Cyber Bullying: Prevalence, Consequences, and its Impact on Psychological Well-being among University Students, Quetta Balochistan

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Abstract

The usage of technology has increased over the last few years. Cyber bullying is becoming more popular among youth. The purpose of this research was to see the prevalence, consequences and its impact on psychological well-being among university students of Quetta, Balochistan. The research was carried out in different universities of Quetta including University of Balochistan, SBK and BUITEMS, with a sample of 178 students, boys and girls. Non-probability convenience sampling technique was used to collect data. Cyber Bullying Victimization Questionnaire (Gull and Hanif,2013) was used to collect data. The other variables like gender, age, qualification and status were also considered. Students, mostly, bullied through mobile phone by sending messages. On way ANOVA and t-test was used to check the hypotheses. The results show that cyber bullying prevalence and its impact on psychological well-being were higher among female as compared to male respondents. This research study also shows that the students who belong to high class status were mostly involved in cyber bullying as compare to low and middle class.

Keywords: Cyber Bullying Prevalence, Cyber Bullying Consequences, Impact of Bullying, Psychological Well-being.

Introduction and Review of Literature

Bullying has been a burning issue for the educators over the last period of time (Chibbaro,2007& Crawford ,2002). Bullying was not really a serious issue before 1970s, however psychologist first researched on bullying and bullying became an international problem. Bullying has been measured as a source of great emotional harm on individual. Researchers suggested many forms of

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bullying discussed below (Anderson & Sturm,2007).There are many types of bullying and cyber bullying.

Direct Bullying

Obvious practices which are recognizable and regularly demonstrated verbally or physically, comprise of kicking, hitting, prodding, or ridiculing (Karstadt, Wolke& Woods 2000). Indirect Bullying is Type of harassing that is difficult to recognize. It incorporates actions like or influencing individuals to dislike another individual, secluding others intentionally or contagious gossipy tidbits with the purpose of harming one's notoriety. (Grotpeter & Kink, 1995). Physical Bullying is Punting, slapping, hitting or harming possessions coordinated toward an individual (Smith &Kristensen, 2003). Social Bullying is The perceptible activity of a harasser to provoke associates to square focused on people, in this way detached from social associations (Grotpete & Crick, 1995). Verbal Bullying is Sort of harassing that comprise of disturbing focused towards people and use of verbal dangers (Bauman & Del Rio, 2006).

Cyber bullying

Cyber bullying has become an important and serious issue because most of the youth are involved in such kind of bullying, which is really causing harm to the bullied and targeted people. Cyber bullying is any conduct act over digital or advanced media by people or gatherings that over and over conveys threatening and forceful messages proposed to exact damage or uneasiness others (Tokunga, 2010); digital bullying is a conduct that communicating animosity (Olweus, 1999). As regards types of cyber bullying.

Flaming

Flaming has to do with one person sending common, rough and cheap massages to another person either secretly or to a connected public, where they can read the massages that have been sent (Willard, 2004; Bauman, 2007; & Hinduja & Patchin, 2009). Harassment: Harassment has to do with a redone behavior of persistently sending the cheap messages to a person. In this form of bullying messages are repeatedly send to harass someone online through electronic media (Willard, 2004; Bauman, 2007; & Hinduja & Patchin, 2009). Denigration: Denigration has to do with put downs, where a person sends out damaging and false knowledge about another person in order to put out on top with violent tendencies current statements open to doubt about them (Willard, 2004; Bauman, 2007; Hinduja & Patchin, 2009). Masquerade: Masquerade has to do with a person purposely bluffing making seem to be someone else and posting and sending notes about another person to make them have a feel confused in front of their audience (Willard, 2004; Bauman, 2007; & Hinduja

& Patchin, 2009). Outing: Outing and tricking have to do with a person using tricks to seek personal and sensitive knowledge about another person to make them public by posting and sending information online (Willard, 2004; Bauman, 2007; &Hinduja & Patchin, 2009). Exclusion: Exclusion a keeping out makes necessary actions from one to purposely keep another person out of a connected group (Willard, 2004; Bauman, 2007; &Hinduja&Patchin, 2009). Cyber stalking: Cyber-stalking using electronic communication to stalk another person by sending repeating threatening communications. (Willard, 2004; Bauman, 2007; & Hinduja & Patchin, 2009). Happy slapping: Happy slapping refers to physical assault to someone or stranger in a form of a group and sharing the videos of that event on internet. Happy slapping starts a war of social disturbance, suspicion and fear (Willard, 2004; Willard 2007; Bauman, 2007; &Hinduja & Patchin, 2009).

