



## Cyberbullying on Children

*Bernel Hussein D. Acob, Mac Edward F. Briones, Zergs Gio Alexander L. Jimenez, Jeric John T. Ladrido, Maha J. Lamalan, David John M. Sinsano, Nazreen K. Talib, Candellen B. Toledo, MIM*

Sultan Kudarat State University, ACCESS, EJC Montilla, the philippines

\*Correspondence: E-mail: [bernelhusseinacob@sksu.edu.ph](mailto:bernelhusseinacob@sksu.edu.ph)

### ABSTRACTS

The goal of this study is to know the perspectives of the children that have experienced cyberbullying. The results showed that the victims are aware of this problem. Upon experiencing this they were distressed and treated unfairly and the trauma they experienced was quite upsetting, leading to despair; in the worst-case scenario, some young people committed suicide as a result of the frustrations brought on by cyberbullying, and their mental health was also affected by this. The findings of this study would help children be aware of this problem.

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## 1. INTRODUCTION

In a global society that is heavily engaged with the newest technology and social media sites, the internet plays a major role in people's lives; it is not only used for work and play but has become a normal part of school as well in the form of computer and online classes, and through these, bullies have turned to the web as well.

Cyberbullying is defined as the intentional and repeated infliction of harm through the use of computers, cellphones, and other electronic devices (Patchin & Hinduja, 2012; Hutson, 2016; Englander et al., 2017). It is one of the most dangerous acts a person may face since it can combine multiple types of bullying, such as verbal, emotional, and social bullying. Cyberbullying can take many forms, including cruel words, images, and the development of humiliating websites or mass emails that could contain threats. According to the poll released by UNICEF, it shows cyberbullying affects almost half of children aged 13-17 (Chun et al., 2020; Jawaldeh et al., 2020). One-third of cyberviolence experienced by Filipino children is in the form of verbal abuse over the internet or cell phone, while a fourth is through sexual messages (Masangcay, 2020).

Therefore, this study was conducted to find out the cyberbullying perspectives of children in Tacurong City.

## 2. METHODS

We used a purposive sampling technique, in which the instruments and techniques for the data gathering procedure and the general procedure of the study were employed in conducting the study.

### 2.1. Participants of the study

The participants that were chosen met the following criteria: (1) residents of Tacurong City; (2) male or female aged 13-17 years old; (3) have experienced cyberbullying on any given social media platform; and (4) have the willingness and commitment to share his/her experiences and perceptions regarding cyberbullying.

### 2.2. Data Gathering Instruments/Data Gathering Procedure

We picked five (5) participants aged thirteen (13) to seventeen (17) years old who live in Tacurong City, Sultan Kudarat. We then prepared an interview guide for the participants to answer via Google Meet, which can help us interact with the chosen participants. We used the Thematic Analysis approach to assess the data provided by participants or the information acquired during the interview.

## 3. RESULTS AND DISCUSSION

After the interview was conducted, we made 5 points, which are based on the responses of the participants.

The first point correlates with the Responses to Participants' Perceptions of Cyberbullying. It shows the perceptions of children towards cyberbullying, which they have experienced on different social media platforms. The participants believed that cyber bullying has a physical and psychological impact on the victim.

The second point is the Responses to the Reasons why Children are still bullied on social media. This shows the responses of the participants regarding the issue of why cyberbullying

is still practiced by others. The statements of the participants generally review and analyze the influencing factors of cyberbullying.

The third point is the Responses to Cyberbullying's damaging effect. It shows the responses of the participants to cyberbullying's effects. The most common response is that they will become violent towards themselves, causing self-harm and a negative change in their mental health, like depression, loneliness, humiliation, and anxiety.

The fourth point is Children on Dealing with Cyberbullying. It showed the responses to dealing with cyberbullying and how it can be dealt with. The participants all have a common solution to this, and it is best summarized by one of our participants, "I think the best way is to ignore it instead."

The fifth point is the Common Issues of Cyberbullying Victims, which highlights the top three issues caused by cyberbullying. The first is mental health problems that are caused by cyberbullying. The second is overthinking whenever they try to socialize with others, and the third is criticism.

Based on the results, we provided the following recommendations:

- (i) Cyberbullying is something that most 13 to 17-year-old children are aware of and encounter on social media, which has resulted in issues with their mental health. As a result of these issues, some children suffer from depression, anguish, or commit suicide. In these cases, we recommend blocking, banning, ignoring, and reporting the cyber bullies online to reduce or eliminate the possibility of your feelings being damaged by the bully's nasty remarks and criticism.
- (ii) Cyberbullying can take many forms, including criticizing the things you enjoy doing and loving, which can lead to an overthinking that the things you enjoy are unusual or bad, making you feel uneasy and timid about them. We recommend that you disregard the opinions of cyberbullies about you. After all, it's only a judgment, not a fact. Simply be confident in what you do and do not let the cyberbullies harsh statements impact you.
- (iii) Isolation, depression, anxiety, and despair are common mental health difficulties among cyberbullying victims. We urge that you open up to your parents or the parents themselves, asking if the victim is okay and comforting them, or even taking them to treatment until the victim recovers from their long-term depression, loneliness, despair, and anxiety.
- (iv) For future researchers, the findings of this study may aid future researchers in developing a new study on cyberbullying and its negative consequences on mental health.

#### **4. CONCLUSION**

Based on the findings that we have gathered, it can be concluded that (1) cyberbullying can cause mental health problems, (2) criticism leads to unfavorable perceptions in the lives of many children, and (3) it can also cause depression, loneliness, despair, anxiety, and suicidal thoughts. It is noteworthy that the authorities should respond to this situation.

#### **5. AUTHORS' NOTE**

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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