

Original Article

A Study on Cyberbullying Patterns among Young Adults

Dr. Nimal Perera¹, Dr. Tharindu Jayasinghe²

¹Professor, University of Colombo, Sri Lanka.

²Associate Professor, University of Peradeniya, Sri Lanka.

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ABSTRACT

Cyberbullying has become a serious social and psychological issue in the digital age, especially among young adults who actively use social media and online platforms. While digital technologies improve communication and connectivity, they have also led to harmful behaviors such as online harassment, threats, and humiliation. This study examines the trends, causes, and effects of cyberbullying among individuals aged 18–25 using a mixed-method approach, combining surveys and behavioral analysis. It identifies common forms of cyberbullying, including abusive messages, spreading rumors, social exclusion, impersonation, and public humiliation, with social media as the main platform. The findings show that cyberbullying negatively impacts mental health, causing stress, anxiety, low self-esteem, and social withdrawal. Factors like anonymity and peer pressure play a key role in encouraging such behavior. The study concludes that effective solutions require digital awareness, stronger institutional policies, and technological interventions. A collaborative effort among individuals, communities, and policymakers is essential to promote responsible online behavior and ensure safer digital spaces.

KEYWORDS

Cyberbullying, Online Harassment, Social Media Behavior, Young Adults, Digital Communication, Internet Safety, Online Ethics.

1. INTRODUCTION

1.1. Background

The fact that the internet technologies have evolved rapidly and are actively used by the majority of the modern society has drastically changed the manner in which people engage in communication and socialize in the contemporary society. Internet resources and websites like social networking application, instant messaging application, and online gaming communities have been introduced as a mandatory aspect of living, particularly among young adults. Through these online platforms, people can interact with others, exchange ideas, thoughts, and form relationships with others irrespective of the geographical barrier. Although the numerous advantages that come along with these technologies are the ability to enhance communications and social connectivity, there has also been a good opportunity that negative behaviors are being committed online. Cyberbullying is one of the most critical problems that have come about due to more digital intercourse. Through this act cyber bullying has been described as using electronic communication to consciously damage, intimidate or threaten others by sending repeated unfriendly or hostile messages, remarks or actions. However, in contrast to the classic bullying that is usually stated in a physical place, like a school or a workplace, cyber bullying can be practiced any time and with the use of various digital sources. In most of the instances, the perpetrators can use anonymity or masquerade under false identities, and therefore the victim is unable to know the offender and invoke instant solution. The fast dissemination of digital materials also gives the evil messages, rumors or embarrassing material to appear among large groups of people, compounding the emotional and psychological effects on the victim. The young adults are more susceptible to cyber bullying as these social platforms and other online communication platforms take a lot of their time where they also get to have entertainment and express themselves. There are significant emotional and psychological effects of being constantly exposed to negative online interactions that may cause anxiety, stress, depression and decreased self-esteem. Such experiences can have an impact on academic performance, relationships and even well being. Thus, the patterns, the reasons, and consequences of cyberbullying are critical to acquire the knowledge of the factors that lead to this type of behavior and design safer online environments where young users can engage. This study will examine trends in cyber bullying among the youthful adults and factors that facilitate the trend within the online communities.

1.2. Importance of Study on Cyberbullying Patterns

The patterns of cyberbullying help to study the nature of the appearance of harmful online habits and the influence they have on a person, especially young adults who use digital platforms regularly. The communication process between humans has become quicker and more convenient with the development of social media, messaging apps and online forums. But these platforms have also provided grounds on which bad habits like harassment, threats, and humiliation to others are easily precipitated. Through assessment of patterns of cyberbullying, researchers, educators, and policymakers will know the prevalent forms, reasons, and prevalence of cyberbullying. This awareness will help in the creation of efficient measures to curb cyberbullying and cultivate more secure interactions in the Internet.

