

## Impact Of Cyber Bullying In Teenagers

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### Abstract

People in the modern era are fully engaged in social media and are very active on these sites. People are showing off their wealth, fame, and names. A difficult stage in people's lives is created when someone who is unhappy in real life is happy in real life for the purpose of fakeness's trend of perfection. Individuals are experiencing mental illness, harassment, and comparison of their life to others. India is ranked #3 in the world for cyberbullying, just after Singapore and China. Suicidal thoughts and risky timidity are common among victims. It's similar to constantly ranting on the internet, and it affects anywhere from 100 to 1000 mutual friends. The scars left by cyberbullying affect millions and millions of people worldwide on a daily basis. They struggle with low self-esteem, depressed and anxious people are more prone to use drugs, drink alcohol, quit school, and occasionally commit suicide. Cyberbullying is a severe criminal offense that is legally sanctioned.

Cyberbullying is when someone's privacy is electronically invaded online, endangering that person's health in the process. In essence, it's to intimidate, threaten, or get close to someone who piques your curiosity. Because of the rise in bullying in the real world, there is an unsettling increase in the number of trolls and cyberbullies. Online abuse is known as trolling. As a result, bullying and trolling are not entirely dissimilar ideas. They are connected to one another. Online behavioral incompatibilities like psychopathy, narcissism, Machiavellianism, and sadism have been connected to the phenomenon of trolling. Pathological studies explain bullying as a result of emotional imbalances, spiritual shifts, and changes in brain chemistry and social brain regions during adolescence. Even though identifying trolls requires understanding them, anyone can unintentionally become one and ruin someone else's day or life. Because of this, an additional "cyber victimization scale" has been included at the conclusion of the piece to assist readers in being more aware of their online behavior. In an effort to increase awareness, this study defined trolls and discussed the many behavioral strategies and forms of troll attacks. The literature on the brain mechanisms underlying trolling was also reviewed, despite the paucity of research on the psychological aspect of trolling.

**Keywords :** Cyber bullying, Victims, Bullying, Internet, Social Media

### Introduction

"Influencing, crushing, and intimidating the other person who is in a superior position or stronger" is the definition of bullying given by psychology and law. This can happen overtly, like when someone is verbally or physically abused, or covertly, such when someone is coerced into doing something by threatening or manipulating them. A study found that bullying includes four fundamental traits, It is directed toward a particular objective, aggressive and negative, repeats itself, and arises when there is an imbalance of power between the participants. The development of communication technologies has caused a shift in society's real-world behavior to occur virtually. (Olweus, 2012)

Research on bullying has yielded a variety of descriptions. One study defined bullying as imposing psychological and bodily harm on victims. Applying pressure and acting in a way that offends other people. Cyberbullying or virtual bullying is the term used to describe bullying that takes place online. Bullying is defined as an antisocial conduct that leads to

negative consequences. Cyberbullying is a type of bullying that occurs on mobile devices and the internet. Bullying that occurs in person and online can frequently occur together. However, cyberbullying leaves a digital trail—a record that may come in handy and offer proof to put an end to the abuse. (Kaur, 2022)

Advancements in digital technology, child exploitation has taken on new forms and dimensions. This is true even though these developments haven't resulted in the emergence of any completely new kinds of child abuse. Sexual predators who prey on children and teenagers who use the internet can be identified and approached in a variety of areas, including chat rooms, emails, online games, and social networking sites. (Wikipedia, 2024)

## **HISTORY**

Traditional bullying found its way onto the internet in the 1990s with the advent of widely available personal computers. Whether it happened in public chat rooms or private messaging systems, kids and teenagers have been the targets of cyberbullying from classmates and even total strangers. The internet provided the perfect cover for people to intimidate or harass others without fear of serious consequences because of its anonymity. (One in five children bullied online, says NSPCC survey, 2013) Although laws against teen cyberbullying have been established in a number of US states recently, the impact of these laws can have far-reaching consequences, so we should be more aware of them and take preventative action. The answer to this broad word is social awareness; parents, educators, mentors, counselors, and others should begin teaching internet etiquette or cyberetiquette since this can foster a positive and stronger online community. The best way to raise awareness about bullying is via parenting, but we should also have emergency hotline number call and numerous anti-bullying organizations put up in schools and other institutions. Children should learn from their parents not to tease, manipulate, or injure someone's feelings purely for amusement. Cyberbullying can be broadly classified into nine types: provocation, trolling, slander- humiliation, disclosure, exclusion, slander, faking attitude, and threats. Together, let's combat cyberbullying and create a better future. Contact the Ant Bullying Helpline right away to report any offenses you witness. (Bhaumik, 2012).

## **ORIGIN OF CYBERBULLYING**

The will to survive is innate in all living beings. Because there are an infinite number of species and finite natural resources on the globe, survival is directly correlated with struggle and competition. This ongoing drive to overcome obstacles and outcompete rivals is seen in the evolution of the human race. These two forces have permeated the social, educational, and economic spheres.

Depending on a culture's ethical framework, customs, and level of governmental control, this competitive rating varies. Young children in preschool and early childhood engage in playful teasing by making fun of others and themselves. Through this, they learn how to handle teasing and how it feels to be teased. Even though bullying is a normal occurrence for kids in their formative years, it still needs to be managed and controlled. Children may not have to deal with the aftereffects of bullying, as stated in introvert or extrovert, if it is stopped in time. (Panicker, 2022)

## **Literature Review**

I want to draw attention to the paucity of scholarship on child cyberbullying in the Indian setting. The following list includes some of the significant works that have been cited: "Child in Cyberspace" The issues that kids face in cyberspace have been covered in this book, along with the role that internet service providers play and the legal considerations involved in handling kids' online issues. "IT Protection and Cyber Laws" The book offers discussion on the necessity

of cyber laws in the current day and suggests some domestic and national initiatives. Legal concerns with cybercrimes, electronic evidence, and investigations.

