

A Review on Cyberbullying among Adolescents and its Mental Health Implications

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Abstract

Cyber-bullying, which has been on the rise, refers to adolescents using digital technologies to harass, threaten, or threaten someone. This feeling attracts many individuals and poses a significant risk to mental health. As adolescents increasingly engage with social media and online platforms, cyber-bullying is becoming a growing issue among them. We conducted this review through a systematic search of pertinent databases, including PubMed, PsycINFO, Scopus and Web of Science.

The meta-analysis also explains how offline bullying increases the chance of a suicide attempt and how cyber bullying exacerbates this risk. Cyberbullying has long-term impacts, with victims being more likely to have mental diseases including sadness and anxiety in the years that follow. It's important to know how common cyberbullying is, what contributes to it and what happens as a result. This will help us make the right interventions and support these children. This review found that cyberbullying can have a significant influence on adolescent mental health and wellness. The results show why there is a need for complete solutions and support systems to address cyber-bullying and its effects.

Keywords- Cyber- Bullying, Mental Health, Adolescents, Wellness

Introduction

Adolescents using digital technologies to harass/threaten/someone are referred to as Cyberbullying which has been on the rise. Many people are attracted to this feeling and it is dangerous for mental health. As adolescents engage with social media and online platforms, cyberbullying becomes a phenomenon (Ong et al. 2020). Understanding the prevalence, risk factors and effect on mental health will help in developing effective prevention and intervention strategies.

The signs and risk factors of cyberbullying have changed significantly as a result of youths' shifting social media usage and behavioral patterns. Furthermore, because cyberbullying transcends national borders, it could not be a problem that just exists in one nation. In this regard, cyberbullying is a global issue that requires additional

international cooperation to address. UNICEF said that "no child is safe in the digital world" because of the harmful implications of cyberbullying, which include diminished safety, worse educational attainment, poorer mental health, and more unhappiness (UNICEF 2017).

The study discovered that female and white adolescents are more likely to be cyberbullied. Nonetheless, males exhibit greater adverse mental health repercussions and aggressive behaviors, implying that being a victim of cyberbullying may have negative gender-related implications. We argue that the most effective method to combat cyberbullying is to establish programs that are adapted to probable demographic variations, therefore empowering students according to their individual hazards (Alhajji, M et al., 2019). The study found that teenagers scored low on Internet addiction, cyber victimization, and cyberbullying; however, cyber victimization and cyberbullying were linked to characteristics of Internet usage and Internet addiction. Research should be undertaken on internet usage trends, cyber victimization, bullying prevalence, and their interrelationships among teenagers. It is advisable to educate families about the detrimental effects of Internet usage (Şimşek, N et al., 2019). Cyber victimization is both directly and indirectly associated with suicidal ideation. Indirect interactions exerted a more significant influence on suicidal ideation than the direct impacts of cyber victimization. The significance of these findings for scientific study is examined, along with their implications for future studies (Iranzo, B et al., 2019).

Another approach for gaining control is to find a person's source of vulnerability (such as their appearance, a learning disability, or their familial circumstances) and then utilize that information to cause tension. By definition, bullying is a recurring behavior, and when it occurs more frequently, the power dynamics become more entrenched, with the victim losing power and the bully gaining control. Consequently, it is challenging for the victimized adolescent to respond and handle the issue independently (Pepler et al., 2009).

Cyber victimization was correlated with a heightened likelihood of psychological (internalizing issues, sleep disturbances, stress-related disorders) and academic (truancy, subpar academic performance) adjustment difficulties. Nonetheless, student connectedness mitigated the internalizing issues faced by victims of cyber bullying. These findings enhance previous research on the predictors, consequences, and mitigates of cyber victimization, thereby informing the prospective implementation of school-based initiatives to reduce cyberbullying (Morin et al., 2018).

Commonness and Connection with Conventional Bullying

Many adolescents get bullied online. Studies show that almost 34% of kids are victims of various forms of such bullying (Kowalski et al., 2014). Interestingly, there is a significant overlap between traditional bullying and cyberbullying, with many adolescents suffering both types of victimization. There is much overlap between cyberbullying and regular bullying behaviors (Kowalski et al., 2014). Thus, cyberbullying may exist along with a broader bullying framework and social context.

