

Cyberbullying

Cyberbullying among teenagers

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Abstract— With the modern technology in this 21st century, more and more social problems emerge to our life. All these new technologies such as phones and notebook have led us to a convenient but dangerous world as we face a lot of problems such as cheating money, cyberbullying and personal information leaked online. We never know when we would be the next victim when we are looking at all the news reported. There may have someone is tracking you but it will be very scary because you did not know who is the person. In addition, with these online problems, we might get some impacts like having depression or even suicide.

Keywords—technologies; cyberbullying; impact; depression

I. INTRODUCTION

We have a lot of modern technologies in this 21st century. We use a lot of these technologies everyday but we might not realise about it as we are used to this life. As a student, we use phones to connect with our family and friends while use a laptop to find some information to get help for our homework. Moreover, we also use our laptop for online learning due to CMCO caused by Covid-19. No matter children or parents, we all normally watch a television for relax time whenever we want. This is just a small part of modern technologies in our life and there is more examples in our daily life, just that we do not aware of it. However, focus of this article review will be on cyberbullying. Cyberbullying seems a small problem but it actually makes a lot of people injured mentally. We do not face this problem so we do not know how the victims feel. We should not have ignored them and let them be but we need to give a helping hand to them. They will be very grateful if someone wants to help them. We need to try our best to understand them so that they can come out from the deep hurt. Before we can help them, of course we need to find out all about cyberbullying.

II. FINDINGS

A. What is Cyberbullying?

Cyberbullying is a type of bullying through online. It undergoes through all kind of modern devices such as mobile phones, tablets and laptop. Quote from Hinduja, S. & Patchin, J. W. , “Cyberbullying is when someone repeatedly and intentionally harasses, mistreats, or makes fun of another person online or while using cell phones or other electronic

devices.” while according to Merriam-Webster Dictionary, cyberbullying is defined as the electronic posting of mean-spirited messages about a person (such as a student) often done anonymously. Moreover, cyberbullying is when someone, especially a teenager, embarrasses or bullies others on Internet according to Wikipedia. [1,5,6,10]

For more information, cyberbullying includes harming others, sending mean messages to others, sharing negative contents to others through any kind of ways. Adding more about this, cyberbullying also includes for those sharing personal information to others that can embarrass someone else. For those who are doing cyberbullying are called cyberbullies. They like to cyberbully through online and get fun when someone is being spoiled, being a target of everyone. Cyberbullies like to attack people with hurtful things such as pretending someone else to spread rumours, making fun of others, and sending mean messages to others. They will not stop as they will not feel anything as they are not being cyberbullied. [1,2,3,7,8]

Let’s see what are the differences between bully and cyberbully. What cyberbullying different from bullying not only from the aspect of using electronic devices but cyberbullies can also hide their identity. Cyberbullying will harm the cyberbullied person for 24 hours non-stop as it can be done in anywhere, anytime while for bullying, it will only occur when the cyberbullies is with the cyberbullied person. Furthermore, bullying is just among those who know the person that is being bullied but cyberbullying is different. It will be among the society as it can be seen by everyone that uses social medias. It is a non-stop action as the cyberbullies think that they are too timid and will not get revenge on them. [8]

We need to know that cyberbullying is being done purposely and is ongoing from time to time. Cyberbullies not only uses words but also photos or videos to represent someone’s bad. It can spread easily with just one click in this 21st century. Bullying is not new to our life. It exists long time ago but none of us aware about this issue and it becomes more serious not only among teenagers but also adults. Nowadays, there are a lot of cyberbullying occurs as we are living in a modern life and we can see that cyberbullying is all around all the social medias such as Facebook, Twitter, Instagram and Tik Tok. However, cyberbullying is not only through social medias, it can also be found in normal messaging and even email. Overall, cyberbullying is a virtual form of bullying through all

those electronic devices with aggressive message from cyberbullies to embarrass or harm the cyberbullied person. [1,4,7,9]

