

Cyberbullying and it's Effect on Social Adolescent Social Behaviour

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Abstract:

The fast progress of digital technology and the widespread use of social media have greatly changed how teenagers interact with each other. At the same time, this has led to a growing issue known as cyberbullying. Cyberbullying is when someone on the internet intentionally and repeatedly harasses another person. It's a big problem because it can happen anywhere, people can do it without being known, and it can happen even when they are not physically together. Teenagers are especially at risk because they spend a lot of time online. These experiences can really affect their feelings and how they learn to get along with others. This study looks into cyberbullying and how it affects the social behaviour of teenagers by looking at what has already been written and studied. The study is based on data from other sources like academic journals, books, research articles, and reports from reliable organizations. The data was collected between 2018 and 2022. The research uses a descriptive approach to understand the different ways cyberbullying happens, the types of cyberbullying, and its effects on teenagers. The review finds that common types of cyberbullying include online harassment, spreading false information, sharing embarrassing content, excluding someone from online groups, and pretending to be someone else. Using charts like pie charts and bar graphs, the data shows which types are most common and how they affect social behaviour. The results show that online harassment is the most frequent form of cyberbullying. The main behavioural effects are social withdrawal and less interaction with peers. The study also shows that cyberbullying has a major negative impact on how teenagers behave socially. It can make them feel less confident, more anxious, and avoid both online and real-life interactions. These changes can harm their relationships with others and stop them from developing important social skills during their teenage years. The study also points out some main challenges in dealing with cyberbullying, such as the fact that bullies often stay hidden, people don't always report the bullying, not enough knowledge about how to stay safe online, and weak rules and policies in place to handle such issues.

Keywords: Cyberbullying, Social Media, Teenagers, Social Behavior, Online Harassment, Online Safety, Psychological Impact, Digital Communication.

Introduction:

Cyberbullying has become a major social problem as digital communication tools have grown quickly. More teenagers are spending time on social media, online games, and messaging apps, making the internet a key place for socializing. Although these

platforms let people connect and share their thoughts, they also allow harmful actions like bullying, threatening, and mistreatment. Cyberbullying is when someone repeatedly uses the internet to be mean or aggressive. It's different from regular bullying because it can happen anytime, often without anyone knowing who is responsible, and it can spread quickly. This makes it especially damaging for young people during their important growing years.

Adolescence is a key period of growth where emotional, mental, and social changes happen. This time is important for forming who a person is and how they act. Getting along with others and feeling accepted by friends is a big part of this development. However, being bullied online can really mess up this process. Cyberbullying involves harmful messages or actions that happen through the internet, and it can happen anytime, anywhere. This makes it harder for victims to avoid or escape, which can make the effects on their mental health and how they interact with others even worse than traditional bullying.

Cyberbullying can have many different and serious effects on how teenagers interact with others. People who are bullied online often feel lonely, worried, less confident about themselves, and scared to be around others. These emotions can cause them to act differently, like avoiding friends, not wanting to take part in group activities, and not feeling comfortable talking online or face to face. As time passes, these changes can make it harder for them to learn important social skills, which can create lasting problems in their ability to build and keep relationships with others.

Furthermore, cyberbullying affects not just the victims but also changes the way adolescents interact in their social environment. Those who bully others by being aggressive online might make it seem okay to be hostile and not care about others' feelings in digital spaces. People who watch these incidents may start to feel disconnected from right and wrong or worry about being targeted themselves, which can make them ignore or accept the bad behaviour. This overall effect can create a culture where harmful actions are more accepted, which in turn changes how young people behave and communicate with each other.

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As digital media becomes more part of teenagers' everyday lives, it's important to understand how cyberbullying connects to their social behaviour. Looking at how cyberbullying affects the way teens interact with others, build friendships, and react in different situations can help teachers, parents, lawmakers, and mental health experts better support them. This study focuses on the impact of cyberbullying on teenage social behaviour and highlights the importance of strong prevention methods and helpful support systems to create safer and more positive online and social spaces.

Objectives:

1. To examine the prevalence and forms of cyberbullying experienced by adolescents in digital environments.
2. To analyze the impact of cyberbullying on adolescents' social behaviour, including peer interactions and social participation.
3. To identify the behavioural and emotional responses of adolescents who are victims of cyberbullying.
4. To assess the role of family, schools, and online platforms in addressing and preventing cyberbullying among adolescents.

Hypothesis:

H₁: Adolescents who experience cyberbullying exhibit significant negative changes in their social behaviour compared to those who do not experience cyberbullying.

H₂: There is a significant relationship between the frequency of cyberbullying and levels of social withdrawal among adolescents.

H₃: Cyberbullying has a significant impact on adolescents peer relationships and social participation.