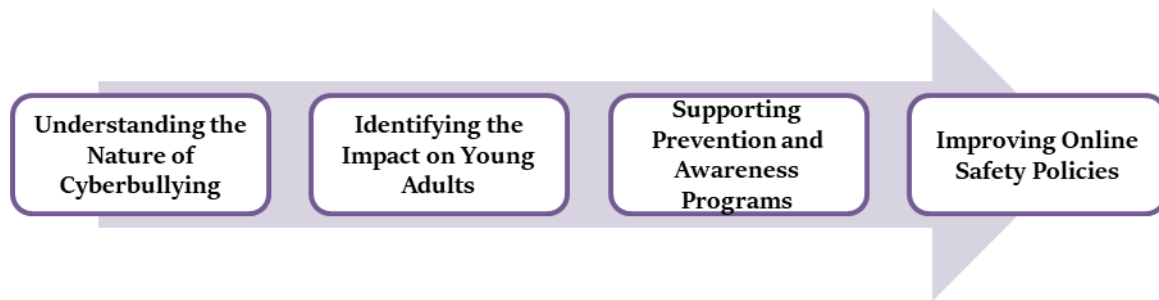


Fig 1 - Importance of Study on Cyberbullying Patterns

1.2.1. Understanding the Nature of Cyberbullying

Among the primary motivations to research the patterns of cyberbullying, there is the need to comprehend the ways of cyber bullying and its common forms. Cyberbullying may manifest itself in many forms, including the use of insulting messages, rumors, the use of anonymity, ostracism, or any other forms of humiliation. These patterns help the researchers conclude on the prevalent behavior and the likelihood of potential involvement of a digital platform. This knowledge plays the role in informing the risk factors that are related to cyberbullying and formulating focused prevention strategies.

1.2.2. Identifying the Impact on Young Adults

Various psychological, emotional, and social impacts of cyber bullying may be detrimental to the victims. Cyber bullies are found to cause anxiety, stress, depression, and low self-esteem of many people who encounter them. In other instances, the victims can pull out of social life or develop problems with academic attainment and personal relationships. Analysis of cyberbullying tendencies aids authors in comparing the impact of the undesirable events on young adults and demonstrates their necessity to have an extensive support system to preserve their mental health.

1.2.3. Supporting Prevention and Awareness Programs

Studies concerning patterns of cyberbullying are significant in the development of an effective prevention and awareness program. Research results can be utilized by educational institutions to develop a digital safety program that educates students on how they can behave responsibly online and the consequences of cyberbullying. The creation of awareness can also assist people in being aware of cyberbullying and make them report the abusive conduct. Communities can solve the problem by encouraging digital ethics and respectful communication in order to curb the cases of cyberbullying.

1.2.4. Improving Online Safety Policies

The second crucial element of research on cyberbullying patterns is that it assists the technology enterprises and social media in enhancing their security measures. The knowledge of the way cyberbullying takes place will enable online platforms to create more efficient monitoring systems, reporting frameworks and content regulation policies to filter dangerous communications. More innovative technologies could also be deployed including automated detection systems in order to detect abusive messages and help users to be safe on the Internet.

1.3. Problem Statement

In spite of the increased awareness of internet security and the use of internet responsibly, it is quite common to note that cyberbullying is still posing a serious challenge in the different digital platforms. As the social media networks, messaging apps, online gaming communities, and discussion forums continue to grow at an alarming rate, young adults are dedicating more and more of their time