B. Cyberbullying in Teenage Stage

India, Brazil and United States are the top three country that have most cases of cyberbullying from 2011-2018. India is the country that has the most cases of cyberbullying from year 2011 to 2018 which is more than 100 cases in this period of year. Brazil has the average of 26 cases per year in these 8 years while United States has recorded the most cases in 2016. There are 6 countries that have more than 20 cases in 2018 which are Belgium, South Africa, Malaysia, Sweden, Canada and Turkey. In addition, Saudi Arabia, Australia, Mexico, Great Britain, China and Serbia has less than 20 cases in 2018 and is quite less cases compared to others while Spain, France, Chile and Japan have less than 10 cases every year from 2011 to 2018. Lastly, Russia has the least cases in 2018 which has only one case. For more information, 60% of parents that have aged 14 to 18 children had reported that their children are being cyberbullied. Regarding on my findings, a survey had conducted with over 1000 parents and end up with a terrible and scary results. There are 47.7% of parents with children aged 6 to 10 reported that their children had been cyberbullied and about 56.4% children aged 11 to 13. The highest percentage is children aged 14 to 18 which has 59.9% of parents reported regarding cyberbullying. However, there are also more than half of the parents with children aged 19 and older reported cyberbullying cases. [11]

We all know cyberbullying mostly happened through social media, but there is a survey carried out by Ditch the Label, one of the world's leading anti-bullying organizations. They did the survey on which social media the people being cyberbullied. Figure 1 shows where are the people cyberbullied. [12]

SOCIAL MEDIA PLATFORMS	PERCENTAGE
Instagram	42%
Facebook	37%
Snapchat	31%
WhatsApp	12%
Youtube	10%
Twitter	9%

FIGURE 1

We can see that a lot of cyberbullying happen using Instagram as they can hide their identity with just one click to register a new account. There is about 37% of young people who ages 12 to 17 had cyberbullied and there are 30% out of these 37% of them had cyberbullied more than once. In United State, up to 95% of teenagers are online, and using mobile devices which is a common medium of cyberbullying. Moreover, there are more girls being targeted as a cyberbullied person than boys as we can see girls are easier to get hurt from any aspect. Besides, a serious problem is that only 1 in 10 teenagers will tell their parents that they are being cyberbullied which means most of the teenagers are not brave enough to stand up for their own.[13]

C. Types of Cyberbullying

The first type of cyberbullying is exclusion. Exclusion is a common cyberbullying where someone in the group is being left out all the time. For instance, when a group of students go out for a party but left only someone and do not notify him/her about the party. Although it seems a small matter, for long time, this excluded person will still undergo all kind of negative thinking. Next is harassment. What harassment means here is that the cyberbullies keep sending mean messages and harmful content to a person. It can be different type but that is what the general meaning for it. Some of them will even have text attacks to the target using text messaging, email, instant messages to embarrass him/her. [14,15,16,17,18,19,20]

Furthermore, the act of exposing personal information of someone else for the purpose to hurt someone which is also called outing or doxing is also one of the types of cyberbullying. This includes those spreading those sensitive photos of someone to groups or public and those personal messages in private group that related to public figures. Moreover, cyberstalking is one of it. From the word, we already know that it means stalking someone through online and usually children is being targeted in this issue. They can monitor or threat someone online and stalk what they are doing. This cyberstalking is one of the criminal offense and can even resulted in a jail time. There is also a small type of cyberbullying which is trickery. It means the cyberbully will trick someone to share their own personal information to others. This cyberbullying is common when those cyberbullies want to cheat money from someone. They can get the bank account easily and take the money out from the victim. [14,16,17,18,19,20]

When someone uses others social networking account to post some inappropriate contents is called fraping. This will make the person's reputation damage and being the target for everyone that do not know the truth. They can even change the target's profile picture to other that is inappropriate or having a similar account as the target and post all kind of rude messages or photos. Besides, masquerading happens when someone create an unknown account just to bully someone or comment something bad about the person. They will also post something such as photos to make fun of the victim. Flaming is one of the common type of cyberbullying. Flaming means using vulgar or rude language while playing online games using mobile devices. [14,15,16,17,18,19,20]