Diverse forms of bullying have been recognized. Overt bullying encompasses physical aggression (such as striking, pushing, and kicking) and verbal aggression (including malicious mocking, threats, and taunts). When the abuser spreads a rumor about the victim, for example, the victim may not necessarily notice indirect bullying right away. Social exclusion or requiring specific behaviors in order to be included are two examples of indirect bullying. The goal of indirect bullying, also known as relational bullying, is to damage the victim's connections or standing in society (Bauman, S. 2015).

The impacts were more pronounced for cyberbullying. It will be intriguing to ascertain whether this pattern manifests in more studies. As previously indicated, there are grounds to believe that cyberbullying may be the more concerning kind of bullying. Its electronic format enables it to manifest in less conspicuous and overt manners; hence, it may evade the notice of parents or educators. Furthermore, children subjected to cyberbullying may experience greater challenges in obtaining relief compared to those facing traditional bullying, as physical separation from the aggressors provides minimal respite, and the harassment might extend to a broader audience (Hay et al., 2010).

Risk Factors for Cyberbullying

According to researchers, among other risk factors, spending more time on social media and having a problem with using digital technology may increase one's chances of being cyber bullied. Moreover, cyberbullying victims may have low self-esteem and have experienced traditional bullying in the past. (Kowalski et al., 2014) Students who use social media more frequently are more likely to experience bullying. It is troublesome when people utilize social media in a negative or damaging way. Communicating with people you don't know online makes us more vulnerable. Bullied kids are more likely to get bullied online as well. Individuals with low self-esteem may be targeted more often for cyberbullying.

It is commonly believed that certain personal traits, such as gender, frequent social media use, depression, borderline personality disorder, eating disorders, sleep deprivation, and suicidal thoughts, are associated with the risk of becoming a victim of cyberbullying. Personal characteristics that were determined to be risk factors for the perpetration of cyberbullying were high school students, prior experiences, impulsivity, poorly managed family education, weak teacher-student connections, and the urban location. Situational factors that have been identified as possibly increasing the likelihood of becoming a victim or engaging in cyberbullying include parental abuse and neglect, a lack of supervision, impediments to communication between parents and children, and the urban setting (Zhu et al., 2021).

However, identifying these correlation relationships provides important information for understanding and averting instances of cyberbullying. Regarding gender inequality, it is believed that women are more susceptible than males to being victims of cyberbullying. This could be explained in two ways. First, the favored aggressive behaviours of the two sexes were Women are more likely to prefer indirect forms of harassment, like spreading rumors, whereas men are more inclined to engage in direct forms of bullying, like violence (Alhajji, M et al., 2019).

Effects of Behavior Change

The mental health problems associated with cyberbullying can be damaging and can cause depression, anxiety, and even possible suicides (Dubow, 1989). Cyberbullying and traditional bullying conjoined may have higher effects on psychological distress than either form alone. Attention to both forms of bullying in prevention and intervention efforts may prevent escalation into harm and promote appropriate expressive medium amongst adolescent peers.

Cyberbullying is usually studied by social science experts, but because it has a substantial impact on mental health, it is important to look into it from a therapeutic standpoint. Teens' lives are increasingly centered around online communication, which creates a lot of potential for violent behaviors like cyberbullying and other detrimental psychological impacts. Stress, anxiety, despair, suicidal thoughts, and a drop in academic achievement are all linked

to cyberbullying. Therefore, we emphasize the need for parents and educators to be cognizant of these hazards and to recognize, address, and resolve this issue as the adolescent's first line of protection. Additionally, we stress that it is the duty of pediatricians, doctors, and psychiatric consultants to establish a safe space for teenagers to talk about and report this issue at an early age and to spread awareness of it in their communities. To address this issue, which may have an impact on the adolescent's mental and academic development, practical approaches involving health, education, and law enforcement agencies should be encouraged. Finally, additional research is needed on the many ways that communities, schools, and healthcare providers address cyberbullying in order to determine the best way to intervene (Gohal, G et al., 2023).

