Effect of cyberbullying and its impact on university students

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ABSTRACT

In this era, social media has become the most sensational thing. Everyone is trying to get famous on social media by doing nonsense activities regardless of any ethics and its negative impacts. And there is no accountability over it. Everyone is posting whatever and do not care about how it does could impact on another person. Posting nonsense activities and offensive content without the fear of accountability. The usage of social media is high among the university students. In this report we have discussed little bit about the cyberbullying on social media, awareness among people, reasons, its impacts on university students, main social media platform which is mostly use for it, its sources, results, and discussions from the survey which is attempted by students at different universities and recommendations in this regard.

Keyword: cyberbullying, impact, university Student, social media

INTRODUCTION

Modern communication is now based on online technology, which can cause damage. An important example of such destructive or harmful behavior is cyber bullying. Cyberbullying refers to the bullying over the internet through social media platforms. Research has shown that cyber bullying is characterized by changes in the traditional online form, through social media, apparent exposure, and interaction with online technology, regardless of their convenience exposes users to online interactions that endanger their safety and emotional and psychological well-being. One potential threat to relying on online technologies is cyber bullying, recent research has shown that cyberbullying and online harassment is a major concern for users of social media platforms, especially among young people. There are so many consequences of social media like (Facebook, Instagram, and Twitter etc.) Cyberbullying can be happening through text, audio, video, and images. Mostly a single person or a group of people target

an individual and that can destroy their mental peace and creates fear in their heart.

Like if we face physical bullying, there is cyberbullying, as well, that damages the young generation's mental stability and because of that, they do not function properly in university. Through survey, we identify that those students who are being cyberbullied are going through from severe anxiety, social anxiety, depression, fear of interacting with new people, poor grades in studies, and zero self-esteem.

As well as the advantages of social media, there are some disadvantages, including cyber bullying. We start with our understanding of cyber bullying at the middle school and high school level and are advancing cyber at the university level. At the university level, cyber bullying can be seen as a moment in the continuity of this practice from childhood and adolescence, their views on cyber bullying, and problem solving. Through this test, we consider three theoretical frameworks that can be used to clarify these differences.

LITERATURE REVIEW:

As per as our previous research the main point that was raised in our minds was that cyberbullying was a trendy thing in a person's life who is taking bullying as fun thing and bullies others. throughout the long term, well known online media stages have been taking prudent steps to adapt to this test. Notwithstanding upgrades in making compelling strategies, it has been recorded that in 2018 around 34% of teenagers have been cyberbullied while 15% have confessed to tormenting others.

In Pakistan, the quantity of youthful clients of online media has expanded complex, for recreation and instructive purposes. This has expanded their weakness to cyberbullying. Guardians and instructors are not completely mindful of the danger and how it can genuinely harm youthful clients. They have an equivalent duty to raise and spread mindfulness about this issue. It is about time that the worldwide local area carried out viable measures to control the threat of cyberbullying.

REASONS BEHIND CYBERBULLYING:

The members who were the casualties of CB in any event once announced that aggressors in most of the cases had a place with grieved family

foundations. Independent of a dread of being gotten, they track down the online media destinations the best vent for their negative feelings. Or on the other hand maybe they know about the way that it is not difficult to prod and extort somebody by staying unidentified. They poison spectators (for the most part peers) against a casualty. Being secluded among his/her own friends, the casualty loses certainty to confront the assailant and spectators who support CB represents fun.

CYBERBULLYING LAWS IN PAKISTAN:

Pakistan is in the rundown of the quickest developing internet using nations and subsequently, the need to take measures against digital harassing turns out to be much more significant. However, the current laws and especially, the execution of them is a long way based on what is required. It is additionally worth referencing here that when contrasted with real actual experiences, Pakistanis are more defenseless against tormenting on the web.

Infringement of digital wrongdoing laws in Pakistan can bring about the accompanying disciplines:

As long as three years' detainment, Rs1 million fine or both for unapproved admittance to basic foundation data framework or information.

As long as seven years' detainment, Rs10 million fine or both for impedance with basic framework data framework or information with deceptive aim.

As long as seven years' detainment, Rs10 million fine or both for glorification of an offense identifying with psychological oppression, any individual indicted for a wrongdoing identifying with illegal intimidation or prohibited people or gatherings. Glorification is clarified as "portrayal of any type of applause or festivity in an attractive way"

As long as a half year detainment, Rs50 thousand or both for creating, making, producing, adjusting, sending out, providing, offering to supply or bringing in a gadget for use in an offense.

