

# A CASE STUDY ON POST IMPACTS OF CYBER BULLYING IN ADOLESCENTS

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*Abstract: The purpose of this paper is to present research exploring the post impacts of cyberbullying specially in adolescents and the goal is to give better understanding of this phenomenon and suggest steps to deal with this challenging issue. Cyber bullying can also be termed as online ragging. Although, the Indian Government launched different helplines, especially for the adolescents who need assistance, cyber-crime cells, and made strict legal provisions for cyberbullying.*

*Changes in aggressive student behaviour in the digital age have modernized a new type of bullying, cyber-bullying. Cyber-bullying has become a new spotlight for scientists because it is a new form of bullying in the digital age. Many studies that have discussed cyber-bullying include the causes of cyber-bullying, the impact of cyber-bullying, and the protective actions of cyber-bullying. However, the research is still discussed separately. This study uses the literature review method to reveal the causes of cyber-bullying, the impact of cyber-bullying, and the protective actions of cyber-bullying in schools. There are 52 articles on Taylor and Francis's online and The National Center for Biotechnology Information. The main findings show that cyber-bullying is caused by family factors, social skills, etc. Cyber-bullying can cause emotional problems such as symptoms of depression and anxiety. Cyber-bullying protective measures include limiting internet access, monitoring student activity, etc. This study has implications for school stakeholders to determine methods of reducing cyber-bullying in schools.*

*Keywords: Cyberbullying, Adolescents, Phenomenon, Post impacts, Assistance*

## **I. INTRODUCTION**

Cyberbullying is an act of harming or harassing through computers, laptops, tablets, smartphones in a premeditated manner. This includes insulting comments and terrifying messages sent by e-mails or social networking sites, posting embarrassing photos or videos, making offensive remarks against gender, caste, religion, or nationality.

Cyberbullying is one of the most significant issues that need to be resolved. Due to cyberbullying, adolescents are facing many issues related to their health like diminishing self-esteem, feeling unsafe, exposed, and humiliated, change in personality, with increased bouts of anger, depression, and crying spells, suicidal thoughts, and even it a decline in performance in academics, sports, and extra-curricular activities etc. The most common sources of cyberbullying are social media sites, instant messaging services such as WhatsApp, SMS, Email etc.

It should come as no surprise that cyberbullying has become a major issue. All that has happened is that an age-old problem has made its way into the digital world. One could argue that cyberbullying is more damaging than traditional in-person bullying because it can happen anytime. The words people use to bully are in the digital space, so cyberbullying is more challenging to spot, meaning it often goes unnoticed.

*Case studies about the cyberbullying effects:*

- (a) Ritu Kohli's Case:Ritu Kohli's Case was the first cyber stalking case reported in India. A girl named Ritu Kohli filed a complaint in 2001 that someone else is using her identity in social media and she was deliberately getting calls from different numbers she was also getting calls from abroad. A case was also filed under Section 509 of Indian penal code.
- (b) Another incident was reported on 9 January 2018 where a 20 years old Hindu woman killed herself after facing harassment on WhatsApp over her friendship with a Muslim man in Karnataka.
- (c) On 4 May 2020, a 15-year-old boy was arrested by Delhi police in connection with the 'Bois locker room', an Instagram group where they share photos of minor girls and exchange lewd comments.
- (d) Another incident which highlighted the drastic outcome of cyberbullying occurred on 26 June 2014, a 17 years old girl committed suicide after Satish and Deepak, her friends, morphed her photos and posted them on Facebook along with her cell phone number.

Many such cases are reported every year, and this rising number of suicides due to cyberbullying is alarming and worrisome.