Bullying has a negative impact on children's and adolescents' mental health, according to numerous studies. Loneliness and social isolation result from victims' lack of acceptance in their peer groups. The individual's subsequent social isolation is likely to result in diminished self-esteem and sadness. Perpetrators of bullying are also at risk. They are more predisposed than non-bullies to partake in various maladaptive and antisocial behaviors, and they face a heightened risk of alcohol and drug dependency; similar to victims, they exhibit an elevated risk of depression and suicide ideation (Cowie, H. 2013).

Long-term repercussions for cyberbullies include drug and alcohol abuse, school dropout, criminal convictions, early sexual involvement, and adult emotional and physical abuse of others. Both the cyberbully and the cybervictim are more likely to have suicidal thoughts and to take their own lives (Khan, F et al., 2020).

The victims are characterized as feminine, exhibiting elevated empathy, resilience, diminished impulsivity, an inability to rationalize the aggressors' actions, and high self-esteem. Concerning cyberbullying, a little positive attitude towards it is reported (Marín et al, 2019).

Trends and Risk Factors

Studies indicate that a lot of teenagers are impacted by cyber-bullies; studies indicate that estimates of 10%-40% adolescents are cyber-bullied (Gerson & Rappaport, 2011). Cyberbullying risk factors include the usage of social networks, problematic use of social networks, and communication with strangers online. (Craig et al 2020) certain demographic characteristics, such as gender and age, have also been found to be associated with higher rates of cyberbullying victimization.

One study found that cyberbullying is influenced by teens' problematic social media use, online contacts with strangers, and the amount of time they spend on social media. Thus, public health interventions are needed regarding these effects (Craig et al., 2020). Offline bullying doubles youth suicide attempt risk. Meanwhile, cyberbullying triples it. So, suicide is the third leading cause of death in adolescent's mental health implications (Solecki & Fay-Hillier, 2015).

The post-impact of cyberbullying on mental health can be severe. Cyberbullying is linked to a range of social and psychological problems, such as depression, anxiety, and self-harm. In a study, it found that 7.3% of adolescents reported being victimized through cyberbullying. Moreover, these victims were also more likely to show psychosocial issues, like self-harm and suicidal behavior. The mental health and wellness of victims may also be impacted adversely in the long run (Ong et al., 2020). Research illustrates that youth being bullied through social media experiences mental health issues, like depression and anxiety, years later as per a study.

The negative impact of cyberbullying on mental health can be severe and lasting. These include: Greater risk of depression, anxiety and suicidal thoughts and behaviours. Long term psychological problems (due to bullying) even after one year higher probability of mental health problems like self-harm and drug abuse.

Methodology

This review examined research publications on factors linked with cyberbullying among adolescents attending school. The literature search was conducted using Web of Science, PsycARTICLES, PsycINFO, ScienceDirect Journals, Scopus, and Springer Journals. The sample was restricted to articles published in English, as it is the predominant language in the scientific domain. The sample comprises papers featured in the world's most impactful indexing platforms and journals, all published in English in their full. Searches for “cyberbullying”, “adolescents”, “mental health”, “depression”, “anxiety”, “suicidality”.

Results

A review of similar studies has been done on the issue of adolescent suffering from cyberbullying and how it impacts on mental health. The analysis examined the extent of prevalence of cyberbullies as well as the outbreakevens to which young people have experienced. This article looks at the different risk factors for cyberbullying that includes time on social networking sites (SNS), involvement in problematic use of SNS and communicating with strangers online. The meta-analysis also explains how offline bullying increases the chance of a suicide attempt and how cyberbullying exacerbates this chance.

In addition, this review further explores the mental health effects of cyberbullying including its psychopathological consequences on depression, anxiety, self-harm behaviour and so on. It also looks at the long-term effects of cyber bullying which shows that the victims are likely to develop mental illness such as depression and anxiety years later.