The book provides clear explanations of cyberstalking and addresses whether India should ratify the Convention on Cybercrimes. (Mahalihal)

**Cybercrimes:-** The edition focuses on how the internet has captivated human civilization as a whole while also leaving the legal system impoverished and powerless. The book also discusses the legal issues that the proliferation of foreign actors in the cybercrime landscape has brought about.

**Analysis of the Information Technology Act** The book provides a comprehensive analysis of the Information Technology Act of 2000, including rules, regulations, orders, guidelines, reports, and how the Amended Act of 2008 has affected it. (Saini, 2012).

## **Types Of Cyberbullying**

### **1. Exclusion**

Exclusion can happen in a number of ways: Your child might be excluded from friends' parties or activities. Your child's friends are having online conversations and tagging other friends but not them. Your child isn't using social networking sites or doesn't have a Smartphone and is deliberately excluded from conversations by others because of this.

### **2. Harassment**

A child or group may be the target of harassment if they receive abusive or threatening texts from you or them over an extended period of time. This kind of cyberbullying is extremely risky. It might significantly affect your child's welfare. The messages can affect their confidence and sense of self-worth, instill dread in them, and are typically cruel or malevolent. There is no break from the cyberbully because of the nonstop texting. The cyberbully works very hard to inflict suffering and terror.

### **3. Outing**

An intentional act of outing involves disclosing private, sensitive, or embarrassing information online about a child or group of people without that person's knowledge or agreement. Information disclosed on an outing may be significant or unimportant, and it can occur in a number of ways. A simple outing could be reading aloud to your youngster the texts they have saved on their phone. No one should divulge personal information, and if someone does so on purpose, make sure your child learns to report it as cyberbullying.

### **4. Cyber stalking**

This type of cyberbullying might involve the bully posing a genuine risk to your child's safety or physical well-being. Cyberstalking is another term for the behavior of adults contacting and outing.

### **5. Cyber stalking**

This type of cyberbullying might involve the bully posing a genuine risk to your child's safety or physical well-being. Cyberstalking is another term for the behavior of adults contacting and

attempting to meet young people for sex via the Internet. If action isn't taken right once to stop it, this type of cyberbullying can have major repercussions. It is extremely dangerous.

### **6. Frapping**

Frapping is the practice of someone logging into your social media account and posting offensive things under your child's name in an attempt to pass for you. Frapping, which many people think is humorous and entertaining, is actually a very serious offense. There are severe repercussions when someone is impersonated online and their reputation is ruined. Recall that Google never forgets, so even if anything is removed, anything nasty or inappropriate that has been posted online will always remain.

### **7. Fake Profiles**

It is possible for someone to fabricate a fake profile in order to conceal their true identity and

harass your child online. Additionally, the cyberbully may harass someone online by using their phone or email. This would give the impression that the threats were sent by someone else. The cyberbully uses fictitious accounts because they fear that their identity will be discovered. This typically indicates that your youngster knows the cyberbully well.

### **8. Disusing**

The act of emailing or publishing derogatory material about your child online in an effort to harm their reputation or interpersonal relationships is known as "disusing." Posting content online, such as images, screenshots, or videos, might also fall under this category. The goal of the cyberbully is to make your child feel inferior, so they call attention to their remarks in an attempt to discredit them. Usually, your child's cyberbully is someone they know. This can cause a great deal of distress.

### **9. Trickery**

Gaining your child's trust in order to get them to divulge secrets or humiliating information that the cyberbully then posts online for public consumption is known as trickery. The perpetrator of cyberbullying will seem to be a friend, giving your child a false sense of security, only to betray them and give their personal information away to a stranger.

### **10. Trolling**

Trolls spend their time looking for vulnerable people to put down; they usually want to feel good about themselves by making others feel bad. Trolling is the deliberate act of provoking a response through the use of insults or bad language on online forums and social networking sites.

The troll will personally attack your child and put them down. Their main goal is to make them angry enough to act in the same way.

### **11. Cat fishing**

Catfishing is the practice of someone using your child's online persona—typically photos—to build false social media pages. Someone who wishes to hide their true identity is a catfish. They will peruse your child's social media accounts, taking any information they feel like creating a false identity. They might steal your child's name and personal information, or they might just capture pictures of them and use fictitious identities and information. Although it can be difficult to comprehend why a catfish would act in this way, it's crucial to realize that they could be harming your child's reputation online.

## **Purpose Of The Study**

The goal of this study is to learn more about cyberbullying, which is becoming more common in this day and age as technology becomes more accessible to everyone, particularly students, young people, and children. It also looks into ways to stop cyberbullying before it starts and how to respond to it once it has already happened. Act morally Keep oneself to a high moral standard. Use force in a constructive manner. When it comes to defending your rights, do it without causing harm to others. In your interactions with them, show respect even in the face of rudeness. Own up to your errors and accept ownership of your actions. Recognize the consequences of your error and try to put it behind you.

## **Methodology**

### **QUALITATIVE AND QUANTATIVE APPROACH**

To finish this study, the researchers employed both qualitative and quantitative methods. Therefore, the term "qualitative" refers to all case studies that deal with people being the victims of cyberbullying. These case studies are carefully examined and used as evidence in research; on the other hand, quantitative methods are also employed in this study. We

conducted a survey using questionnaires using a qualitative approach, and we received excellent feedback on the subject.