## **II. AIM OF THE STUDY**

- To study about the concept of cyber bullying
- To Know how cyberbullying is different from cyber stalking
- To know the consequences of cyberbullying in India
- To know the prevention of cyberbullying

## **III.LITERATURE REVIEWS(RELATED WORK)**

The term cyberbullying is derived from traditional bullying behaviours, which are observed mainly among elementary-school students, such as verbal abuse, teasing, insults, and threats, as well as physical aggression, such as hitting, kicking, punching, and damaging the belongings of others. Such behaviours must occur repeatedly and systematically against an individual who fails or is unable to defend himself or herself, in order to be classified as bullying. Correlates of traditional bullying can be useful to understand youth internet harassment, because this field is much more established. Just over 15% of children and adolescents are bullied "sometimes" or more frequently with negative health and social challenges consistently reported. Studies revealed that victims report significantly more concurrent health problems, emotional-adjustment problems, school-adjustment problems,

and poorer relationships with classmates when compared with non-bullying involved youth. According to Hawker & Boulton, being the target of bullying was most strongly related to depression, compared with all other outcomes, in a meta-analysis performed with studies from 23 countries.

In the context of cyberbullying, several studies have been conducted in various countries at college and school levels, examining the different parameters responsible for cyberbullying victimization and the laws against cyberbullying. Different countries have their legal provisions to tackle the situation. A study by (Çeviket al., 2021) has discussed factors contributing to cyberbullying and victimization, which are problematic internet usage, school burnout, and parental monitoring. As the long hours of internet usage have resulted in the establishment of fake friendships, low academic profile, aggression, low self-esteem, and loneliness. School burnout includes students lacking interest in studies, exhaustion over studies has resulted in high usage of internet sources, increasing the risk of peer bullying. Parental monitoring plays a crucial role in the lives of adolescents, but a lack of coordination is witnessed between the adolescent and parents, leading to cyberbullying and victimization.

Even During the covid 19 pandemic, when people were very much relied on online platforms due to social distancing and strict quarantine, they were suffering from depression and behavioural and mental problems. At the same time, especially the residents of Hubei, China, were facing all these problems and excessive cyberbullying, agitation, stigma, and racism peaked due to the first case of covid being reported in the city. This online bullying has severe psychological effects, and people were opting for various coping strategies. So here, the efforts must be taken unitedly by the worldwide online media, the health care workers, and the Government to prevent the secondary disaster of the pandemic in which cyberbullying was one of the major issues of concern for China (Yang, 2021).

Cyberbullying is considered one of the potential risks of relying on online technologies and has been one of the significant technology abuse examples in the past decade due to its harmful and sometimes deadly impacts. Counselling acts as a tonic and curative approach that may aid the cyberbullying sufferers in overcoming their fears and issues faced by them. Initiating a hotline or a mobile application can also turn into a valuable perspective. To foster counselling, short seminars and discussion sessions must be taken out regularly among the scholars. Bystanders should also take some initiative to eradicate online bullying situations by breaking their silence at the very right time (Abaido, 2020).

#### **IV. METHODOLOGY FOR FINDING OF CHILD VICTIM**

##### **4.1 Cyber Bullying versus Cyber Stalking**

The difference between cyber bullying and cyber stalking is that of age. When an adolescent is involved, the term used is cyber bullying but in case when a major is involved, it is cyber stalking. There is no legal distinction between the two other than that of age. The act in cyber stalking is same as that of the cyber bullying, only difference being is that of age. Cyber stalking is a form of cyberbullying.

#### **4.2 Consequences of cyber bullying faced by children**

The consequences of cyber bullying can be severe. Amongst other victims i.e., all the people on the social media of all ages, children are the ultimate victims of this crime as they are the ones who are using the internet to its maximum ability. Therefore, such children should be safeguarded from the negative side of the same. These disrespectful, demeaning and hatred or threatening words/audio/video that are posted on such online platforms affects the mental stability, mental peace and mental health of the children.

Such children as we can call them victims of cyber bullying react in different ways to this crime when it happens to them. Some of them committed suicide in the fear of facing the world, some changed their schools and colleges with the similar fear of losing their self-esteem or reputation or there are families who move their residence from one locality to the other or from one city to the other to protect their reputation.

