

# Impact of Cyberbullying on Mental Health among Teenagers

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**Abstract:** *This research focuses on understanding how is the impact of cyberbullying on mental health among teenagers. Cyberbullying amongst teenagers is a major issue, due to their increased use of social media. Cyberbullying among the teenagers increase personal information disclosure on social media, peer influences and the safety of the school environment for both bully and victim. Studies focusing on cyberbullying risk factors raised debates on various factors. Tackling cyberbullying requires awareness, education involved in cyberbullying, development of software to detect cyberbullying and including actors in the monitoring of cyberbullying. Traditional face-to-face bullying has long been identified as a risk factor for the social and emotional adjustment of perpetrators, targets and bully victims during childhood and adolescence. Cyberbullying is well-recognized as a severe public health issue which affects both adolescents as well as children.*

**Keywords:** Cyberbullying, Social Media, Social Network Sites, Teenager.

## 1. Introduction

The impact of social media in the today's world is huge and extensive. Its role is simply impossible to ignore especially with reference to the young people or adolescents. According to the Merriam Webster Dictionary, bullying is an aggressive behaviour that seeks to control, harm or threaten others. Cyber-bullying refers to bullying that takes place in the virtual world such as social networking sites, emails, social media, etc. using digital devices like computer, cell-phone and so on. With the onset of technology and the rise of social media, children and adolescents are bringing their bullies home with them. Cyberbullying can happen at anytime, anyplace and any situation. The present study was undertaken to find out the association between cyber-bullying and mental health issues of adolescents. Cyberbullying is the use of electronic means to harass individuals, has become a prevailing issue in contemporary society, particularly affecting adolescents.

The 21st century may rightly be described as the era of technology. With the use of the internet, the interaction among people had increased and especially among teenagers. It happens in social networking sites through electronic devices such as a computer, mobile phone, tablet etc. While this instant connection makes communication easier, it also exposes young people to negative influences that can sometimes be harmful. One of the most serious issues arising from online interaction is cyberbullying, the amount of research into cyberbullying has suggested that it is a much more complicated issue. The present research aimed at analysing the perceived influence of cyberbullying on the mental health of teenagers devices such as a computer, mobile

phone, tablet etc.; thus, exposing them to the influences of instant contact and its repercussions which in many cases, may be harmful. Adolescents' increased use of the internet and social networking sites has led to cyberbullying becoming a significant concern.

Bullying, also known as traditional bullying, involves the use of threat, force, or intimidation to harm, scare, or dominate others. This type of behavior is usually repeated over time and is marked by an imbalance of power between the bully and the victim. Emotional bullying is a deliberate attempt to hurt someone which may include name calling, mocking, teasing, threatening, lying or excluding someone from a group. Verbal bullying is the use of insulting or demeaning language to taunt, ridicule, embarrass or insult another person. Verbal bullying includes the use of insulting language to ridicule, embarrass, or humiliate others. Physical bullying refers to the use of physical force or actions to control or harm someone. Cyberbullying, also known as online bullying, occurs when electronic devices are used to send threatening or offensive messages with the intention of harassing or causing harm to others.

The Bar Association of India has given a very apt definition of bullying with special reference to different spheres like bullying in schools, workplace and cyberspace as- "Bullying means systematically and chronically inflicting physical hurt or psychological distress on one or more students or employees.