The study will be based on the following research question, on children's who fall under 18 years:

- a) Have you ever bullied and trolled by people via any social platform/electronic media?
- b) Does trolling and bullying effect your mental state?
- c) Does every schools/educational institutes should maintain anti bullying policies?
- d) Cyber bullying and internet trolling can lead to suicide?
- e) Do you think we should have restrictions of using internet because increase in case of cyber bulling and internet trolling hence that leads to mental illness and suicides ?
- f) Social media sites and apps were the most common digital forms of cyberbullying and trolling
- g) What do you thing after being a victim of cyber bullying, to whom with you feel like talking/sharing incident?
- h) What are the social responsibilities of parents, schools, and care givers to protect children oninternet?

The study examines the advantages and disadvantages of different research projects in an attempt to more accurately and comprehensively evaluate the collected data. To support this goal, efforts are undertaken to disseminate important and comprehensive information for the benefit of all parties involved, including parents, kids, Internet service providers, and Indian legislators and policy makers in particular. A recommendation for guidelines for upcoming initiatives in the fight against cyber bullying is thus made in light of the current circumstances as well as scenarios posing the acknowledged difficulties. Children's careless behavior without understanding the repercussions Firstand foremost, it's critical to handle offenses such as downloading, uploading, viewing, and spreading pornographic material and cyber bullying.

### **RESEARCH I**

Victim name- Shagun

Age-16 years

Location-Raipur  
(Chattisgarh)

Incident- Harassment

The girl named Shagun Nayak ,age 16 years,l ives in Raipur Chattisgarh has faced most hilarious cyber bullying , 16 years is so small to handle all the feeling by child. She was getting many calls from unknown numbers and she started blocking the numbers, boys was saying to girl that I want to talk to you again and again but she said no. then after two days Shagun gets notification in whatsapp , that boy who was wall calling continuous ,he sent nude pictures of himself . The girl opened the picture and started crying.

IMPACT- depression, mental  
illnessContact no-9340081019

### **RESEARCH II**

Victim name- Priyansh

Age- 17 years

Location- Raipur (Chattisgarh)

Incident- Outing

Boy named Priyansh Sharma,17 years old, lives in Raipur Chattisgarh. He is an introvert boy he don'tknow much about socializing people. Game called PUBG where group or people were played, Priyansh was abused by opponent player whom he knocked down in game, that boy

takes his losing the game in ego and starts abusing Priyansh and threatened to beat him on middle of road, by this behavior of opponent Priyansh was extremely scared and suffered from stress.

IMPACT- depression, disturbed by fear, lack of stability  
Contact no-9301154787

### RESEARCH III

Victim name – Anjali

Age -18 years

Location – Delhi

Incident- Harassment

Anjali Rawat is an lesbian who explores his identity in very early age, before 1 year ago she was straight but after sometimes she got to know that she is a lesbian, and she was afraid to tell anyone because she thinks people will start teasing and bullying due to her personality. In our Indian culture if you are different than you are not an exception, this kind of orthodox mentality are destroying many lives. one day Anjali decides that she will accept herself in front of people. So, she posted her picture of carrying LGBTIQ flag holding in Instagram. And the result was expected by Anjali, she was screwed up people start commenting “CHAKKI HIJDI, GARBAGE, BURDEN ON SOCIETY, and many more abusing words. She was getting thoughts of killing herself. She healed herself by counselling sessions and not were in touch with any of her friends because of embarrassment.

IMPACT- suicidal thoughts, depression, mental illness,  
Phone no- 7838179469

### RESEARCH IV

Victim Name – Diya Gupta

Age – 18 Years

Location – Raipur (chattisgarh)

Incident -harassment

Diya Gupta is an 18-Year-old girl from Delhi who dreamed of being a social media influencer. At the age of 17<sup>th</sup>, she started a step toward her dream. Diya created an account on Instagram in the late 17<sup>th</sup>. Diya by physique was chubby and healthy, which was way too normal. Soon she started working and sharing her content through Instagram. Diya became very popular through her content and consistent efforts, her post and reels were liked, commented, and shared, re-shared by many known and anonymous people and groups. Diya used to create several posts and reels where most of the content was focused on Fat Shaming, Body Physique, Being Confident, Being Bold, Fashion and styling, etc. She was feeling out of the world at the early stage as she reaches 1700 followers in just 6 months. But as you know success is not liked by everyone. Very soon Diya realizes there were anonymous comments and DMs in her account, which made her a little worried. But she ignored it and moved on. But later it all kept increasing day by day, now some anonymous messages were on her WhatsApp as some random guys were sending her vulgar messages and nudes to create some posts on these things, which all of sudden impacted her mental health. Firstly, she thought to inform her of all these things to her parent but on the other hand, she was much worried about how her parents would react to her, will they take her phone back, or will they scold her or beat me? Due to a lack of confidence, she kept hiding these things from her parents. And day by day the trolling kept increasing which totally destroyed her confidence and drag her mental peace totally. Diya keeps avoiding her schools, tuition, and gyms and she keeps to lock herself inside the room and crying. As her boards were near and she was not even prepared for that she failed her board exam.

Soon her parents realized that something is wrong as result put her parents in a huge dilemma. Lately, when she was asked by her parents she confronted everything and informed how she used to be awake till midnight not going to classes and other places. Her confidence was zero. But her parents stood by her daughter's side so strongly. Her father was his hero he made Diya understand how this social media works, how you can restrict your content and profile, how to react to comments and DMs. He made her understand you and your content are good but people out there have free hand you cannot restrict them all. He showed her various example of strong girl and their bravery how they fought with such mishappening.

Soon Diya came back much bolder and stronger. And she knocked her results with the highest school scorer. Diya at her recent post shared all her story and passed a message to the youth why parents are your best friend, best coach, and best for you. Isn't it that we all have face these things?