There are families who tell their children to not share this news of them being bullied on the online platform or any social media to anyone in public or they don't even allow their children to report such cases as then the case will come in notice of the public.

#### **4.3 How to know if a child is a victim of cyberbullying?**

Abnormal behaviour, child has become quieter, has started getting angry about things, behaves strangely when looking at the computer, is afraid of turning on the computer, at social events etc. or has started withdrawing from participating in school activities, there has been a change in behaviour with siblings and friends, decreased interest in studies, marks in examinations have started coming down consistently, can't concentrate, shuts down web pages on seeing you etc-etc.

If any of the above or any other type of abnormality is visible in the child, then he may have become a victim of cyberbullying. In such a situation, it is necessary to talk to the child about this and assure him that you can help him.

Nowadays children use internet more for their studies than for entertainment. In such a situation, many times in the search tool on the Internet, children find people in such links or groups, in which they are threatened, intimidated, or harassed. Research has found that children and adolescents who are victims of cybersex are twice as likely to experience self-harm and suicidal thoughts.

Published in the 'Journal of Medical Internet Research', the research highlights the significant impact social media can have on both bullies and victims. The researchers stressed the need for effective policies to deal with social media bullying, saying prevention of cyberbullying should be included in school policies. Apart from providing online support to friends on social media, teaching techniques to prevent interference by others, contact mobile phone companies, techniques to block people and methods to identify people Should be considered.

## V.RESULT AND ANALYSIS

Recently, the National Council for Educational Research & Training (NCERT) has issued guidelines for the cyber security of children for the first time. These guidelines have been issued in three parts.

In the first part, guidelines have been issued for the schools, in the second for the students and in the third for the teachers. In this, instructions have been given for what to do and what not to do.

- **Schools have been instructed** to ensure cyber security that all their school computers are running licensed (non-pirated) software and that the school Wi-Fi is password protected. For this, schools have also been suggested to take the service of a third party.
- **Students have been asked** to report bullying immediately to their teachers or parents or to any person they trust. Apart from this, they have been prohibited from teasing other children through online medium, wrongly getting password, and reading other's mail etc.
- **Teachers have been instructed** to regularly check and monitor the browsing history of the devices used by the children.
- **Access to computer labs** of the school by only authorized persons, restricting the use of USB, blocking of pop-ups, and monitoring the presence of new and unknown icons on the desktop, etc., are several guidelines issued by NCERT on cyber security and are in the security guidelines.

In recent years, several movies have aimed to tackle the issue of cyberbullying. Trust (2010), Cyber Bully (2011), Disconnect (2012), Unfriended (2014) Cyberbully (2015) and Like.Share.Follow (2017) all follow similar stories of the genuine impact cyberbullying can have on the victims. Some of these even based on actual events and depict real-life events or tragedies resulting from cyberbullying.