## 2. Literature Review

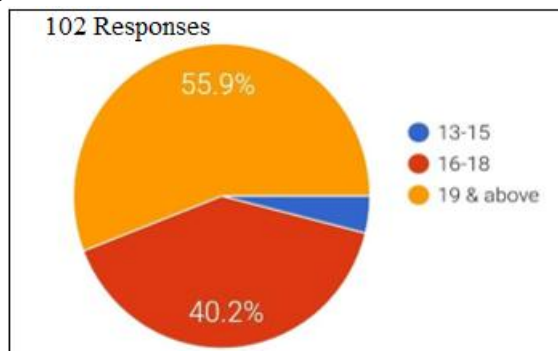
S No	Author and Years	Study Focus	Methodology	Key Findings	Research gap
1	Hase, Goldberg, Smith, Stuck and Campain 2015	To study impact of traditional and cyberbullying on mental health of middle and high school students	Survey method used among students	The study found that most students who were cyberbullied were also victims of traditional bullying. Both linked to stress, anxiety and other negative mental health outcomes	Future studies should focus on cyberbullying independently and use long term research methods to understand its lasting mental health effects
2	Agustiniingsih, Yusuf, Ahsan and Fanani 2024	To examine impact of bullying and cyberbullying on adolescents mental health	Systematic literature review using PICOS framework, review of 25 quantitative and longitudinal studies from 2018-2022	Review found that cyberbullying have a serious negative impact on adolescent mental health. Victims experience higher levels of anxiety, stress, depression, low self-esteem, suicidal thoughts and suicide attempts	There is need for role-specific and victim- focused intervention programs.
3	Hernandez Collantes, Martalian, Khofifah, Fajarwati and Tamia 2020	To study impact of cyberbullying on mental health of young people	Survey method and documentary analysis; data collected from young people in academic community	Study found victims feels stress, mental discomfort. Many young people reported that they were affected by cyberbullying in same way	More awareness is needed. Future research should reduce cyberbullying and support victims mental health
4	Mahanta and Khatoniyar 2019	To study impact of cyberbullying on adolescents in the Indian context	Survey- based and observational study among adolescents	Study concluded that cyberbullying leads to emotional problems. It is also found that lack of awareness and poor parental guidance increase risk of cyberbullying	There is need for parental involvement digital awareness and guidance programs to reduce cyberbullying among Indian adolescents
5	Hinduja and Patchin 2010	Impact of cyberbullying on teenagers' mental health	Surveys and statistical analysis	Teenagers who experience cyberbullying suffer from depression, stress and severe cases of suicidal thoughts	Need for more preventive strategy, awareness programs and intervention measures to reduce mental health risks among teenagers

### 3. Methodology

S. No.	Particulars	Description
1.	Title of study	Impact of cyberbullying on mental health of teenagers
2	Type of research	Descriptive Research
3	Research Approach	Quantitative approach
4	Target group	Teenagers i.e. 13-19
5	Sample size	50-100 responses
6	Sampling Method	Convenience Sampling
7	Data collection method	Primary data through Google form
8	Data analysis	Percentage analysis
9	Secondary data	Research journals, articles
10	Sources	Books, websites
11	Ethical aspect	Respondents' information kept confidential.

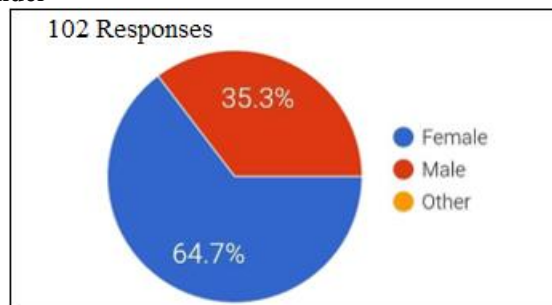
### 4. Data Analysis and Interpretation

#### Age



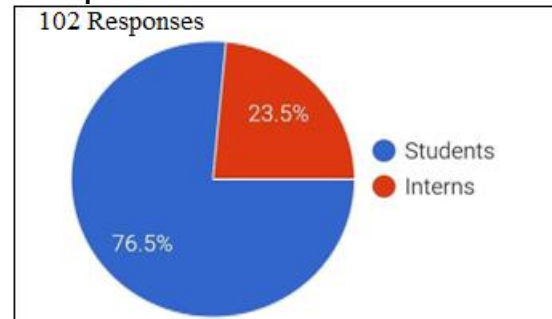
The majority of respondents 55% are aged 19 years and above, followed by 40.2% in the 16-18 age group. Only small portion belongs to the 13-15 age group.

#### Gender



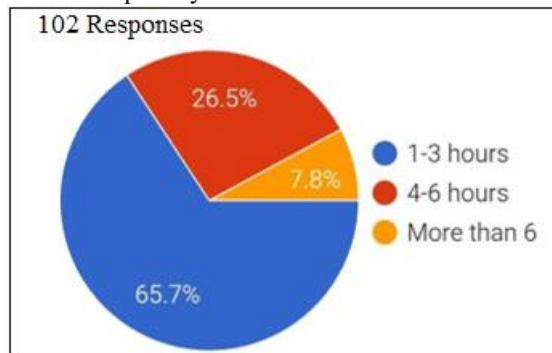
Out of 102 respondents, 64.7% are female and 35.3% are male. No respondents selected the other gender category.