to communicating and interacting in virtual space. Although these platforms enable socialization and information exchange, they also open avenues that allow such maleficent issues like harassing, threatening, spreading rumors, as well as humiliating the people with ease. The internet bullying is usually conducted in the form of offending messages, abusive remarks, impersonating identities, and sharing embarrassing information, which can be readily distributed across the web. The ease of access of digital communication devices and privacy afforded by the internet enable people to easily indulge in such malicious activities without being caught easily off hand. Among the greatest issues related to cyberbullying, it is necessary to note that a number of victims do not even want to report their experiences. Young adults who experience cyber bullying might be afraid to seek help because they are afraid of being judged by the society, embarrassed, or they might not realize that their experiences are being taken seriously. Other victims fear that reporting about cyberbullying would make things worse or even increasing the harassment. Moreover, one might also be unaware of the existing reporting systems or have ineffective systems of institutional support to counter such incidence. Consequently, cyberbullying is often left unreported and unaddressed thus enabling the malicious activity to progress and probably get to more victims. Cyberbullying has long-term and serious effects. Victims normally complain of emotional distress, anxiety, depression and lack of self confidence. Academic performance, social relationships and well being can be impacted negatively by these psychological effects. Nevertheless, the problem remains too severe, and the research should be carried out further to learn the patterns, reasons, and effects of cyberbullying in young adults. Thus, this paper is going to analyze the phenomenon and trends of cyberbullying in the virtual world and underline the necessity to come up with the methods of effective cyberbullying prevention and victimization assistance.

2. LITERATURE SURVEY

2.1. Early Research on Cyberbullying

Initial studies on cyberbullying were important in knowing how technological communication can be utilized to offend others. The studies conducted by researchers like Sameer Hinduja and Justin W. Patchin were some of the pioneer ones that investigated and determined the prevalence and consequences of cyberbullying in adolescents. Their findings showed that about 20-40 percent of school-going children have been cyber bullied at least once in their schooling years. They discovered that social media sites and online communication devices in most cases are significant mediums of bullying. The researchers also found out that a good numbers of the victims are reluctant to report the cases out of fear, embarrassment or distrusted authorities. Also, their results underscored the fact that cyberbullying has uncovered some severe psychological effects like depression, emotional problems, and most importantly, academic issues, which should be addressed through effective strategies of awareness and prevention.

2.2. Cyberbullying in Social Media Environments

Due to the emergence of social networking sites, the chances of communication and social interaction are greatly enhanced. Yet, these platforms may also provide the space in which cyber bullying is a common occurrence. Social networking sites enable the user to make profiles, make posts, comment on the posts and interact immediately with others. Even though these features promote social interaction, they could also be used to do negative activities like harassing to others, rumor spreading, offensive comments and publicly embarrassing others. Studies reveal that cyberbullying usually happens using the social networks, the messaging applications, the online gaming communities, and discourse forums. Some form of digital platforms will make people act aggressively or abusively without experiencing any direct repercussions. Consequently, these interactions cause increased effects

of bullying due to the digital character since messages or pictures that are harmful can be transmitted fast and may persist extensively.

2.3. Psychological Effects of Cyberbullying

When harassment is repeated or publicly displayed on the Internet, cyberbullying can seriously impact the victims psychologically. A study by a renowned researcher on bullying called Dan Olweus, shows that victims of cyber bullying can have a long term emotional psychological impact. The targeted individuals are known to experience elevated degrees of anxiety, fear, and stress. The victims also feel social isolated especially when they can avoid social interaction online and even offline to prevent further harassment. The other prevalent impact is low self esteem, in which the victims start to feel low of themselves because of the negative remarks or humiliations made on them repeatedly. In the worst scenarios, cyber bullying has been associated with depression, degradation in academics and even self-mutilation. Through these psychological effects, the significance of cyberbullying has been illustrated and the significance of detecting and supporting such actions at an early stage, systems, and powerful ways to prevent cyberbullying within schools and online platforms have been highlighted.

3. METHODOLOGY

3.1. Research Design

The research design is simply the general approach and format employed to undertake the research and deal with the research problem. It provides the systematic method of collecting, measuring, and analysing the data to accomplish the objectives of the research. The research design in this study aims at knowing the nature and causes of cyberbullying with its effects on the individual in a systematic process. The research undertaking constitutes a number of significant procedures such as problem identification, literature review, design of survey questionnaire, data collection, data analysis, and interpretation of results among other things.