### 5.1 A CASE STUDY BASED ON A SURVEY

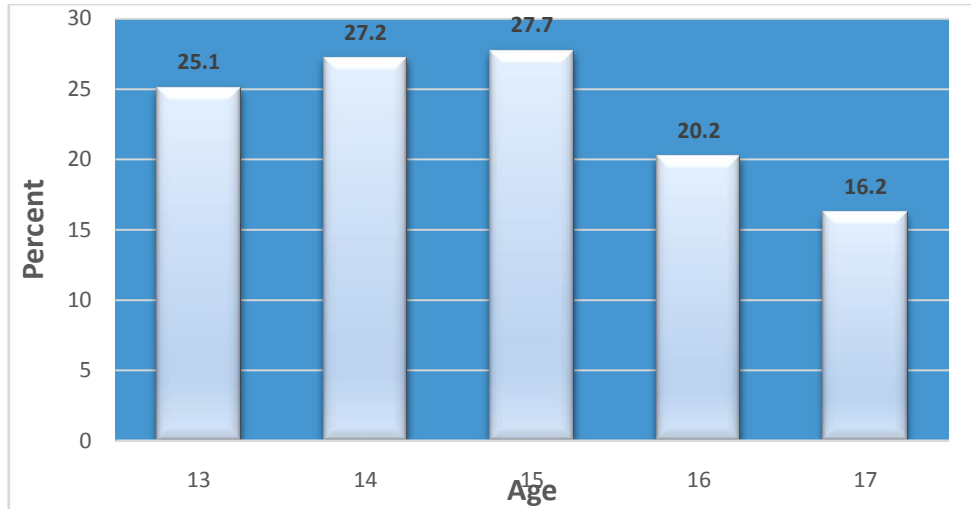


Figure 1. Recent Cyberbullying Victimization by Age

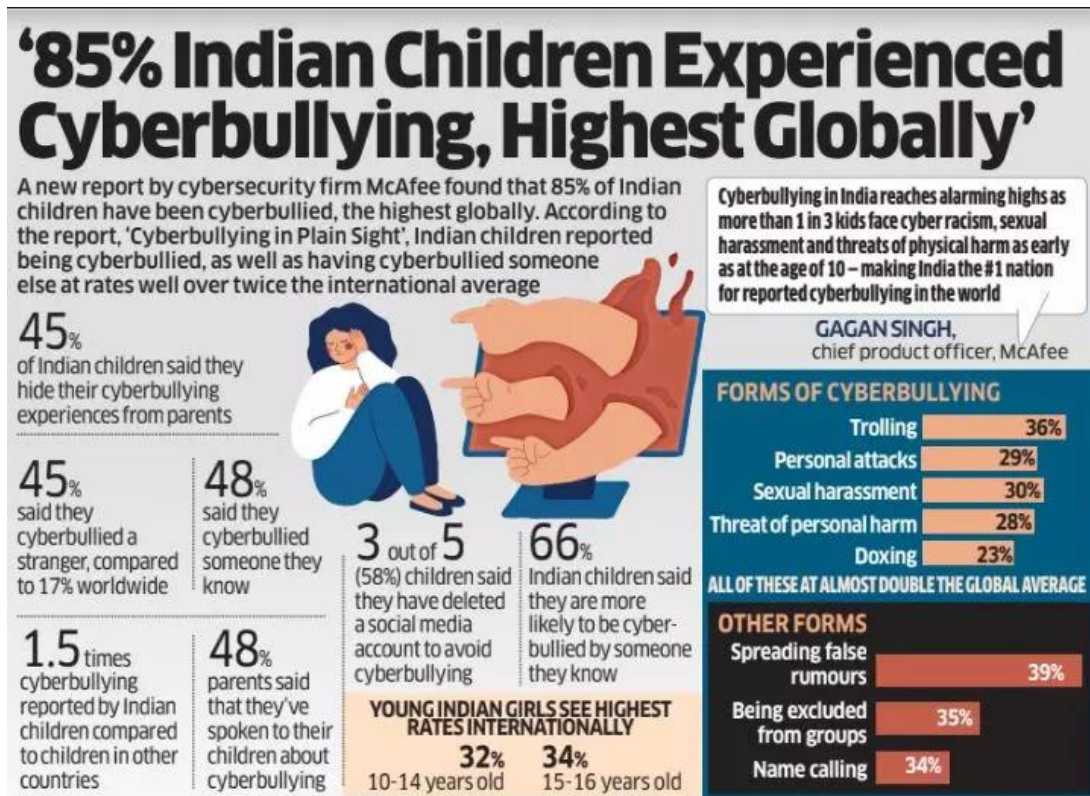
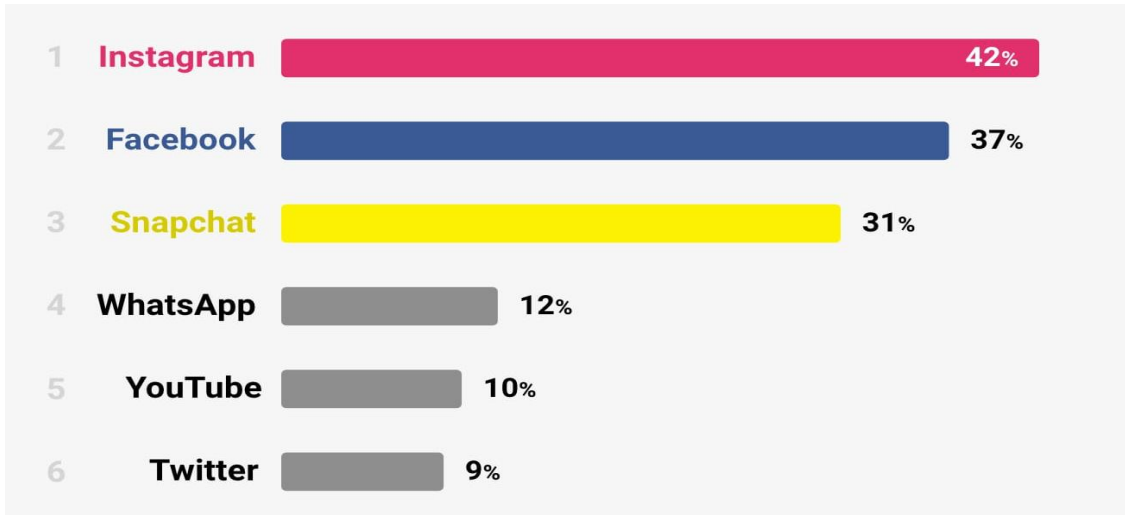