#### Your Occupation?



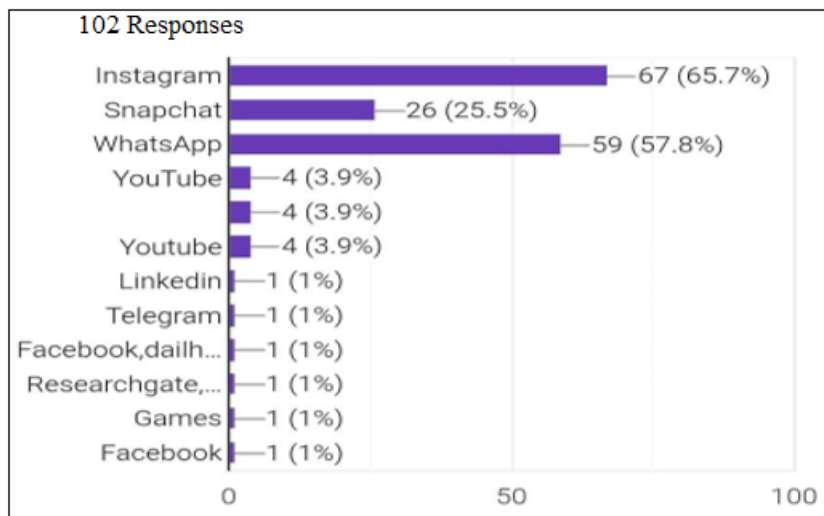
The chart shows that most responses are students 76.5%, followed by interns 23.5%. This indicates that the sample includes a diverse group, with students forming the largest portion of participants.

How many hours do you spend on social media per day?



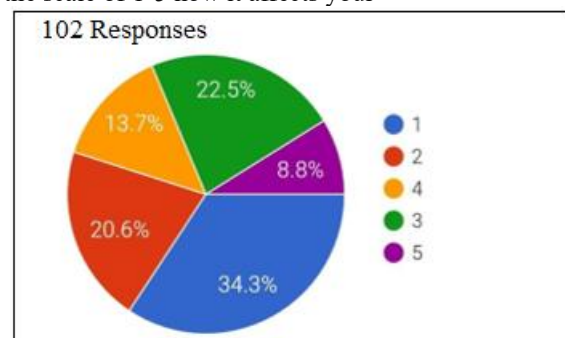
Most respondents 65.7% spend 1-3 hours per day on social media, while 26.5% spend 4- 6% hours daily. Only 7.8% of respondents spend more than 6 hours on social media each day.

Which social media platforms do you use most?

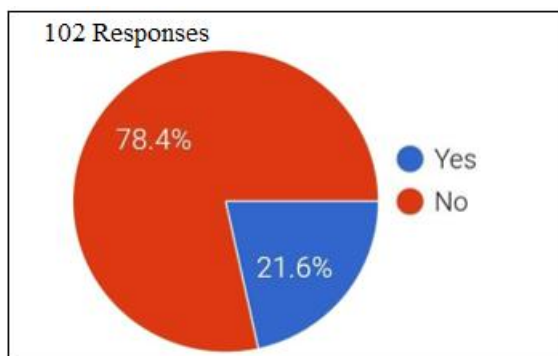


Instagram 65.7% and WhatsApp 57.8% are the mostly used platforms among respondents, followed by snapchat 25.5%. Other platforms like YouTube, Facebook, Telegram, and LinkedIn are used by very few respondents.

On the scale of 1-5 how it affects your



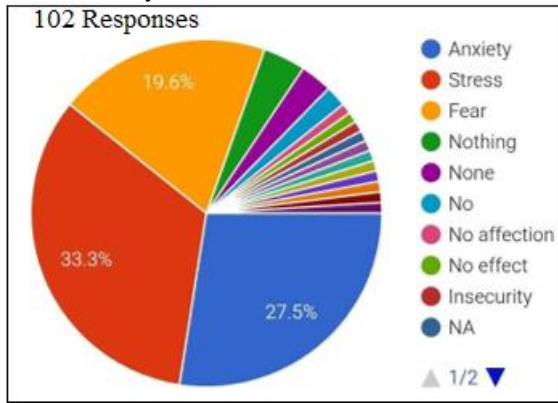
Have you ever experienced cyberbullying?



Most respondents reported a low to moderate impact, with 1 being the most common.

Most respondents 78.4% reported that they have not experienced cyberbullying. However, 21.6% indicated that they have experienced cyberbullying, showing it is still significant concern.

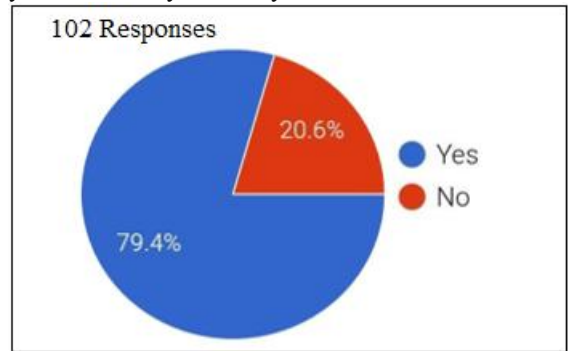
How did it affect you?