H₄: Adolescents exposed to cyberbullying are more likely to display reduced self-confidence in social interactions.

Research Methodology:

The current study relies completely on secondary data and uses a descriptive research approach to look into cyberbullying and how it affects the social behaviour of teenagers. This method is suitable because it helps gain a thorough understanding of the subject by carefully looking through and analyzing existing research, findings, and documented evidence about cyberbullying among adolescents.

The sources of secondary data used in this study include published research articles, academic journals, books, government reports, institutional publications, and trustworthy online databases related to cyberbullying, adolescent psychology, and social behaviour. These sources offer theoretical knowledge, research results, and statistical data that form the basis of the analysis. Efforts are made to use up-to-date and dependable sources to ensure that the study remains relevant and accurate.

The data collection process involves a thorough review of literature to find important themes, patterns, and trends connected to cyberbullying and its impact on teenage social behaviour. Studies are chosen based on how relevant they are to the research goals, the strength of their methods, and their focus on adolescent groups. The collected information is organized and compared to make meaningful conclusions.

Increasing Prevalence of Cyberbullying:

Cyberbullying is becoming more common among teenagers because of how much time they spend on social media, messaging apps, and online groups. These platforms make it easy for people to connect and share, but they also expose young people to different kinds of online harassment, like getting mean messages, false information being

shared about them, or being left out on purpose. The ability to remain hidden online often leads to more hostile behaviour, which means cyberbullying happens more often and lasts longer than traditional bullying.

Impact on Adolescent Social Behaviour:

Cyberbullying has a direct and negative influence on the social behaviour of adolescents. Victims often experience emotional distress that affects their confidence and willingness to engage with peers. As a coping mechanism, many adolescents withdraw from social interactions, both online and offline. This behavioural change can limit their participation in group activities and weaken their social skills, which are crucial during the developmental stage of adolescence.

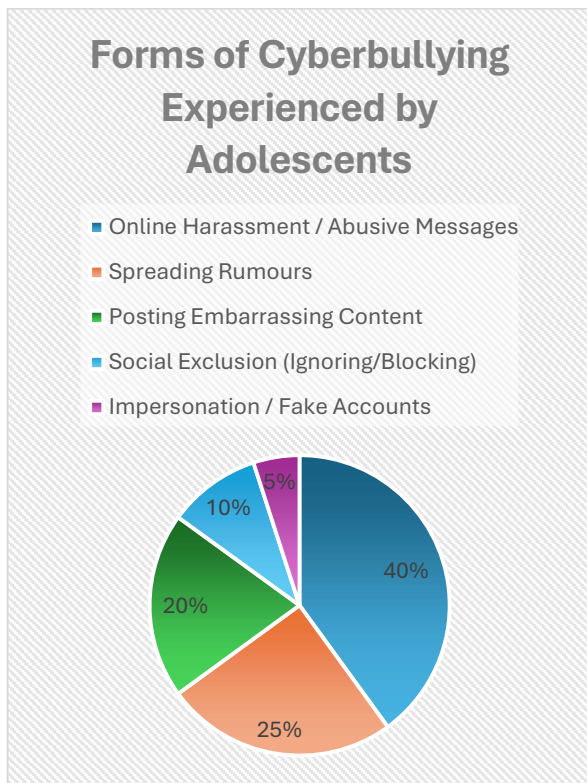
Effect on Peer Relationships:

Peer relationships play a vital role in adolescent development, and cyberbullying can severely disrupt these relationships. Adolescents who face cyberbullying may develop feelings of mistrust toward their peers, fearing judgment or further harassment. This can result in strained friendships, reduced social support, and increased isolation. Over time, the lack of healthy peer interaction can negatively affect an adolescent sense of belonging and social identity.

Long-Term Behavioural and Social Consequences:

The long-term effects of cyberbullying extend beyond immediate emotional distress and can lead to lasting behavioural changes. Adolescents exposed to prolonged cyberbullying may develop social anxiety, low self-esteem, or aggressive tendencies. These outcomes can persist into adulthood, affecting future relationships and social adjustment. This highlights the importance of early identification and effective preventive measures to mitigate the long-term social impact of cyberbullying.

