

## CYBERBULLYING: A DEEPER UNDERSTANDING

*by:*

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Because of the fact that a malicious post or remark has the ability to be read by an endless number of users of social media (Socmed), cyberbullying is more severe than other forms of assault. This increases the risk of extended exposure and permanence. In addition, younger generations are more inclined to use social media than older generations are at this point in time. One of the phrases that is linked to "cyberbullying" is "cyber victimization," which is the experience of being victimized by the utilization of electronic information on the internet. Cyber victimization is one of the terms that's consociated with "cyberbullying." It's expected that cyberbullying, which may be noticed as a manner of assertive behavior, would have a detrimental impact not only on the individual who is the target of the bullying but also on the one who is the bully.

In 2016, the Cyberbullying Research Center conducted a study, the results of which indicated that around 34 percent of middle and high school pupils had been victims of cyberbullying. This is the highest number that has ever been recorded since the organization started keeping statistics of incidents of cyberbullying ten years ago; it is also the highest number that has ever been reported. As a result of the rising prevalence of this issue, it is vital for students, parents, and teachers to get knowledge of the repercussions of cyberbullying as well as the potential remedies to this issue. This is true for both the problem itself as well as the prospective answers. This website provides information on the many forms that cyberbullying may take, as well as methods of self-defense for children and remedial steps that can be done in the event that it does occur. In addition to this, it provides an explanation of the comprehensive strategy that may be used to address this problem.

Students who are victims of cyberbullying may be tempted to damage themselves as a consequence of their experiences, and the ramifications of cyberbullying, if allowed to continue unchecked, may cause a tremendous lot of stress and despair. [Cyberbullying] may induce students to self-harm as a result of their experiences. [Cyberbullying] can drive students to self-harm. Cyberbullying may lead to suicidal thoughts and behaviors, including self-harm. Children who have been the victim of cyberbullying are point of fact, twice as likely as children who have not been bullied online to participate in behaviors that are detrimental to themselves and to have thoughts of suicide than children who have not been the target of cyberbullying. This breakthrough was made possible through research that was offered for publishing in the Journal of Medical Internet Research, where it was reviewed and accepted for publication.

According to the findings of this research, individuals who are bullied themselves are not the only ones who might be at risk for thoughts and acts related to self-harm and suicide. The study also indicates that young people who cyberbully others are at a considerably bigger risk of having these sensations than those who do not engage in cyberbullying.

From what I have discerned, the adept most people who hector others don't offer any concentration on how their behavior may be qualified to be less fierce. From my vantage point, I think that they are seeking to cope with their own problems by behaving in an inappropriate way. I believe this to be the case. Bullying is a way of coping with difficult conditions, even if it is not an effective approach. Bullying is a sort of conflict resolution. I have seen a young kid start to weep when an adult confronted them with the accusation that they had bullied another child and questioned them about the events that led up to the bullying episode. It's possible that the bully is behaving in their contact with other people out of anger or fear as a result of whatever is going on in their life. This is something that's worth considering. I am a parent and a human being, despite the fact that I do not possess any credentials to qualify me as a professional counselor. When a person begins acting in ways that are not typical of who they are, it is a strong indicator

that they are going through difficult times and should be treated seriously as a result. Changes in a child's conduct are something that should be brought to the notice of a school counselor by anyone who has regular contact with the child, including parents, teachers, and coaches of extracurricular activities. Changes in a child's behavior are something that should be brought to the attention of a school counselor by anybody who has regular contact with the child. Early diagnosis and intervention may raise the proportion of young people who get treatment for mental health issues. This possibility exists because there is a possibility that the percentage of young people who receive treatment may be increased. This would start off a domino effect of good things happening in the future.

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