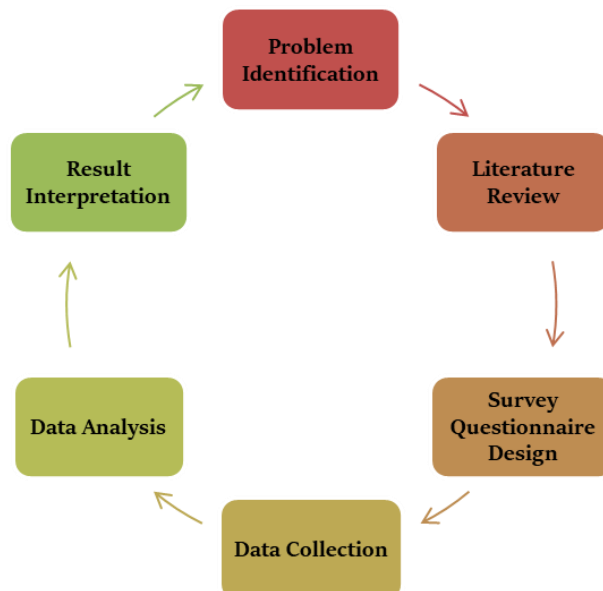


Fig 2 - Research Design

3.1.1. Problem Identification

The research process begins with one step, which is problem identification. During this phase, the researcher will be able to clearly set the dilemma to be investigated. The primary issue revealed in this study is that cyberbullying is becoming more prevalent on the Internet, through social media and messaging services and applications, as well as online communities. As the usage of internet is gaining momentum, numerous users, particularly youths are harassed, threatened and humiliated by use of digital communication. By recognizing this issue, the researcher would be able to concentrate on the causes, effects, and the potential solutions to the problem of cyberbullying.

3.1.2. Literature Review

The literature review will constitute reading and researching previous literature, research papers, books and academic articles associated with cyber bullying. This is to assist the researcher to comprehend the available knowledge regarding the topic and also reveal significant findings by previous researches. The review of works of other researchers gives the study an insight into the causes, the types and the psychological effects of cyberbullying. The literature review is also applicable in the determination of gaps in research and it aids in the formulation of the current research through provision of theoretical background and supporting literature.

3.1.3. Survey Questionnaire Design

The design Survey questionnaires is a significant measure applied to collect the information directly. At this phase, it is planned to prepare a set of questions which will be structured on the basis of which the necessary data will be collected regarding the experiences, opinions, and awareness of people in the context of cyberbullying. The questionnaire normally contains multiple choices queries, rating and open-ended queries. These questions are structured in simple and direct ways so that the participants could easily read and respond such questions correctly. The survey is used to gather the actual information that is available that is based on the perception and experiences of the people in the context of cyber bullying.

3.1.4. Data Collection

The process of collecting information through the use of the designed questionnaire on the participants is known as data collection. In the research, the respondents here are the students or the users of social media who might have been victims or witnessed cyberbullying. Survey can be done online in terms of web based platform, questionnaires can be distributed directly or in forms. Having enough participants will make these data collected in the study reliable in the analysis and allow comprehending the level of cyberbullying prevalence and its effects.

3.1.5. Data Analysis

Data analysis entails the study and interpretation of the collected data to be able to extract patterns, trends, and relationships. This stage involves the organization and analysis of responses of the survey, which is carried out statistically or analytically. The researcher can compute the use of percentages, frequencies or averages to know the frequency of occurrence of cyberbullying, the types of platforms most frequently used as well as how people reacted to such they encountered. The step will assist in converting data of raw form into useful information capable of supporting the aims of the research.

3.1.6. Result Interpretation

The last step of the research design is result interpretation during which the analyzed data is interpreted and a conclusion drawn. In this process, the researcher makes interpretation of the findings

according to the meanings of results in respect to the research problem. The findings can be used to ascertain the extent of knowledge regarding cyberbullying, most prevalent types of cyberbullying, and its outcomes on victims. On the basis of these interpretations, the researcher is able to make recommendations or suggestions to prevent cyberbullying and enhance the safety of the Internet.

