



UTM

UNIVERSITI TEKNOLOGI MALAYSIA

UHLB2122-SECTION 49

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(ACADEMIC COMMUNICATION SKILLS)**

ACADEMIC PAPER TITLE:

Effects Of Cyberbullying

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ACADEMIC PAPER: THE EFFECTS OF CYBERBULLYING

1.0 INTRODUCTION

Bullying is definitely a prevalent trait. The popular act of abuse in today's society is bullying. The demonstration of bullying inside school systems has existed for quite a while; so long that there are many years of research that examine the negative side effects of bullying. In any case, right now, bullying has taken on a digital structure on account of the development of the web and all the web-based media applications that follow. Young people are utilizing web-based media applications like Facebook, Twitter, Tumblr, and Instagram to stay in touch with one another, however bullies have utilized this device as another approach to harass the victims and send hateful and undermining messages to the victims. Inside the most recent fifteen years, cyberbullying has picked up expanded inclusion in the news, particularly when youngsters end their own lives following unnecessary cyberbullying on the web and by instant messages. In the past decade, harassment has risen due to the electronically transmitted form of cyberharassment, a modern version of harassment. Cyberbullying effects affects all the life of the tormented victim, such as suicide attempts, difficulties in academic, emotional and physical problems, and poor self-confidence.

1.1 EFFECTS OF CYBERBULLYING : SUICIDAL

One of the main effect of cyberbullying towards the victim is it will lead to suicide attempts. Suicide is an intense issue that numerous young people face. Young people regularly experience numerous difficulties that may reduce their self-esteem and cause them to accept that they don't have the right to live. Numerous investigations have concentrated on the mental effects of cyberbullying, including the very concerning perceptions of associations among cyberbullying and suicidal thoughts. Suicidal thought is when individuals had the thoughts to bloodshed themselves. At the point when analysts inspect the mental impacts of cyberbullying, suicide as well as different factors, for example, depression, nervousness, and stress are examined. The interceding factors among cyberbullying and suicidal reasoning have been concentrated too. Besides, scientists have examined how the association among cyberbullying and suicidal is shrouded in the media and in examination articles. One 2018 examination found that youthful grown-ups younger than 25 who were deceived by cyberbullying were twice as prone to commit suicide or self-harm. Moreover, research introduced at the 2017 Pediatric Academic Societies Meeting uncovered the quantity of youngsters admitted to emergency clinics for endeavored suicide or shared their suicidal thoughts multiplied somewhere in the range of 2008 and 2015. A significant part of the ascent is connected to an expansion in cyberbullying. (Sam Cook,2020). In a recent case that had been reported, a cyberbullying victim was discovered dead at her family home in Bukit Tengah leaving an appalling note to her friends and family. She probably capitulated to cyberbullying after a Tik Tok video of her and a Nepali companion drew many judgement on Facebook and circulated around the web. In the manually written note to her loved ones, she was sorry to them and said she had no other decision but to end her life. (Lo Tern Chern,2020) This shows how cyberbullying will affect the victims by having suicidal thoughts and attempts.

1.2 EFFECTS OF CYBERBULLYING : SCHOOL PROBLEMS

Second effects of cyberbullying towards the teenagers that it may affect their school academic achievement. This can be explained There is a greater risk of school issues for cyberbullying victim such as suspension, copying during exams, absences, violence at school, low academic performance and not feeling comfortable in school .Other deviant behaviour are like alcohol abuse, substance abuse, running away from home, alcohol abuse, substance abuse and running away from home. (Hinduja & Patchin 2007, Cassidy et al., 2013). From my perspective, cyberbullying may cause those victims to be weak and fear to go to school because they do not have confidence in themselves. At the same time this will affect personality characteristics of students. Therefore, such a scenario makes it difficult for the student that had been bullied to pay close attention in class and no doubt that they may not want to go to school. Other than that, they will not feel the enjoyment of school life that students will only face once in their lifetime. They even lack chances to participate in their discussion or even enjoy school events. There is a clear correlation between cyberbullying and academic performance that have been found by many researchers. In both conventional types of bullying and cyberbullying, Kowalski and Limber (2013) found negative impacts on academic accomplishments. Student focus would be completely impacted by the consequences of bullying. When they attend their classes, students lose focus and then they will give up to do revision. Based on facts and statistics, about 10% of students who dropout of school do so due to constant bullying. Victims of bullying are more likely to report psychiatric disorder, experience reduced self-esteem, have less mates, and appear to skip school regularly. (Rigby, 1999). Cyberbullying should also be discouraged in order not to impact our young people's academic success. Moreover, this is to ensure our country will have peace and clean bullying. Thus, cyberbullying gives a big impact toward academic performance and cyberbullying should be avoided to protect the youth from being harmed and preventing any mental illness.