As long as three years' detainment, Rs5 million fine or both for getting, selling, having, sending or utilizing someone else's character data without approval.

PROBLEM STATEMENT

Cyberbullying means internet, computer, and virtual reality.
Bullying refers to the making fun of someone's mistakes, gestures, there selves and abusing someone in a way that which in result effects their mental health.
Cyberbullying can be defined as:"The harm on someone's identity for the purpose of fun, through social sites by groups or individuals who constantly target on person and send them aggressive or fearful messages."
Everybody thinks that it is easy to spend your university life because you are free to do whatever you want but it is opposite of this. People think that students are grownups, so this kind of stuff are not so harmful for them.
According to research, cyberbullying through social sites are getting bigger and bigger amongst university students. Gender biasness is not right but mostly female students face these kinds of problems. Those who are sensitive try to commit suicide and get into depression. Girls in universities are not just facing cyberbullying but also going through severe depression and they do not speak about it because of fear. Even those who had cyberbullied found as they are consuming alcohol and going through depression as well.

PERCEPTION

It was interesting to see the differences that what methods children use to bully in college. Studies have revealed that college students' cyberbullying behaviors is different from younger students.
For example, in college, students bully another student on their physical appearance but in university, students bully each other on their personal identity.
Another difficult region about cyberbullying in colleges is that authorities do not have the idea what to do about it. While in centers and universities, they take proper actions for these menaces but in colleges, there is not any rule has been set up yet.

There are some types of cyberbullying:
Flaming:Where students do online fights by using electronic media. They start their fight by using strong vulgar language and for this the main purpose is to degrade the other party. They comment negatively on each other's personality for this purpose.

Harassment: Therefore, amongst university student's sexual harassment is the major kind of cyberbullying because they try to control over that person and create fear. It includes sexting, sexual content, blackmailing by editing their pictures, such as sexually obvious text or emails.

Cyber stalking:Mostly girls face this because boys do stalk them and try to harass them by texting and editing and unethical use of their pictures to create fear. They do this just to get some inner satisfaction or fun, but this is not a funny thing at all.

Hacking:Amongst university students, ratio of students who hack each other's account is very high. After hacking, they invade their privacy and blackmail them. They upload inappropriate posts after hacking their accounts, text other persons from their profile, create another profile to harass and this is very common in universities.

Denigration:Students spread rumors; they post gossip about a person online, to damage other person's reputation or bonds. This thing mostly done in the form of memes and tweets, and it will take as a joke, but it can badly hurt someone's self-esteem.

Impersonation:Students pretends to be someone else, then send and post content to damage other person's friendships and reputation. For this purpose, they use fake social media accounts.

Outing:They break trust and share the personal information and content of another person online just to take some so-called revenge.

Exclusion: Students remove each other from social online groups out of grudges because of little arguments.

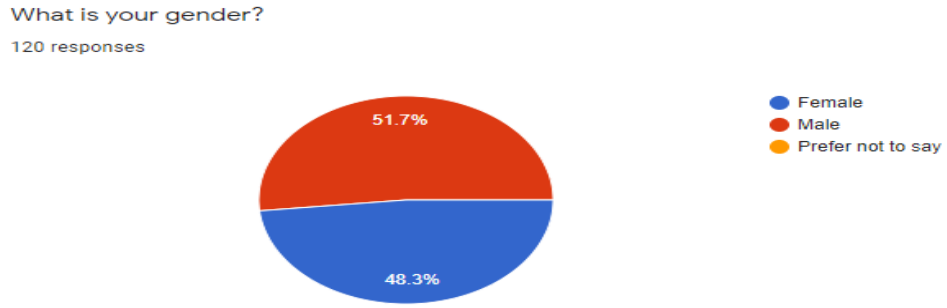
Trickery: They try to manipulate then through tricks and tactics, they collect their embarrassing information and post it on social media without asking them just for fun.

Trolling:It happens when people do inflammatory comments on others posts and share it to make fun of what other person is doing on social media or posting.

RESEARCH METHODOLOGY(rewrite)
As cyberbullying on social media amongst university students is new thing. There are many research papers on this topic, which you will find online. There are few cautions has been taken to control the cyberbullying. In few journals, it has written that cyberbullying is now shifting to a new medium. Therefore, it was mandatory to figure out some factors of cyberbullying.
For this, we did a survey to collect the information of how students are surviving in universities because of cyberbullying. We got a clear view of the incidents that has happened through cyberbullying. We circulated the questionnaire among different university students of Karachi to identify the student's knowledge and experiences on this matter. The questionnaire was consisted of limited choice questions, measured responses and was open for everybody. Students really enjoyed our questions, and they shared their information with us. Students from first to eight semesters had faced this issue and most responses that were reported from Sindh Madressatul Islam University. Because nowadays many students are facing cyberbullying from this university. This survey helped us to get to know what is currently happening among students.