**IMPACT** – depression, body conscious, overthinking .

Contact no- 9179726112

### **RESEARCH V**

Victim Name – Diya Gupta

Age – 18 Years

Location – Bhopal (madhyapradesh)

Incident – fake profile

This case refers to two close friends Diya and Mehak. Two teenagers who get stuck between the glamor of social media. As they both were close friends from the same college so they share the same mutual group usually. All of a sudden one day Diya and Mehak get into a serious fight turning out to be who is more beautiful and later it turned out who has more followers, who got maximum likes and comments, whose reels got more watched out and etc. Slowly it was turned into a heated fight and the two close friends were become enemies.

Post a week of that fight Mehak found a fake account created using her identities like name, address, and other details which was totally shocking for her. Very soon she realized that behind this Diya is there. Later she found that the account has posted some personal pictures of her with vulgar captions. People were asked to send money for one-night stand and her contact details were made public. Very soon she receives 20+ calls and texts for the above. She was totally numb and shocked. She was very worried what would be the reaction of her parents, family members, relatives, friends, and society. Mehak was so worried that she decided to take a step toward suicide. But thanks to her friends who stepped in to support her. Mehak along with her friends went to the cyberbullying cell professor and told each story to her. Later with the help of Professor Mehak filed a complaint against Diya and Diya confronted that this is all done by me.

**IMPACT** - suicidal thoughts, anxiety, depression, lack of confidence

Contact number-8305090720

### **RESEARCH VI**

Victim name- Lavanya Verma

Age-17

Location-nagpur

Incident-disusing

This case revolves around two girls from the same college Lavanya and Shivani. Lavanya and Shivani were classmates. And sudden shivani became closer to Lavanya and they keep starting to spend more time with each other as they both used to roam, have lunch, and chill together.

And the story kept going as from classmates to good friends and to closest friends to late-night buddies. And one day Shivani asked Lavanya I want to confess you something. Lavanya took that lightly as she thought this would be general. But Shivani told Lavanya that she is in love with her,

and she like her a lot. Shivani stated that she is bisexual/lesbian, which took her breath away from Lavanya.

Lavanya was still thinking about how to react, so to calm her down and the situation, Lavanya asked if that was true or if you are joking with me. But later she got to know that Shivani is not lying and that her feeling for her is real. Lavanya didn't understand how to react, Lavanya starts maintaining distance from Shivani.

And one day Lavanya shared this all happening with one of her friends. He takes the screenshot of all their chats and discussion. Soon Lavanya found that these screenshots were made public and these went viral on their college groups. People started making fun of Shivani and start poking her. Boys started vulgar comments on her, girls were avoiding her, and sooner Shivani became the joke for them all. On the other hand, Lavanya was feeling ashamed of her friend's deeds. Lavanya asked her to delete these all as this was not correct. Past 3 days to the above Lavanya receives a call that Shivani tried to commit suicide. Lavanya went in to shock and inform all these things to her parent. Lavanya, Mom listened and understand all the story and took Lavanya to say Sorry to Shivani. Lavanya mother made both of them understand that's it an individual choice of what they like, love is not always the same. We are born different, we all have different choices. Lavanya's mother didn't just correct her daughter's beliefs and guided her but she stands with Shivani and boosted her. Later both parents bring this case to the school authority and several preventive measures was taken by the school administration.

**IMPACT-** suicidal thoughts, anxiety, overthinking  
Contact number-9993166653

### **RESEARCH VII**

Victim name- C

Age-18 years

Location- Nagpur

Incident-humiliation

Orange city called Nagpur , a boy named V used to be very slim/skinny that's way too normal, one day in school other children started teasing him "HADDI" "KANKAAL" after some days ago he got message from unknown account , the message was "you are looser you look like cartoon you don't deserve to be in our school you are ugly. After seeing this message Ritik was in numb situation, because he was skinny and slim he also thinks he looks ugly, Ritik got addicted to drugs and addicted to alcohol, gets in depression and also started hating himself because of his body and also tried to kill himself.

One day he got guts to share with his parents and their parents supported him. He started his counseling sessions and he is now full of body positivity but that dark phase always shook's Ritik.

**IMPACT-** suicidal thoughts, depression, lack of losing interested in him  
Contact number -6262086123

### **RESEARCH VIII**

Victim name – Vaibhavi Khapse

Age-15 years

Location- Pune

Incident- Disusing

The most common incident with girls are disusing the sources of individual and defaming. Vaibhavi is 15 years old girl who looks very beautiful and kind in nature, in her school she doesn't have many friends but 2 girls except that she don't talk to anyone. She had huge followers in social media, Instagram some of girls and boys of her class is jealous of her followers.

Suddenly one day she gets notification in Instagram that some simmirajput@ messaged u. she opens her message box and suddenly saw someone Moped, her image with some vulgar mage and that goes viral on school group. She felt disgusting and stopped going classes because of embarrassment. She



left all his hopes to fulfill her future dreams, started thinking to suicide, try to cut nerves. After their parents get to know their children is in difficulty, she was addicted to drugs to overcome from the incident, started taking anti depressing pill. All this things ended her career but supporting family means everything, her parents helped her to move on from the phase they never lodge complaint about miss happening in fear of insult of their reputation.