3.2. Data Collection

The data collection is a very crucial process in the research project because it offers the information upon which the research problem is to be analyzed and meaningful conclusions made. In this research, the structured questionnaire was used to collect data, with the aim of obtaining the appropriate information that would relate to the experience of cyberbullying, internet use behavior and psychological effects on individuals. A total of 200 participants were aged 18-25 years and had the questionnaire sent to them. This population was chosen due to the fact that young adults are some of the most frequent internet and social media platforms users, which means that they have a higher likelihood to exposing themselves to or become victims of cyberbullying. The sample consisted of some students and young social media trendsetters that use online digital devices frequently. The questionnaire was also well formulated where the questions were straightforward, and easy to comprehend by the respondents. It was divided into four major parts aiming at the various elements of the research. Section A was dedicated to demographic information of the participants. Age, gender, educational background, and occupation are the simple information that was gathered in this section. These facts can be used to interpret the background features of the respondents and enable the researchers to examine the effect of demographic aspects on cyberbullying experiences. B was devoted to the behavior of internet use. In this part, questions were posed to the participants regarding the frequency at which they use the internet, the kind of social media network that they utilise and the number of hours they dedicate to the internet everyday. The knowledge of internet use patterns aids researchers to understand whether the more people online use the internet, the exposure to incidences of cyberbullying is increased. The section C covered the experiences of cyberbullying. This part consisted of questions that required the participants to answer based on presence of cyberbullying, observance of cyberbullying and the presence of cyberbullying behavior. It also investigated the places where cyberbullying is perpetrated and the frequency with which they happen. In section D, the authors explored how cyberbullying affects people psychologically. Respondents were questioned in terms of emotion like stress, anxiety, social withdrawal or lower self esteem involving adverse online e-relationships. Gathering information through these four sub sections has enabled the researcher to have a holistic perspective on cyberbullying, its prevalence as well as its impact on the youth.

3.3. Mathematical Representation

Research involves mathematical representation, which is an explanation of relationship between variables on a numerical basis by application of numbers or formula to describe a relationship. A basic probability model is employed in this study to approximate the risk or the probability of cyberbullying amongst the subjects. The likelihood of cyberbullying is the possibility that a study participant has been a victim of cyberbullying. This probability may be determined through the comparison of the number of participants who said they were victims of cyberbullying and the overall number of participants that took part in the survey. The occurrence of cyberbullying in simple terms is calculated by dividing the number of the victims by the entire number of respondents who took part in the study. In order to put this across the words, the likelihood of being bullied on the internet is the number of victims among the number of participants. The probability value can assist the researchers to get to know the prevalence of cyberbullying among the targeted population of the selected individuals. As an example, when there are 200 participants in the survey and the 60 reported that they

had been cyber-bullied, the likelihood of cyberbullying would be 60/200. This gives a value of 0.30 that is, there is a 30 percent chance of a group member being a cyberbullying victim. Such mathematical formulation is practical in the sense that it offers an easily understandable clear method of measuring prevalence of cyberbullying among a population. With the help of this probability, researchers are able to compare the level of cyberbullying among various groups quite easily whether among various age groups, gender, or internet usage. The formula is also used to summarize the results of the surveys in a numerical state that is easy to interpret and analyze. Also, the probability model may be applied to enable additional statistical analysis in the study. It is possible that researchers can use this value to determine patterns, assess the severity of cyberbullying, and investigate the frequency at which individuals are exposed to undesirable behavior online. Thus, the mathematical representation has a significant role of transforming gathered survey data into valuable statistical data that aids to explain the level of cyberbullying amongst the interviewees.