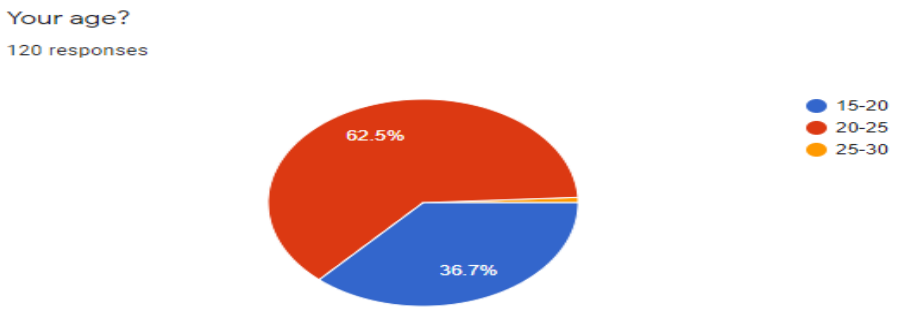
Finding
This survey has taken among university students to know their opinion, awareness, and role in cyberbullying among university students, following are some questions and their result with some discussion:

GENDER COUNTING:



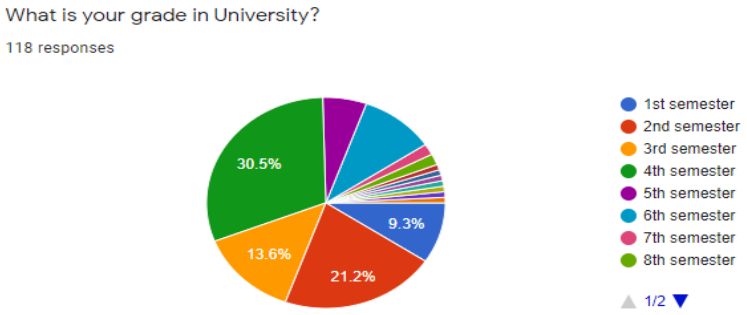
The survey which is related to cyberbullying among university students was attempted by 120 university students, in which 51.7% of male students and 48.3% female students. Which means the ratio of male students who attempted the survey is greater than female students. So the ratio of opinions is obviously more from the male students.

AGE COUNTING:



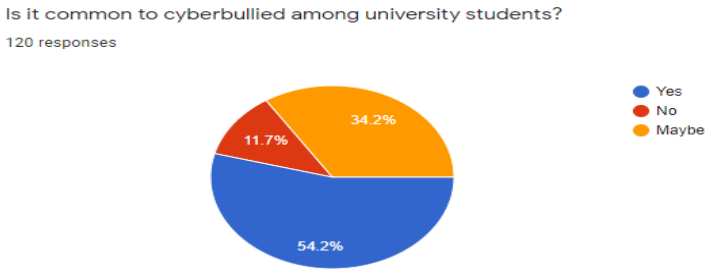
The people who attempted the survey their age ratios are 62.5% and 36.7%. 62.5% people attempted survey whose ages are 15-20 and 36.7% whose ages are 20-2

GRADE COUNTING:



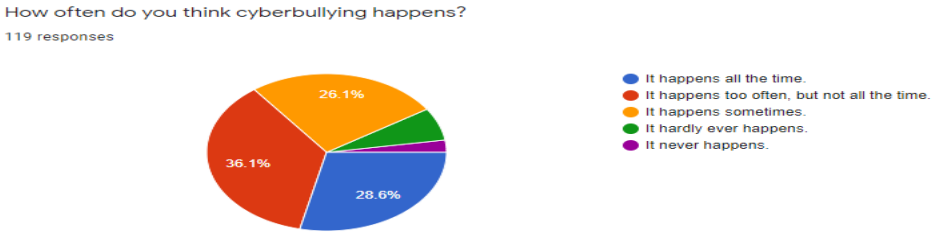
For this question 118 students answered from 120 students. Most of the students who attempted survey are from 4th semester. And some other are from 1st, 2nd and 3rd semester. And a least number of students from 5th and 6th students.