**IMPACT-** addicted to drugs, depression

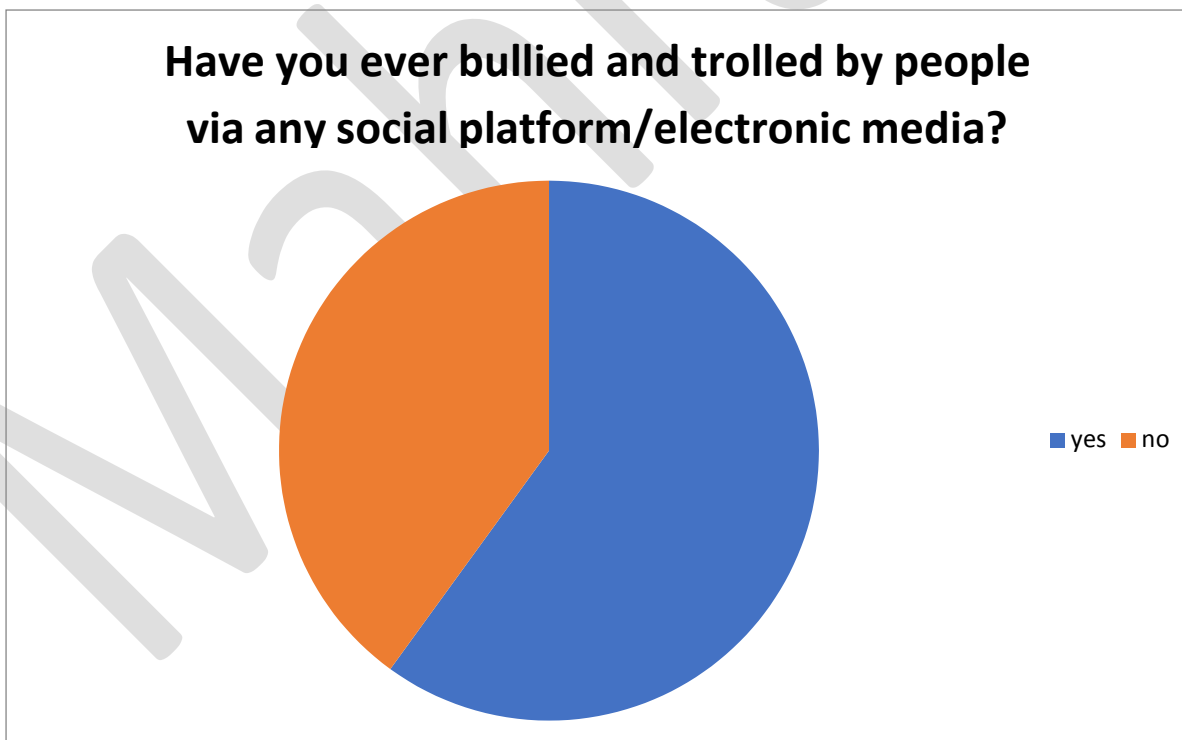
Contact number-8007894559

## Data Presentation And Analysis

In many different businesses, professionals need to be able to analyze, present, and use data to make judgments. Your ability to organize and distribute data will increase the effect of your study. Furthermore, this will increase awareness and perhaps even motivate others to take the desired action. Knowing how to apply and comprehend data presentation could improve your ability to communicate and raise the Social networking services allow teenagers to easily interact and connect with friends and family that they don't see very often. Online social and cultural networks offer a virtual platform where people can discuss power, identity, and gender from a different angle. In addition to providing chances for exposure to ideas and beliefs, it can also facilitate social connection and community involvement.

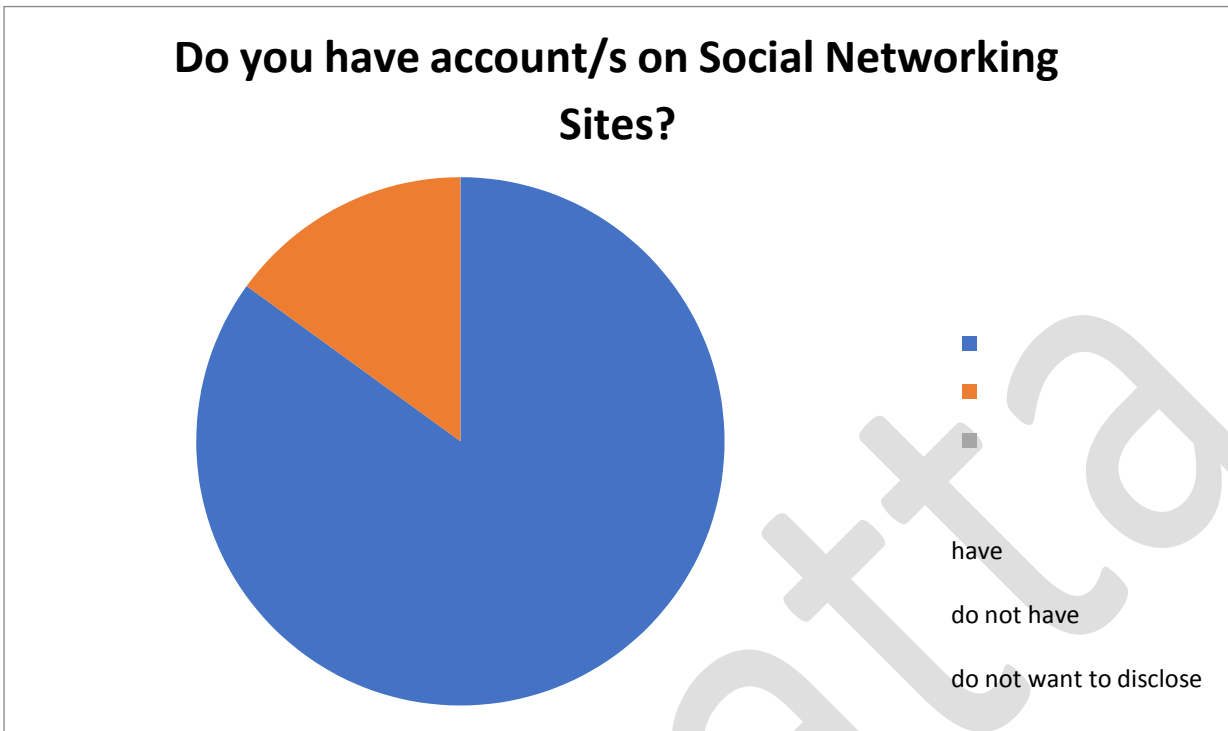
### Data Presentation

From this research we have conducted a survey regarding cyber bullying through questionnaires, the results are as follows:



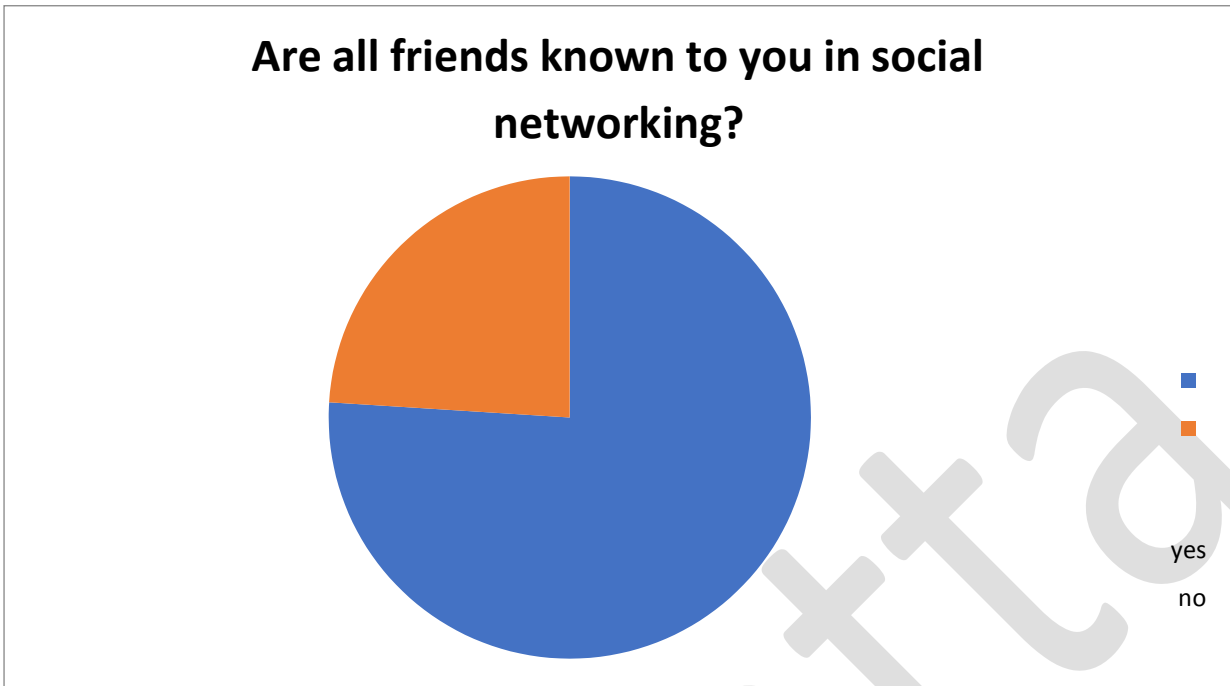
**Figure 1**

When the school children and college students were surveyed majority of getting bullied by social platforms or electronic media. Above pie chart shows that 40% of people voted for NO and 60% of children's voted for YES it shows that bullying is taking huge place in society which leads to children's mental illness.