Most respondents reported stress 33.3% and anxiety 27.5% as the main effects. A smaller proportion experienced fear 19.6%, while others reported little or no impact.

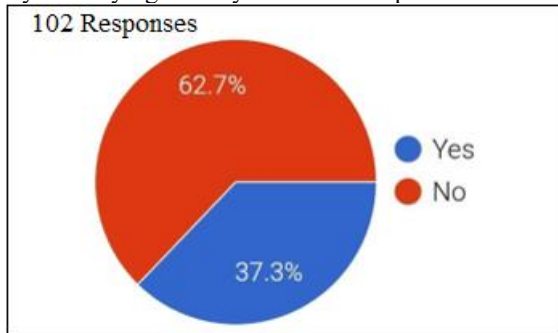
Most respondents 68.6% did not receive a proper response, while 31.4% reported that they did.

Are you aware of cyber safety rules?



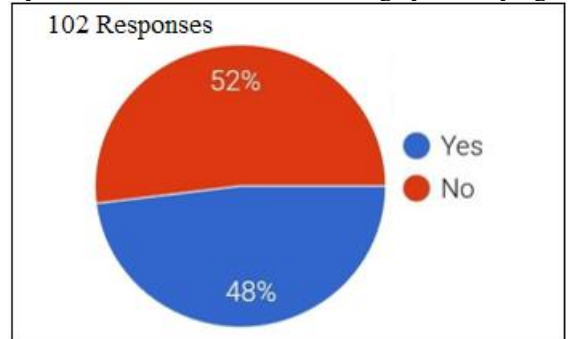
Most respondents 79.4% are aware of cyber safety rules, while 20.6% are not.

Did Cyberbullying affect your academic performance?



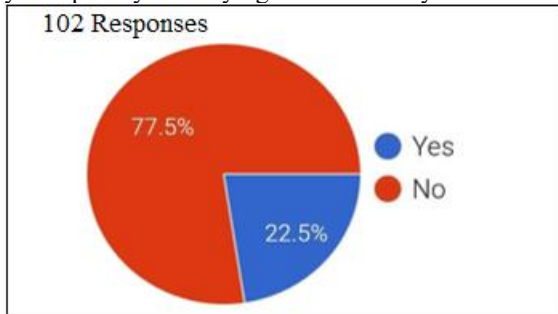
Most respondents 62.7% reported that cyberbullying did not affect their academic performance. However, 37.3% stated that it did have an impact, 37.3% stated that it did have an impact, indicating a notable effect on studies for some students.

Have you witnessed someone else being cyberbullying?



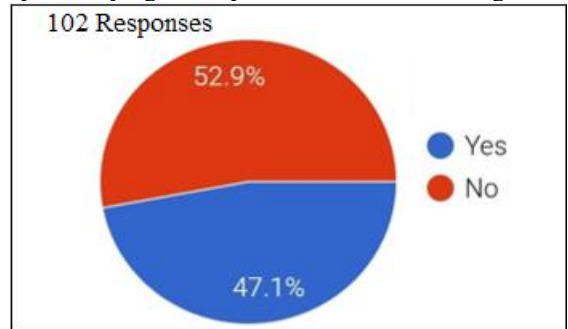
Responses were almost evenly split 52% have not witnessed cyberbullying, while 48% have witnessed it.

Did you report cyberbullying incident to anyone



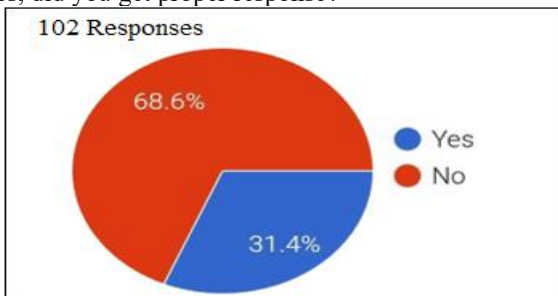
Most of them respondents reported yes 77.5% and 22.5% reported no.

Did cyberbullying affect your emotional wellbeing?