In general, this assessment discusses the prevalence, risk factors and mental issues linked to cyberbullying among adolescents. Through this value lit review, the importance of prevention and intervention. The results across countries and types of activity revealed a clear first dimension of power imbalance and a clear second dimension of intention and anonymity. Adolescents characterized a scenario as cyberbullying when there was an imbalance of power and a desire to damage, but there was no repetition—which may be less important in cyberbullying. Furthermore, participants were more likely to perceive the event as cyberbullying if the attack was intended and non-anonymous, and less likely if it was not intentional and anonymous. Again, along with intention, anonymity was found as a distinct cyberbullying trait (Thomas, H. et al., 2015).

Cyberbullying also represents other social issues, such as personal privacy and security, public opinion surveillance, international perpetration, and collective offences. To address this challenge, teamwork across disciplines and creative analytical tools in the digital age are required. The Internet provides numerous opportunities for linking children worldwide, perhaps allowing cyberbullying perpetrators to develop from transnational networks. Therefore, the cyberbullying of adolescents and teenagers in many nations requires special examination (Zhu et al., 2021).

Limitations

There are a number of limitations in this review. The limitation of the review was that only English-language publications were included which meant exclusion of some relevant work. Secondly, the search strategy may have

missed relevant studies as it included very specific keywords. Furthermore, the review had no meta-analysis which would estimate the relationship between cyberbullying and mental health with greater precision.

Consequences and Future Steps

The study outcomes hold substantial significance for research endeavors, practical applications, and policy formulation. From the research perspective, the review underscores a need for longitudinal studies into the long-term mental health impacts of cyberbullying. There is also a need for more cross-cultural and diverse samples to investigate the impact of cyberbullying on different populations.

Discussion

Cyberbullying is a common occurrence that greatly affects young people's mental health. It is essential to understand the prevalence, risk factors and consequences of cyberbullying to reduce the mental health burden among adolescents. This section gives an overview of cyberbullying and mental health literature on adolescents (Brown et al., 2014) (Craig et al., 2020) (Luxton et al., 2011) (Garthe et al., 2023). The review looks into how often cyberbullying is experienced, the risk factors and the mental health consequences associated with it.

Cyberbullying has a significant scope and scale as an issue, with a sizeable minority of adolescents being affected. The paper then identifies the risks connected with cyberbullying (the amount of time spent on social media, problematic use of social media, and communication with strangers) and other related issues. Furthermore, the review elaborates on the potential influence of offline harassment on suicide attempts and how cyberbullying aggravates the risk.

This article focuses on mental health issues arising due to cyberbullying(27 words) It likewise investigates the lingering impact of cyberbullying and finds that victims tend to suffer from mental illness, like depression and anxiety, years later. This part describes who cyberbullies are, the reason they engage in cyberbullying, which people are likely to get into cyberbullying, and what are the impact of that.

Cyberbullying among adolescents is on the rise. Studies say many youngsters are victims of the same. According to the review, the "time spent on social media, problematic social media use, and communication with strangers" are reasons that increase one's risk for cyberbullying. These data show that interventions targeting these risk factors may be effective in preventing cyberbullying (Craig et al., 2020) (Kowalski et al., 2014).

On the whole, the study found that cyberbullying can be just as damaging as traditional bullying when it comes to a person's mental health. This is especially worrisome as the effects of cyberbullying can continue for years after the initial attack. Kowalski and others 2014

The study shows that fighting cyber-bullying needs action from all - families, schools, and society. Not just the school or the family. To curb cyberbullying, schools must carefully develop evidence-based responses as well as support services for schools and youth.

Cyberbullying severely impacts the mental health of your adolescents and has far-reaching effects. Studies show that those who are cyberbullied develop a wide variety of psychosocial problems, including depression, anxiety, and engagement in self-harming behavior. According to one study, cyberbullying victimization rate among adolescents was 7.3%, and those victims were more likely to engage in self-inflicted harm and suicidal behaviors.