Figure 2. Survey report by McAfee

McAfee report is based on a survey of over 11,500 parents and children across 10 countries.



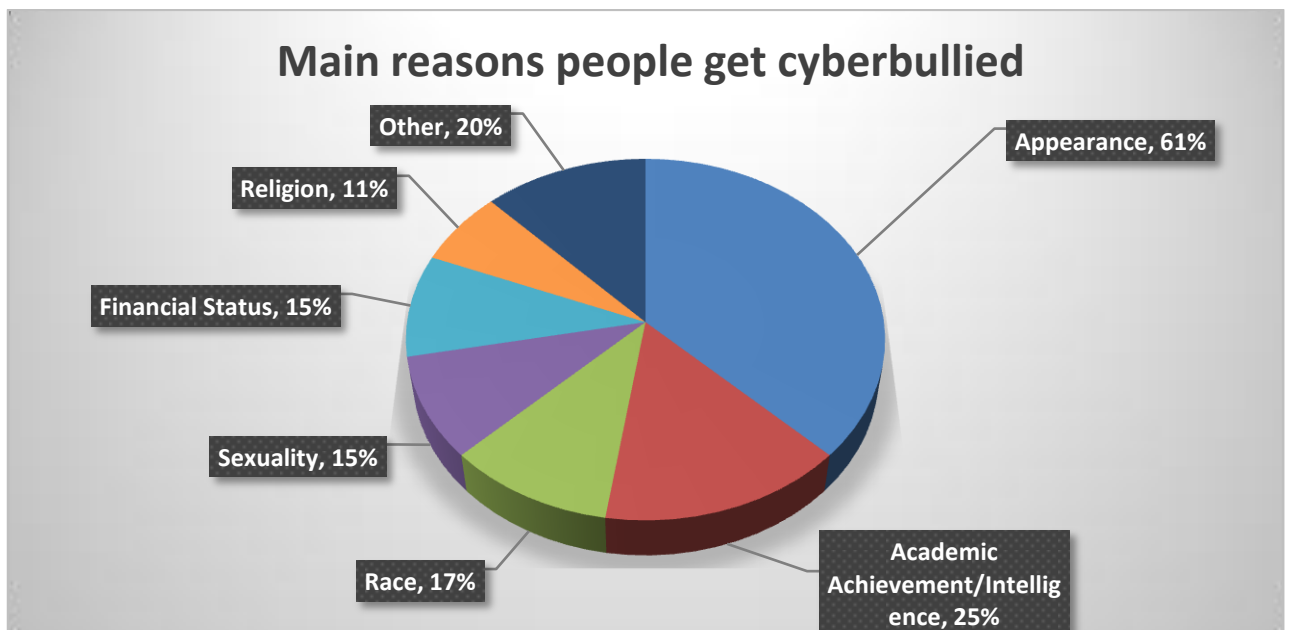
**Figure 3: Comparative study of different social media platforms**