4. RESULTS AND DISCUSSION

4.1. Cyberbullying Experience among Participants

Respondents of the surveys stated that a large percentage of young adults have been victims of cyberbullying episodes during their interactions over the internet. The information obtained in the study among the interviewees showed that a significant percentage of people aged 18-25 have been victimized or have seen such actions being done on the Internet. Cyberbullying may come in various forms such as sending threatening messages, posting offensive messages, rumors, embarrassing videos or photos, and deliberately excluding the other online groups. Such types of harassment have been common in social media, messaging apps, online gaming forums, and discussion forums where individuals continually communicate. According to the results of the survey, there has been an inclination that online behaviors can be negative, and thus more on account of the high use of internet and social networking sites. According to many participants, the incidences of cyberbullying are prone to occur in a situation whereby the individuals involved in the chat may be anonymous or where communication is rapid and lacks clear control or supervision. According to some of the respondents, they encountered mean, as well as, offensive messages or comments that impacted their emotional condition, and some expressed that they noticed their friends or colleagues being the victims of harassment online. In other instances, cyber bullying victims did not react to the bullying, whereas some victims made an effort of blocking the bully or reported the case to the administrators of the related platforms. The second insight that should be made based on the survey is that most young adults do not report the cases of cyberbullying immediately. Part of them mentioned that they either did not notice the situation or attempted at managing the situation privately since they felt that reporting on the situation would not result in effective action. The rest said that they were embarrassed or concerned about what other people would do should they discuss their experiences. This reluctance has the potential to make cyberbullying behavior go on unmitigated sometimes. All in all, the outcome of the survey demonstrates that cyberbullying is a widespread occurrence among the young adults who are actively engaged in the sphere of online activities. The results highlight how more awareness, improved reporting processes, and more effective preventive strategies can help to make the online spaces safer. The participant experiences knowledge base offers useful information about the impact of cyberbullying to the participants and the reasons why this phenomenon needs to be managed in relation to educational programs, tailored policies, and digital safety campaigns.

4.2. Percentage Analysis of Cyberbullying Types

Surveying of this study has suggested some of the prevalent types of cyberbullying that were practiced by the surveyed members. The answers showed various forms of negative online activities,

the impacts of which vary in their effects on people. The percentage distribution assists in knowing what categories of cyberbullying are prevalent among young adults who use digital platforms.

Table 1 : Percentage Analysis of Cyberbullying Types

Cyberbullying Type	Percentage (%)
Offensive messages	34%
Spreading rumors	22%
Social exclusion	18%
Identity impersonation	12%
Public humiliation	14%