QUESTION NO 01:



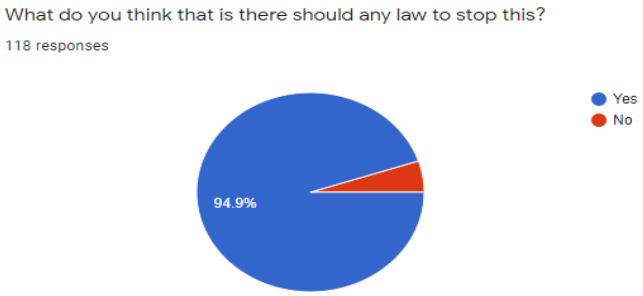
To answering this question many students agreed that cyber bullying is common among university students, which is 54.2% who said yes. If many students agreed to this so there is a need to check and balance over social media. And 34.2% students are neutral about it, means in their opinion maybe it is common, but they did not take it as serious issue.

QUESTION NO 02:



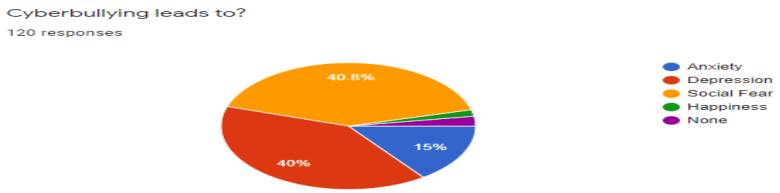
The second question of the survey is how often you think cyberbullying happens. For this many students said it happens too often and it happens all the time and rest of other said it happens sometimes. The conclusion of this is we cannot deny that it does not happen because many students agreed that it happens. So again, it is a serious issue which needs attention from authorities.

QUESTION NO 03:



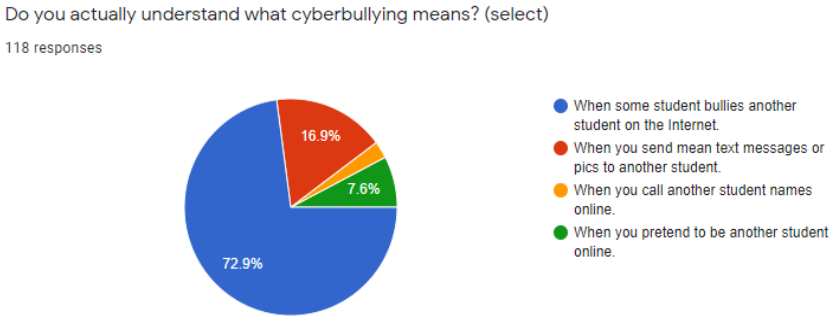
The third question of the survey is about the law. We asked from the students if there is a need of law to stop cyber bullying. To which 94.9% students said yes. Which means it is the issue which should look after on the government level and law-making authorities should make any law about it to avoid this. And there should be a punishment and fine for it so one could not try to do this with another.

QUESTION NO 04:



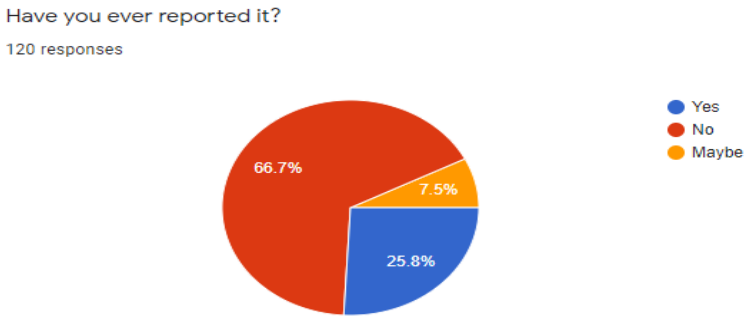
The fourth question is about the impact or effect of cyberbullying. Which could be very severe and has a bad impact on someone's health. Like anxiety, depression, social fear etc. To this question 40.8% of students answered that it leads to social fear, 40% of students answered it leads to depression which is the severe health issue of all. It can destroy someone's whole personality. And 15% answered that it leads to anxiety which is also not a small issue. Although it does not lead to any good result at all.

QUESTION5 NO 05:



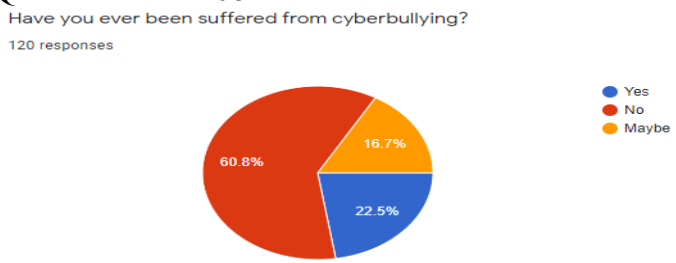
The fifth question is about the awareness and opinion from the students. What is cyberbullying in their opinion? To which many students answered that cyberbullying is when some students bully another student on the internet. Bullies include all kind of content which is unethical, offensive and can harm someone.