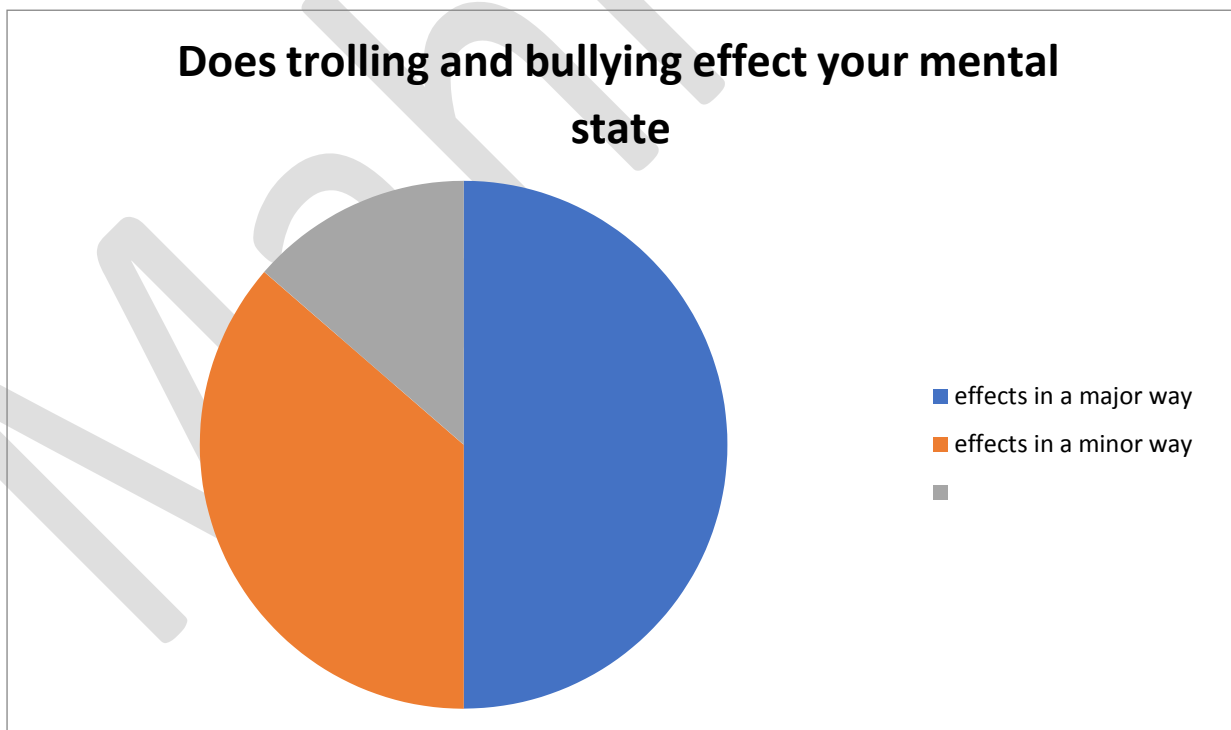
**Figure 2**

The majority of schoolchildren and college students who were polled did not know what social networking sites were, so I had to provide them examples to help them understand. 85 percent of respondents use social networking sites. Children under the age of 18 and those under the age of 13 are both present. This suggests that while young kids use the internet, they may not understand how to use it properly. 15% of the children who responded did not want to admit to having accounts on social networking sites. Despite my best attempts to assure them that their parents won't be contacted and that this would be kept private. They were still terrified that their parents would find out, so they were unwilling to reveal information about their accounts. 0% of the responders who were children did not have a social networking account. This shows that social networking sites have ingrained themselves into the lives of youngsters and teenagers. Do you have a social networking site account? Don't want to disclose Don't have Children use social networking sites, yet they lack the fundamental online skills. Their naive online socializing without taking into account the policies of these social networking sites also raises severe concerns.



**Figure 3**

76% of child respondents said that they knew all the friends on their list. 24% indicated absolute lack of knowledge of whom they had accepted and added to their friend list, and also accepted that until the unknown online friends do not disturb, there was no problem in adding such friends to the list.



**Figure 4**

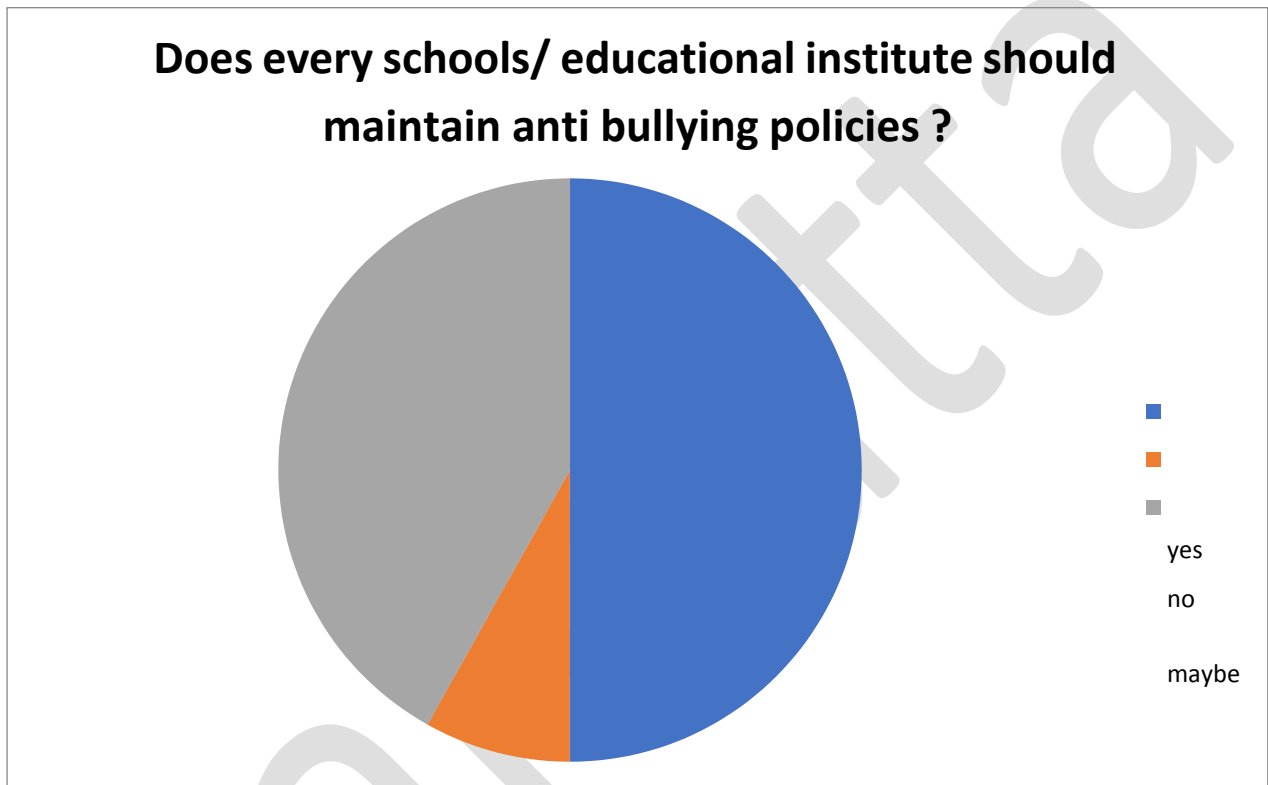
Here, a pie chart displays a survey of youngsters who believe they have been bullied or have been the target of bullying. 55% of children voted for effects in a significant way, such as bullying and trolling, whereas 40% of children voted for impacts in a small way and 15% of children voted for never having any consequences.

Bullied children may experience depression, anxiety, and other mental health difficulties.

They also lack as many friendships.