1.3 EFFECTS OF CYBERBULLYING : SHORT AND LONG-TERM MENTAL AND PHYSICAL ISSUES

As stated in both first and second effects, both are related to the third effects where it all started with the victim of cyberbullying is associated with short and long-term mental and physical health issues. In terms of mental health, the victims reported to have severe depression and anxiety, emotional distress, suicidal ideation and attempts, somatic complaints, poorer physical health and externalising problems such as increased delinquency and substance abuse. However, physical health most likely has headaches, stomach aches, poor appetites, and sleep disturbances because of their severe mental health conditions. This shows that the effects of cyberbullying towards the victims are severe than the traditional one. A study on 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 (Låftman,SB,2013). For example, being an obesity or underweight, having a problematic skin condition, skin colour etc. The victim might have a short or long-term mental health based on the severity and duration of being cyberbullied however it is not promising that the victims will react based on both conditions. It is because the internet nowadays gives the potentially wide audience to reach some media whether it's old or a brand new media. Meanwhile, these physical health issues somehow will lead to an unhealthy lifestyle. For example, they don't have any confidence to meet people so they often stay in a place where they feel safe. Other than that, lack of sleep where it can overwork our heart and enhance the production of cortisol hormone(stress hormone) which leads to mental health issues. In addition to having affected mental and physical health, it is proven that it will affect other aspects of functioning. A study found that cyberbullying leads to academic problems such as greater absenteeism and poor grades in school (as well as increased depression, anxiety, and poor self-esteem) (Kowalski,RM,2007). Thus, cyberbullying gives a bad effect towards mental and physical health issues for the victims.

1.4 EFFECTS OF CYBERBULLYING : LOW CONFIDENCE

Another effect of cyberbullying is that some people may have experienced a lack in confidence when communicating with others. Self-esteem is the perception that we all have from our own sense of worth, or our confidence in our personality. Strong self esteem is a positive thing to have in themselves and desires what is better for them. However, there is no positive impact of cybercrime on self-esteem. This can be explained by them being scared to talk with anyone because they mostly don't know who the bully is. Take for example, when a student gets cyberbullied, particularly their friend or stranger, they seem to avoid talking to someone. Thus, they will focus more on themselves without worrying the others that causes their less self-esteem to talk with others. Avoiding with others makes someone become more insecure about themselves, and creates doubts to make the first move that is related to the group discussion or any active activities when they are in school or college. Consequently, these lead to a long term impact. Besides feeling sad, hurt, humiliated and impotent, it also makes some people become sceptical (Wanda, 2017). The victims might try their best to avoid initiating a conversation or ask questions to others. This can be differ by they might be scared about how other people think and being quiet is the safest way to avoid others misjudging them. Additionally, their attitude also changed badly as they started to believe that the content that internet trolls were mocking about them is real. The victims will find it hard to move on from the offensive messages, even though they really want to ignore the message or post (MDPI,2017). This can be proven by a guy from a community college, he got several horrible comments and he noticed that those were false comments so he pretends to unsee those posts. Unluckily, those messages are really upsetting to him and making him feel more vulnerable than before. Therefore, it leads to bad personality as he starts to become uncomfortable with others and might affect their self-image. Internet violence develops poor confidence at anywhere whether in school or home where their self-esteem is falling and will eat away at their soul.

2.0 CONCLUSION

Taking everything into account, Cyberbullying is a serious concern, and living through such a traumatic time can be absolutely horrible. It disturbs someone's life, has incredible emotional damage and may have lethal results. In spite of the fact that innovation has brought new open doors for students and youngsters, it is significant that everybody figure out how to utilize it mindfully. The best choice against these bullies is remaining strong and fighting back. Other than that, people should take action or concern on how someone's behaviour is. This is because we could save someone's life instead of being ignorant towards other people. It's possible to get over it again and enjoy our life. Strategies ought to likewise be set up to guarantee that innovation is utilized mindfully. Guardians ought to likewise take up the duties of securing their kids. Young people, then again, should take the primary estimates important to forestall cyberbullying. Seeing a psychologist or seeking out close friends or family will allow the victims to cope with their bad experience in cyberbullying in a healthy and safer manner. Moreover, the Health Care provider should play its role such as getting connected with parents and school organizations in order to avoid youth developing negative social relationships. At the end, life is not over and it is possible to fight back.

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