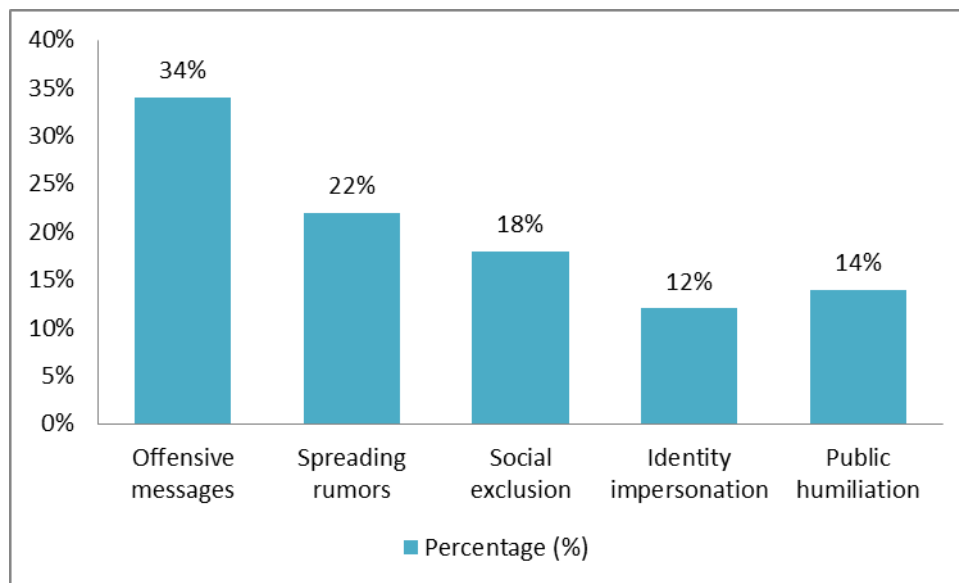


Fig 3 - Percentage Analysis of Cyberbullying Types

4.2.1. Offensive Messages (34%)

Among the most frequently reported types of cyber bullying, offensive messages are the largest percentage of the answer among participants constituting 34 percent. Such kind of cyber bullying involves making insults, abuses or threats with the use of social networks, messaging applications or emails. These messages might include negative forms of language, personal abuse, or degrading remarks and such attacks are meant to harm the victim emotionally. As a result of digital communication, it is possible to send offensive messages through instant messaging, and the message can be repeated and leads to emotional suffering in the victims. According to many research participants, they felt uncomfortable, anxious, or hesitate to engage in the online discussions due to receiving offensive messages.

4.2.2. Spreading Rumors (22%)

The 22 percent of the participants reported spreading rumours as a kind of cyberbullying. This is a tendency where one posts false or misleading information about an individual online with an aim of destroying the reputation or the relationship of the person being targeted. Rumors are easily propagated on social media networks since posts, comments and messages can be easily shared by many users. The victims of rumors spreading can feel humiliated, pressured by others and misunderstood by friends or coevals. Such cyberbullying may also result in the social group conflicts and have the adverse impact on the social status of an individual.

4.2.3. Social Exclusion (18%)

Of the reported cases of cyberbullying, social exclusion was attributed to 18 percent. This type of cyberbullying happens when people are excluding others intentionally in the online groups, conversations, events or activities. One can give an example of being locked out of a group chat, group social media, or on-line gaming. Social exclusion can also be of a highly emotional influence, even though it might seem less obvious than other forms of bullying. Such isolation, rejection, or a lack of connection with peer groups may influence how the victim view themselves as a part of the group or in general well being.

4.2.4. Identity Impersonation (12%)

The participants who had identity impersonation were 12 percent. In this type of cyberbullying, one will impersonate as someone else online, so they would create a false account or buy the identity of another individual to send harmful or deceiving information. The impersonator can send out and post messages that are not good, post humiliating data, and maintain actions that would tarnish the image of the victim. This may cause misunderstanding between friends and followers and can have severe outcomes to the personal or social image of the victim. The identity impersonation may be especially destructive, as it may include abuse of individual identity in a digital community.

4.2.5. Public Humiliation (14%)

Public humiliation was among the 14 percent of the cyberbullying cases highlighted in the survey. In this form of bullying, embarrassing photos, videos, or personal data of an individual are evenly distributed on the Internet in an attempt to mock or demean an individual publicly. This can be happening on the social media post, commentary, or open forums where a larger number of individuals can consume the content. The victims of the social humiliations usually develop feelings of shame, embarrassment and distress. Due to the rapid propaganda of online materials and their ability to obtain a lasting effect and stay longer, the consequences of public humiliation can be harmful and hard to resist by the victims themselves.

4.3. Discussion

The results of the research are valuable to the understanding of commonness and characteristics of cyber bullying in young adults. As it was revealed in the results of the survey, quite a significant percentage of the participants reported facing cyberbullying directly or indirectly as victims or witnesses to them. This implies that cyber bullying is now a ubiquitous problem within the online community where juveniles get into contact with each other often. The emerging opportunities of communication through the growing use of social sites, messengers, and virtual communities have presented more ways of communicating, but they have also predisposed harmful actions. Since the processes of online communication can be carried out anonymously and without close oversight, people can feel less inhibited by acting aggressively or inappropriately toward other people. The percentage analysis of the types of cyberbullying reveals that the most of the participants experience offensive messages. This brings out the abuse of digital communication undertakings that may be utilized instantaneously to send abusive or harmful remarks. Rumor spreading and humiliation in public places were also mentioned as the important types of cyberbullying behavior which proves that internet sources can enhance the bad habits by permitting negative information to be exchanged among a high number of people within a brief moment. Social exclusion and identity impersonation are less reported (by a reduced percentage of the participants), but they remain grave problems contributing to discomfort as well as ruining personal relationships. The second valuable point that the research has made is the emotional and psychological consequences related to the experience of cyberbullying. Most of the interviewees stated they felt stressed, embarrassed, or uncomfortable in response to negative