- Are not regarded favorably by their peers.
- Have mistrust and anxiety around other people.
- Perform poorly in school and struggle.

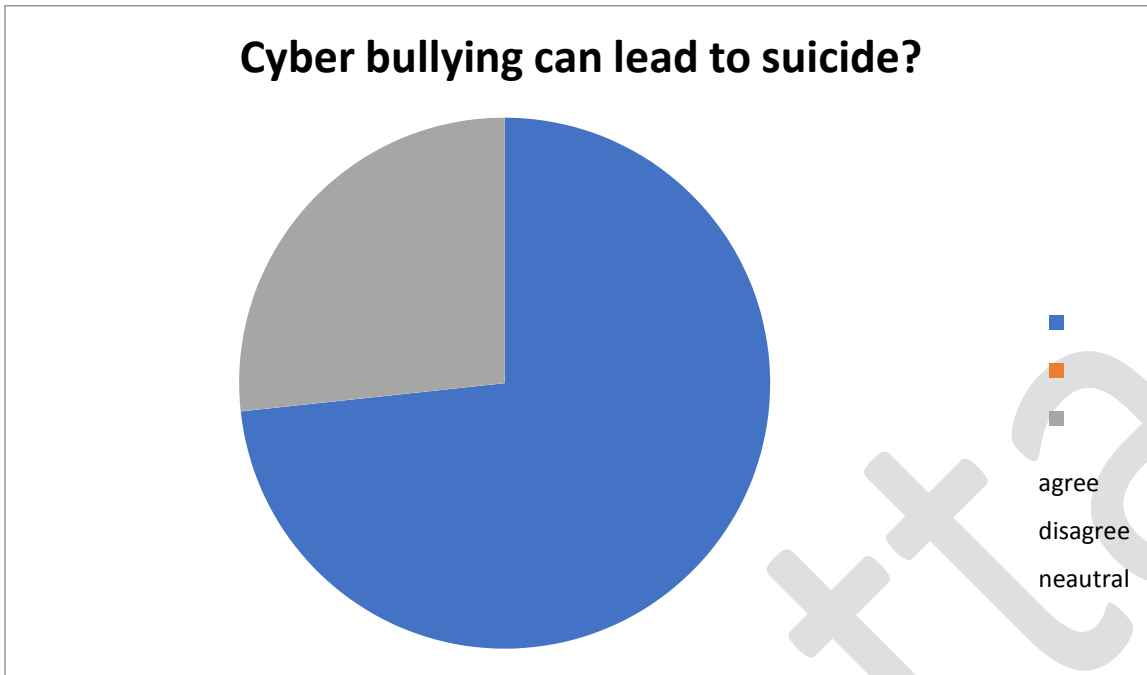
Children who are impacted by bullying, whether they are bullied themselves, bully others, or witness bullying, run the risk of experiencing bad outcomes.



**Figure 5**

Seeing rise in bullying creates a huge scenario for children's and youth. We should have anti bullying policies for children's in schools and in educational institutes that will maintain discipline and peace over students life.

80% of people have voted YES for the survey, 13% of people have voted NO, and 67% of people votes MAYBE we should maintain anti bullying policies in schools /educational institute in survey



**Figure 6**

Here the survey shows the result of does cyber bullying can lead to suicide? 73.3% agreed on the statement, 0% of people voted to NO and 26.7% disagreed on the statement.

Here conclusion says that cyber bullying leads to suicide and mental illness and some times more than that. People suffers and difficult to heal from the situation or incident . people taken for granted “THE FREEDOM OF SPEECH” no one is afraid to say bad comments or abusing someone can be so bad effect on individuals life.

## Results

As per the above-showcased cases we have gone through several situations and studies. A social networking site is really a Threat to Generation Z? Or Not! That would be debatable

As per the above cases, 100% of victims are between the age group of 15-18 years, and a recent survey published by The Times of India out of 100 cases 95 cases victims belong to the age group of 18-25 years. Isn't it a serious problem? Yes, it is.

Out of the above cases and an external survey that was conducted from my end both portray the same result which indicates it's a serious threat and needs several precautions, among all social awareness and better parenting play a major role play.

In the above cases, we have seen how better parenting and proper guidance have helped their children to come out from this cyber bullying and internet trolling. In today's era you cannot restrict your children from the usage of the internet or social media it's today's demand. Instead of restricting your child you can guide them and make them understand the better usage of the internet.

Social awareness has created a buzz in the internet, and we have seen many initiatives taken by the government of India, colleges, and schools have built several cyber bullying cells and committees. The government has developed websites and further strengthened its IT Cell on the central and state level. And we have seen the cases have gone down as its implications went public which created the threatened situation among such trollers or bullies.

## Summary

The majority of studies concur that using electronic communication technology to harass people is known as cyber bullying. The challenge of cyber bullying has arisen from a lack of agreement with insignificantly specific norms. Additionally, he says that three ideas—intent to damage, power imbalance and repetitive action—are the foundation of cyber bullying.

Cyber bullying is another tactic in which threats and hurtful words are posted online without the other child's immediate action causing fear. It also diminishes the actual impact when there is no monitoring at all during unsupervised internet use that occurs both inside and outside of the school. Even kids who are weak, self-conscious, or academically underachieving end up being the targets of bullying.

## Discussion And Conclusion

Since they changed their profile picture to avoid being identified, bullies are cowards! Screenshots are a need. Another option is to maintain a brief "bullying" journal where you note incidents and their dates. This is important information if you decide to report the bully to the police. Examinations of the past. Your job is made much easier because the bullies act out under their truenames a lot of the time. A cursory web search can often reveal a great deal about a person.

Additional social media profiles, addresses, the job location, relatives, friends, and so on might be included in this data.

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