D. Impact of Cyberbullying

The first impact is overwhelmed. As teenagers are being targeted, they will feel stress and do not know what to do. They will also feel being abandoned by everyone and they can deal with what the face. They will have long time emotional problems, loss their concentration and even hard to communicate with everyone else. Besides, the target will feel powerless as they cannot find a place to feel safe. Nowadays, most of the teenagers use a lot of mobile devices not only for fun but for studies too. If they are being cyberbullied, they cannot escape as mobile devices are their main ways to do things. In addition, cyberbullies can hide their identity and the

victims will feel fear as they did not know who are doing that. [21,23,26]

Moreover, humiliated is also one of the impacts because when the victim's personal information is being exposed to others, they will feel himself/herself being humiliated. Vengeful is the scary part of the impact of cyberbullying. Some victims will feel that where are they experiences this and want to take a revenge on others to get balance which is not good. Some of the victims will even feel disinterested on everything. They will feel hopeless, like to be alone and spend less and less time with friends or even family which can cause depression and even suicide at last. Depressed will be another impact as cyberbullying with cut down their self-confidence and self-esteem and they will loss their happiness from time to time. [21,22,24,25,26]

Cyberbullying will increase the risk of suicide especially this period of CMCO due to Covid-19. All stages of people especially teenagers are being cyberbullied with embarrass messages which bring them to hopeless of life and they will feel that suicide is the only way to escape from these. In addition, the victims will lose weight or even changing from appearance from time to time as they need to carry all the depression of cyberbullying. They will also start to have self-harm to make himself/herself less pain in their heart but pain in physical. [21,22,25,26]

III. FUTURE DIRECTIONS

A. Responsibilities of parents

First and foremost, parents need to be supportive to your own children sometimes. This works by supporting everything that he/she wants to do but of course, only for those that will bring benefits to your children. Thus, they will feel safe and protective with the supportive with parents. Parents also have to befriend with your children so they will come to you every time when they have problems or being cyberbullied. [27,29] Besides, parents should monitor what did children do online. Are they studying or playing games? If parents take a good track of their children, it is not a big matter to realise your children is being cyberbullied or being a cyberbully. Next, parents should learn on how to use a modern technology so that parents can easily track or check what have your children done. This can also help in parents to know how their children interact with others online. [28,31]

Parents also can help your children by working with them. It means when your children faced cyberbullying and come to you, you need to teach them how to solve the problem so that they manage to solve the problem next time themselves and become stronger than before. Parents also need to think thoughtfully first if you realised your children involved in cyberbullying others. Parents should not directly scold their children but what you need to do is that have a good communication with your children. If you did not do so, you would not know what is the actual thing going on as they might be cheat by their friends to involve in this. [29,31]

Furthermore, although it is cruel for children, parents can limit the access for children to be online. This is to avoid your

children to be exposed to those dangerous action by cyberbullies. Parents can allow their children to use their mobile gadgets for a few hours per day but sometimes parents still need to accompany their children while they are using electronic devices so that parents can have all the information of what their children doing online. [30]

IV. CONCLUSION

This review of article about cyberbullying had clearly explained what is cyberbullying about. Cyberbullying is basically a type of bullying but is doing online. Although there are a lot of people know about the bad effects about this, they still like to be a cyberbully. What we can do is just give them some advice so that they can know they are hurting someone else and this effect might bring to the people around them too. Parents should give more attention to their children during teenager stage as children nowadays are easier to be hurt because most of the time they are online. If there is no cyberbullying, there will not have cases of people suicide due to cyberbullying. Therefore, to have a peaceful and harmony world, everyone should take action and take their own responsibility to avoid cases of cyberbullying increase.

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