online communication. Others would avoid reporting the cases by simply ignoring or locking doors to the violators. This act implies that the victims might not have trust on reporting systems or may fear being harassed again should they end up speaking out. Failure to report the cyber bullying may enable the prevalence of such behaviors to flourish in the online communities. By and large, the findings of the current study can be used to highlight the necessity of raising awareness regarding cyberbullying and ensuring responsible internet use. Cyberbullying can be mitigated by conducting educational programs and campaigns on digital safety awareness and improving reporting mechanisms on Internet-based platforms. Someone must also promote open communication and systems that assist the victim in the development of safer and more positive digital spaces within the communities of young users.

5. CONCLUSION

Cyberbullying is a big threat in the digital society today, especially as the level of internet and social networks usage among the young adults increases at a very high rate. The digital communication is becoming a necessary aspect of human life, so people tend to use online services as a means to communicate, exchange ideas and strengthen social interactions. But the platforms have also provided potential of negative social practices through harassment, intimidation, and humiliation to the masses. This research investigated the trend, shape, and psychological effects of cyber bullying among youths adults through survey-based research method and statistical data analysis. Through shopping and reviewing of the feedback on the participants who were between 18- 25, the study sought to determine the prevalence of cyber bullying, the most frequent types of cyber bullying and the emotional impacts victims have had.

The research results show that cyberbullying is not an isolated phenomenon of a few young adults who are active users of social networking sites and online communication resources. The results of the analysis showed that different types of cyberbullying exist online, the most common of which is offensive communication. Others to be typically exhibited are rumor spreading, social exclusion, identity impersonation and humiliation at a crowd level. Such practices take place most of the time on social media platforms, chat apps, in gaming communities, and online discussion forums where people can chat in real time and they can do so anonymously sometimes. The freedom to conceal oneself under anonymity or under false identity can make people revert to violent/ bad behaviours without really thinking about the full impact of the action.

The paper also brings to view the severe psychological impacts that cyberbullying may produce on the victims. People that have been affected by cyberbullying complain of anxiety, stress, embarrassment, and loss of self-confidence. In other situations, frequent exposure to negative online communicative situations can result in more serious emotional issues, including depression, social isolation and delayed academic or social achievement. These results show that cyberbullying can not be viewed as an online nuisance only but a socially serious problem that can have a severe impact on mental and emotional health of an individual. Thus, communities, schools, and online environments need to initiate measures to curb this menace.

Plans to curb cyberbullying effectively require a holistic approach to deal with cyberbullying. Institutions must take a significant role to bring about educational programs that inform students on how to be responsible online and also understand the concept of cyber ethics and the effects of communicating in a harmful way. Technology providers and social media corporations ought to reinforce their content-related rules and establish sophisticated detection mechanisms that would help

them detect offensive language and dangerous communications. Moreover, it is important to give easy access to psychological support services to the victims of cyber bullying and enable them to overcome the feelings of distress and rebuild their confidence.

This research can be supported in the future by studies discussing technological solutions to cyberbullying habits, including artificial intelligence and machine learning, designed to identify cyberbullying trends in online communications and terminate them automatically. Integrating the technological innovations using the educational programs and favorable policies can help society to build safer, respectful and inclusive online spaces in which young adults will be able to communicate without being afraid of verbal attacks or other kinds of harassment and abuse.

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