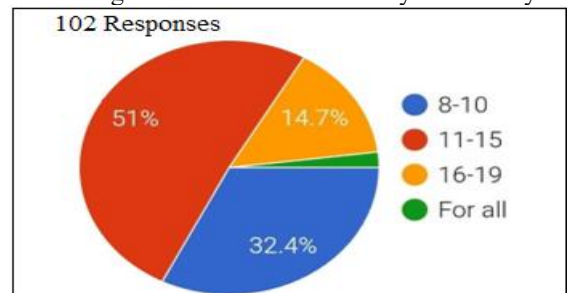


Responses were nearly balanced: 52.9% said cyberbullying did not affect their emotional wellbeing, while 47.1% said it did.

If yes, did you get proper response?

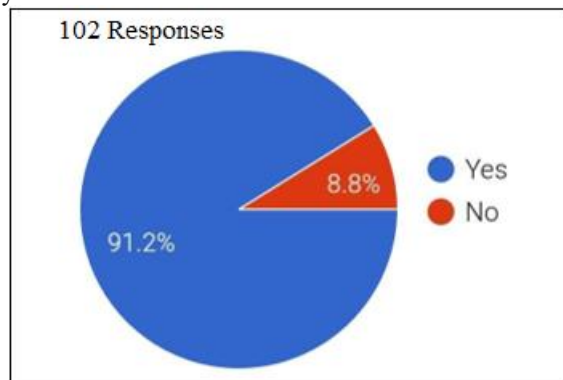


From which age we should teach about cyber security?



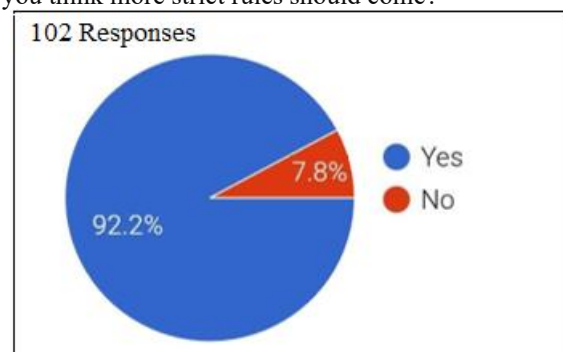
Most respondents believe cyber security education should start at ages 10-15, followed by 8-10 years, indicating the need for early awareness.

Do you think school should conduct sessions on this?



An overwhelming majority 91.2% believe schools should conduct sessions on cyber security, while only 8.8% disagree.

Do you think more strict rules should come?



Most respondents 92.2% believe stricter rules should be implemented, while only 7.8% disagree

## 5. Findings

- Cyberbullying has now become where common in teenager's Daily online life more than 20% people face Cyberbullying daily.
- Increase in stress & anger: people facing Cyberbullying affects persons emotions which leads to problems life increase in stress, anxiety, fear, self-anger, etc.
- Self-doubt & lack of self-Confidence: Due to trolling, rumours, body shaming, racism, etc Self-doubt & increases in victims which leads to lack of confidence.
- Become introvert: Normally it is seen people who face Cyberbullying become introvert. They restrict themselves from expressing & they stop making new friends.
- Overthinking & depression: Continue bullying, trolling result into overthinking. It is observed that victims go into depression due to overthinking, mental instabilities & lack of sleeps.
- Education about cyber security: There is lack of education in this field, 51% of people think that cyber security education should start between age of 11-15 years which will help teenager's to developed a understanding of what to do & how to do.
- Lack of awareness: Mainly in India there is huge need for awareness programs about cyber security, more than

91.2% people believe school should conduct sessions on this.

- Need for Government interference: Government should seriously look into this matter as 10–13% people attempt Suicide due to cyberbullying & harassment. More than 92% people think more strict rules should come to Control this.
- Proper security and awareness are important most trick action should come even teenagers can use fewer social media and they should ignore unknown contacts improve social media education in school and colleges don't put your personal information on social media.
- Stick rules and regulation should come. Teenagers should do proper use of social media. Age limit should come to some apps to prevent. Profile should be private. Teenager should be aware of fake accounts website links communication should be open with parents and more awareness camp should come.

## 6. Conclusion

In sum, research has demonstrated that cyberbullying have a significant impact on teenagers health. In fact, the studies suggest that cyberbullying is an emerging international public health concern, related to serious mental health concern that is depression, anxiety, self-esteem, emotional distress, depression and suicidal behaviour. Moreover, cyberbullying also effect physical health and academics.

From research we come to know cyberbullying need more awareness programs by government also Parents awareness plays important role. Youth education program should run in school in which rules for cyber security and how to deal with cyberbullying will be taught. With the increasing influence of the Internet and social networking sites especially among teenagers, incidences of cyberbullying are expected to rise, thus demanding the need for urgent treatment and intervention programmes for both victims and parents of young child.

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