Moreover, being bullied on social media might have dire consequences. Teens who are bullied online are more likely to develop mental illnesses, like a serious case of depression and anxiety for years. It's important to know how common cyberbullying is, what contributes to it and what happens as a result. This will help us make the right interventions and support these children.

Through stress management skills the impact of negatively which is rising by cyberbullying can be reduced and productivity can rise up (Srivastava, K et al., 2022).

Conclusion

This review indicates that cyberbullying can have a substantial impact on adolescent mental health and wellness. The results show why there is a need for complete solutions and support systems to address cyberbullying and its effects. Policymakers, teachers, and mental health experts need to create smart plans that will help teenagers online to make sure they don't hurt each other. Establishing a secure and encouraging campus climate that offers learning opportunities and guarantees fair treatment for all students must be a top concern for schools. Students can concentrate better on their academic work and feel more a part of the school when they are in a youth-friendly setting (Holfeld B 2017).

Improving the measurement of bullying behaviors has several advantages. First, it is possible to compute prevalence estimates more accurately. Thus, it is possible to compare rates for different bullying behaviors exactly and assess how effective anti-bullying initiatives are. Second, it is possible to look at more intricate interaction models of the elements connected to bullying behaviors. This will make it possible for the field to look into moderating and mediating bullying models rather than just analyzing a large number of univariate links between bullying behaviors and negative psychosocial effects. Overall, the results show that cyberbullying and traditional bullying actions frequently overlap and are more alike than different. Therefore, they ought to be assessed concurrently on multi-item scales and in global survey questions. More research is clearly needed, nevertheless, to fully understand the role of bullying definitional criteria and how they relate to adolescents' perceptions and experiences of both traditional and cyberbullying (Thomas, H. et al., 2015).

To solve the problem, we need a multi-pronged approach to cyberbullying like more longitudinal studies that investigate the long-term impacts of cyberbullying and the useful interventions. Schools and families must put programs to boost positive behavior online and also teach digital citizenship skills to address risk factors. Adolescents can alleviate their tension, attain self-comfort, and cultivate a pleasant atmosphere around them Srivastava, K., & Mandal, M. (2022).

Cyberbullying victims need vital support systems – counseling and peer support groups. It is essential to have clear and effective policies and procedures in place with respect to schools and the community for addressing cyberbullying and supporting victims.

By knowing the scope of the problem, the risk factors involved, and the consequences and effects, we can create a safer online environment for students.

The role of parental control hinges on children's perception of their parents' ability to provide enough assistance, rather than merely intruding in their life, limiting their online activities, or managing and confiscating their

devices (Baldry AC et al., 2019). Overall, cyberbullying is increasing, and the efficacy of solutions to address this issue necessitates more research and investigation (Gaffney H et al., 2019).

A profound effect on mental health is very crucial among web developers, educators, and healthcare professionals. Ongoing physical health monitoring and psychological counseling help are vital for healthcare practitioners. Simultaneously, in addressing teenage health issues, including physical concerns like suicide and self-harm and psychological challenges such as anxiety and depression, it was imperative to investigate experiences of cyberbullying. Instructors should focus on school-based intervention programs including multifaceted instructors, such as organizing lectures on combating cyberbullying and related cultural performances within the school environment. The aforementioned research indicates that the website developer was compelled to address the issue of cyberbullying through technological enhancements and diverse media formats. The duty for sustaining developing network environments should be reinforced, and greater emphasis should be placed on safeguarding private information (Hou, D. 2023).

Cyber victims frequently utilize computers, digital social networks, and instant messaging applications; they engage with the Internet for over three hours over weekends, regardless of their circumstances. Possess limited technological skills; permit others to upload their videos and personal photographs to the Internet; experience cyberbullying at a young age; exhibit a heightened awareness of the anonymity provided by online environments; typically access the Internet from cafés; are frequent users of online video games; engage in hazardous behaviors such as revealing personal information; and pursue support and continuous interaction on social networks. Conversely, the risk factors associated with cyber aggressors include frequent Internet usage, a heightened sense of anonymity, online gaming, engagement in risky online behavior, and the dissemination of personal information or images/videos of themselves (Marín et al, 2019).

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