QUESTION NO 07:



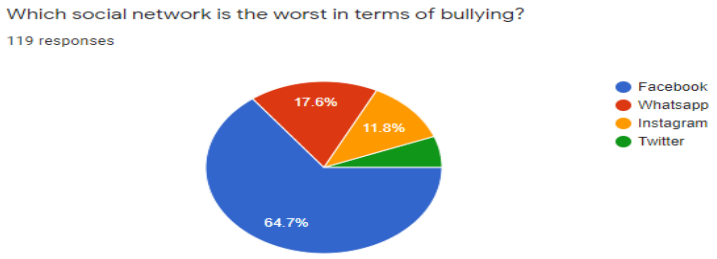
The seventh question in this regard is about complain of cyberbullying if they have faced it. To which students answered that 66.7% answered no and 25.8% said yes. It is not a big ratio but a good initiative in this regard. That someone took step towards it instead of keeping silent. Because the longer we keep silent towards these kinds of acts the more we must suffer.

QUESTION NO 08:



The eight questions in this regard from the students is if they ever been suffered from it. To which they answered yes from 22.5% and no from 60.8%. And the rest of are not sure about they have suffered or not. So, it is also a good ratio that large number of students did not suffered from it.

QUESTION NO 09:



And the last question is about the medium where students bullied each other most and to which students answered that Facebook. 64.7% of students answered that Facebook is the platform where cyberbullying happened the most and the others include WhatsApp, Instagram, and twitter. So, there should be a strict check and balance on Facebook.

CONCLUSION:

Research said that the rapid transformation of technology has changed the youth. Social media is a very useful platform for time pass, blogging, speaking for right. It gives freedom of speech to everyone. It is the best platform to speak up for your rights. But on the other hand, it has some deadly effects, especially on youth and students. Cyberbullying is the major drawback of social media. It is very common in university student nowadays. It effects the youth deeply. It is ruining student's life. These effects should be considered for preventing of cyber bullying. It is necessary to consider cyber bullying because it is a onetime process, but it left its long-term effect on victim. Technology must be observed and enable the direct reporting of cyber bullying option. Social media must be ensuring the security of user and remove those comments which has hate speech. The report tries to introduce cyber bullying to people and spread awareness of cyber bullying, its causes, and its solution.

This study tells that the role of social media and cyber bullying is in everyone's life. There are huge numbers of university students who are involved in cyber bullying, and it is not related to any one gender. Girls and boys are equally participating in it. Student do it as a fun without even knowing its deadly affects. They misuse the freedom of speech on social media and write as harsh as they can. No one is there on social media who catch them and stopped them by making fun of others. There is no check n balance of those who do cyber bullying. The result in cyber bullying is that students end up their lives by committing suicide. Their classmates become their murderers. We discuss about the definitions of cyber bullying and Review of some people. We also discussed the problem statements and perception regarding cyberbullying. We took the survey of 120 people in which we asked the people about the cyber bullying. In our survey, most of the people's gender was men and the larger age of 20-25 and due to this survey, we could be able to tell that most of them are victim of cyber bullying and they even do not know the protection from this rapidly growing offence. It is because we have no workshops in which people can be aware of this. Boys and girls both are the target of attackers mostly and they are destroying not only our students but also our youth. The youth who are the capital of our country.

RECOMMENDATIONS rewrite

University must organize workshops for students and youth to spread awareness of cyber bullying.

Counseling for cyber bullying victim is an essential approach.

We should decrease the silence taboo and encourage to speak against the cyber bullying. We should give confidence to the victim to speak for his right.

We should give the emotional and psychological help to the victims of cyber bullying.

University should pay more attention towards social media and make strict policy regarding cyber bullying.

We should encourage to report against those who destroy mental health.

University should introduce the course regarding cyberbullying in collaboration with teachers and psychiatrist.
University should make a force which consist of police, student etc. Their work is to identify and take legal and strict action against them.
University should make student council which consists of only students who has strong back of teacher counselor and their work is to listen and counsel the victims and students are more comfortable with students.
University should make a team force for social media who keeps an eye on all groups and pages. If they see someone violating, takes strict action.

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