ul style="list-style-type: none"> ● The sixth effect of bullying is poor appetite and sleeping disorders. People react differently when exposed to demeaning experiences such as bullying. As such, some develop poor appetite while others develop sleep disorders or both. 	
5	Times of India: Effect of cyberbullying	Sep 26,2019	Riya Mishra	Cyberbullying starts in the virtual world. The cyberbullying enjoys the anonymity and the infinite reach of	Nor Hafiyzha

				<p>the internet to prey on the unsuspecting and potential victims. Once they get hold of something personal about the victim, they start to either blackmail or harass them.</p> <p>Effects of cyberbullying</p> <ul style="list-style-type: none">● Mental and physical effects Cyberbullying leads to the increase of stress along with the anger in a person. People used to feel frustrated. Sometimes they have to suffer depression and because of this, they will start favouring isolation as most of the time they do by including harmful activities like drugs and alcohol.● Feel alone and isolated Most of the victims of cyberbullying feel alone as they have a fear of sharing the information they have feared to talk with a stranger. Most of the time they used to fight and hurt themselves too.● Disinterested in attending college and schools People who are suffering from	
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				<p>cyberbullying are not interested to attend the classes as they don't feel comfortable because of the embarrassment and humiliation between their fellow students which results in a negative impact on their results.</p> <ul style="list-style-type: none"> ● Victims might get ill Sometimes apart from the mental and physical effects, the effects of cyberbullying can ruin the health of the victim. He might get ill or may suffer from diseases like headache depression and sometimes by skipping meals may go through stomach problems and other diseases. ● Attempt to suicide Sometimes because of the high effect of cyberbullying a victim can also attempt suicide and some people who can't tolerate this type of situation feel like the best option to end all the problems is suicide. 	
6	Cyberbullying in Children and Youth:	Dec 19,2016	Tracy Vaillancourt,	Cyberbullying is distinguished by the use of information and	Nor Hafiyzha

	Implications for Health and Clinical Practice		PhD Robert Faris, PhD Faye Mishna, PhD	<p>communication technology as the means through which to embarrass, threaten, sexually harass, or socially exclude. Examples include posting embarrassing images or comments about somebody or impersonating someone to cause harm. Early research suggested that cyberbullying was fundamentally different from traditional bullying. Indeed, most targets (and perpetrators) of cyberbullying are also bullied in traditional ways, although there are some individuals who are only cyberbullied.</p> <ul style="list-style-type: none"> Scope of problem In the UNICEF's most recent report on child well-being, Canada ranked 17th out of 29 economically advanced countries (higher rankings indicated better scores). Other population-based studies confirm that bullying is a serious problem among Canadian children. In a study of 16,799 Ontario students in grades 4 to 12, Vaillancourt et al.² found that 37.6% of students reported being 	
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				<p>bullied by others, with girls reporting being bullied by their peers at a higher rate than boys. Results also indicated that being bullied verbally was the most common form of abuse endured by students, especially for those in elementary and middle school (i.e., over 50% indicated that they had been repeatedly called names by other students). Being bullied through an electronic context occurred less frequently—10.0% for elementary students, 13.3% for middle school students, 13.7% for early secondary students, and 10.2% for late secondary students. These cyberbullying rates are similar to the rate of 14% obtained by Beran in their nationally representative sample of 1001 Canadian children aged 10 to 17 years.</p> <ul style="list-style-type: none">● Consequences of	
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Cyberbullying

Like traditionally bullied youth, cyberbullied youth report higher levels of depression and anxiety, emotional distress, suicidal ideation and attempts, somatic complaints, poorer physical health, and externalising problems such as increased delinquency and substance abuse than their non bullied peers.

When cyberbullying is compared to traditional bullying, negative outcomes appear to be worse for the victims of cyberbullying.

Using data from a total population survey of Swedish adolescents aged 15 to 18 years and controlling for exposure to traditional bullying, Låftman found that being the victim of cyberbullying was associated with poorer subjective physical health. That is, cyberbullied youth were more likely to have headaches, stomach aches, poor appetites,

				<p>and sleep disturbances than their nonbullied peers. Perren found a unique association between being the victim of cyberbullying and poor outcomes. In their study of Swiss and Australian teens, they found that cyberbullying explained a significant amount of unique variance in depression when controlling for exposure to traditional forms of bullying. In another study, Bonanno and Hymel reported that cyberbullying was independently associated with Canadian adolescents' suicidal ideation and depressive symptomatology. Schneider et al.</p>	
7	<p>Adversity in University: Cyberbullying and Its Impacts on Students, Faculty and Administrators</p>	2017	<p>Wanda Cassidy, Chantal Faucher, Margeret Jackson</p>	<ul style="list-style-type: none"> ● The negative emotions elicited by cyberbullying covered quite a range, from feeling sad, hurt, embarrassed, angry, humiliated, isolated, marginalized, and powerless, to wanting to retaliate and get revenge. ● Physical health impacts were another category of impacts 	<p>Nur Hadirah Munawarah</p>

				<p>discussed by participants. These impacts, sometimes referred to as “physical signs of stress,” specifically included sleep problems, stomach problems, and weight loss.</p> <ul style="list-style-type: none"> ● The fourth sub-theme in terms of the impacts of cyberbullying pertains to perceptions of self. Participants indicated in several instances that the cyberbullying they experienced affected their self-confidence, self-esteem, and/or self-image. ● Negative effects were also felt in participants’ personal lives, outside of the university context. Several discussed avoiding certain people, places, social media sites, and activities as a result of being cyberbullied, as well as its influence on their relationships. ● Several respondents explained that the cyberbullying they had experienced or witnessed 	
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				<p>was fear-inducing and evoked concern for their personal safety or that of others.</p> <ul style="list-style-type: none"> • This sub-theme encompasses those impacts on faculty members' work lives and on students' academic studies. 	
8	The Effects of Cyberbullying on Mental Health in Schools	June 2018	Jacob Schuman	<ul style="list-style-type: none"> • Cyberbullying and social interaction. As stated by Chadha, Fernandes, and Sanyal (2015), "Cyberbullying can be a devastating experience for the children who are aimed at. In reality, the suffering, hurt and agony victims undergo influences nearly every outlook of their existence leaving them feeling alone, isolated, endangered, depressed and anxious" (p. 649). • Additionally, cyberbullying affects classroom performance. Cyberbullying and academic performance. The effects of cyberbullying also extend into the classroom. Academically, cyberbullying can have 	Nur Hadirah Munawarah

				<p>negative effects on the victims due to the social nature of school.</p> <ul style="list-style-type: none"> ● Cyberbullying and suicide. Furthermore, the effects of cyberbullying can lead to more serious health concerns such as suicide. ● Effects on School Staff. <ul style="list-style-type: none"> - Little is known about the thoughts and feelings of teachers regarding the problem of cyberbullying, because there have been a limited number of studies done on the perception of teachers on this topic. 	
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