## 5.2 CYBERBULLYING IN 2022

Cyberbullying is a real problem in today's society. Consider that:

- Overall, 36.5 percent of people feel they have been cyberbullied in their lifetime, and 17.4 percent have reported it has happened at some point in the last 30 days.
- 60 percent of teenagers have experienced some sort of cyberbullying.
- 70 percent of teenagers have reported someone spreading rumors about them online.
- 87 percent of young people have seen cyberbullying occurring online.
- 95 percent of teenagers are connected to the internet and 85 percent of them are using social media.

*The graph below shows us some of the main reasons why people get attacked online:*



**Figure 4. Main reasons people get cyberbullied**

*Based on these details, we can see that people are bullied online primarily because of their appearance, status, and preferences.*

## **VI. HOW TO COMBAT CYBERBULLYING**

### **6.1 What to do in case of cyber bullying?**

There are two ways to deal with cyberbullying: with the help of the law and on a personal level.

#### ***On a personal level:***

- If someone is troubling you on a forum, then leave that forum.
- If threatened, a police report should be lodged.
- If the police does not take action then the court can be taken.
- Ensure they don't share identifying info.
- Educate them on password safety.
- Set social accounts to private.
- Check their social accounts monthly.
- Report cyberbullies and disengage.

### **6.2 Initiatives and legal provisions taken by Govt. of India against cyberbullies:**

Information Technology Act 2000 and Information Technology (Amendment) Act 2008 are applicable in the cases of cybercrime in India.

In many cases of this category, action can be taken under Indian Penal Code (IPC), Copyright Act 1957, Companies Act, Official Secrets Act and even Prevention of Terrorism Act.

Section 66 (a) (b) of the same law applies to bullying, under which punishment can be up to three years and fine.

IPC Sections 292A, 354 A, 354 D, 499, 507, and 509 punish people who indulge in blackmailing, harassment, stalking, threatening, intruding, etc.

Sending objectionable material to cause mental trauma to someone is a punishable offence. This offence comes under section 72 of this law.

Under the present circumstances, there is a need for specific provisions in the Information Technology Act for cyber security of children below 18 years of age.

In many countries there is a helpline system to save children from cyberbullying, this can be done in India too.

## **VII.CONCLUSION**



Today computer has become the companion of children in their educational journey. It has become an integral part of children's daily life as a storehouse of information and a source of entertainment. Along with this, the internet has also provided them a worldwide platform to express their point of view and comment on anyone. But at the same time, the ubiquity of the Internet has made it a tool to violate one's privacy or to behave freely as desired by wearing the cloak of modernity. Children and teenagers have also not escaped this and are becoming the most and easy victims of cyberbullying. With social networking sites, now in the era of messengers like WhatsApp, cyberbullying is taking a new form, because the groups formed in these are also working to promote it. In such a situation, if there is a need for administrative intervention at the government level to control it, then there should not be any problem in that. At the family level, if the parents make a habit of spending some quality time with the children, then it will not only be easy to understand the behaviour of the child, but also it will be easy to find the solution if there is any kind of problem.

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