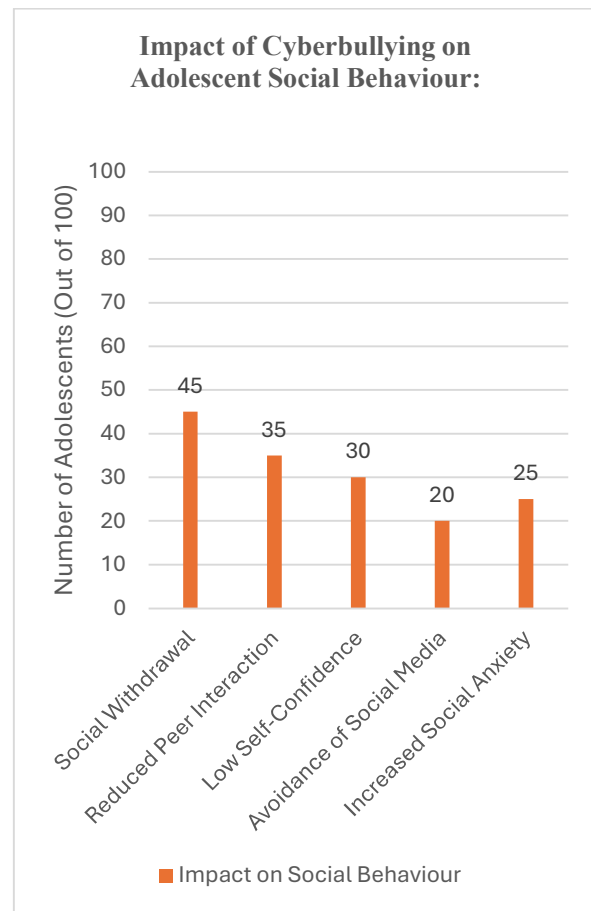
Forms of Cyberbullying Experienced by Adolescents:



Interpretation:

- The pie chart shows that online harassment or abusive messages account for the largest share (40%) of cyberbullying experienced by adolescents.
- This indicates that direct verbal abuse through digital platforms is the most common form of cyberbullying.
- Spreading rumours (25%) and posting embarrassing content (20%) together form a substantial portion, highlighting how cyberbullying often targets an adolescent’s social image and reputation.
- Social exclusion (10%) and impersonation (5%), although smaller in proportion, still represent significant concerns as they contribute to feelings of isolation and loss of identity.
- Overall, the interpretation suggests that cyberbullying manifests in multiple forms, each capable of negatively influencing adolescents’ social behaviour and emotional well-being.

Impact of Cyberbullying on Adolescent Social Behaviour:



- The bar graph indicates that social withdrawal is the most prominent effect of cyberbullying, affecting 45 out of 100 adolescents.
- This suggests that victims tend to distance themselves from social interactions as a coping mechanism.
- Reduced peer interaction (35 adolescents) and low self-confidence (30 adolescents) further demonstrate how cyberbullying disrupts adolescents ability to engage comfortably with peers.
- Increased social anxiety (25 adolescents) reflects emotional strain that affects social functioning, while avoidance of social media (20 adolescents) shows that some adolescents respond by limiting their online presence.
- Collectively, the interpretation highlights that cyberbullying leads to significant negative changes in adolescent social

behaviour, reinforcing the need for preventive and supportive measures.

Challenges:

- **Difficulty in Identifying Cyberbullying:**

Cyberbullying usually happens in private online areas like personal messages or closed groups, which makes it hard for parents, teachers, and officials to spot and watch for this behaviour.

- **Anonymity of Perpetrators:**

Being online without a real name can make people act more aggressively, as young people might not feel responsible for what they do, which can make cyberbullying happen more often and be worse.

- **Lack of Awareness and Digital Literacy:**

A lot of young people don't know what cyberbullying is or how to deal with it.

They also don't understand how to use privacy tools or report problems properly, which can leave them vulnerable.

- **Underreporting Due to Fear or Shame:**

Cyberbullying victims often don't tell anyone because they're scared of being judged, getting back at them, or losing their gadgets, which lets the problem go on without being stopped.

Conclusion:

1. Cyberbullying has emerged as a significant social problem among adolescents due to the rapid expansion of digital communication and increased online engagement.
2. Adolescents are particularly vulnerable to cyberbullying as peer acceptance and social interaction play a crucial role in their social and emotional development.
3. The study highlights that cyberbullying occurs in various forms such as online harassment, spreading rumours, and

social exclusion, each having a negative impact on adolescent social behaviour.

4. Findings indicate that cyberbullying leads to social withdrawal, reduced peer interaction, low self-confidence, and increased social anxiety among adolescents.
5. The analysis shows that the effects of cyberbullying extend beyond emotional distress and result in long-term behavioural and social consequences.
6. Dependence on secondary data emphasizes the need for continuous academic research and documentation to better understand the evolving nature of cyberbullying.
7. Addressing cyberbullying requires collective efforts from families, educational institutions, digital platforms, and policymakers to create safer online environments.
8. Effective awareness programs, preventive strategies, and support systems are essential to reduce the negative impact of cyberbullying on adolescent social behaviour.

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