Prevalence of cyber bullying

Raskauskas and Stoltz (2007) found out through a survey that one fourth adolescence was cyber bullies and half of them were victim. New technology and social media let the action of cyber persecution to happen easier, faster and more secret (e.g. cutting, and pasting messages) (Li, 2006). Studies have confirmed that 64 percent of students have believed that cyber persecution is possible to start at school, and then keep on at home by the same student (Cassidy, 2009). A Canadian study reported that half of teens knew someone being bullied, as well there was a convenient link between a bully and their victim. Slonje and Smith (2008), have proposed that, cyber persecution occurrence rates are increasing with the changing of various types of technology.

Impact/Consequences of Cyber bullying

Cyber bullying is especially harmful for students who are easily able to be harmed or influenced by depression and fear, and shockingly induced the killing of a student in Japan. Marshall (2005) and Feinberg (2009) argues that cyber persecution can have a severe painful influence on the emotional and academic functioning of a victim, and mostly learning conditions. A single example of persecution is related to made higher fear and stress (Juvonen, 2009). Dehue, Bolman and Völlink (2008) reported the emotional feelings of teenagers to cyber bullying. Particularly experience of bullying was the cause of an offend feelings of enmity in the victims (2.9%) distrust of peers (3.6%), disillusionment and (4.9%), not liking going to school and (10.3%), sadness.

Coping strategies to control cyber bullying

The Department of Justice in US (2005), give direction on digital qualities for understudies, guardians and instructors and discover government approach for advising electronic violations. Understudies ought to encourage not to title secret data, similar to secret code of their email with anybody keeping in mind that a parent. guardians, understudies, teachers, and law authorization associations ought to know that in case of online abuses, like, criminal hackers, on artists, predator's identity thieves, cyber intimidation, stalkers, security and privacy problems, criminal hackers and financial fraud, about where to go for inform. The individuals who are harassed may mark statements utilized by specific individuals they notice (Schneier 2003).

Psychological well being

Psychological well-being is the mix of feeling great and working effectively and it is around lives functioning great. Cyber bullying effect the psychological wellbeing of students. It has been found that cyber-bullying is destructive for the sufferer because of psychological damage. They reported that the individuals who are victims of cyber-persecution are expected to have low self-respect, experience depression and anxiety, escape of school or school breakdown, become more warlike, commit suicide and enroll in school violent act (Beran and Li, 2005) &Ortega, Elipe & Mora-Merchan (2009). Research gives a picture of the valid academic and psychosocial results of cyber persecution. Students who were cyber bullied revealed anxiety, fear and feelings of sadness and fear, and lack of concentration which impressed their grades (Beran & Li, 2005).

Method

Research Design

The research is carried out through quantitative research method and the study analyzed the nature and impact of cyber bullying among university students.

Sample

Non-probability sampling convenience sampling technique was used to collect data from male and female university students. The students were taken from three universities of Quetta, University of Balochistan, SBK Women's University and BUITEMS with sample of 150 students.

Material (Tool)

The questionnaire was used as a research tool to get information about the impact of cyber bullying among university students. The first Questionnaire Cyber bullying victimization Questionnaire (Gul & Hanif). (2013). There were

48 items in the questionnaire having three categories. The first category measures the victimization and prevalence of cyber bullying having response option yes or no. In second category, victimization experiences and frequencies of cyber bullying measure with response option from 1-2 times, once a week 2.few times a month3.almost every day4 and daily. In third category for respondent, how the behavior in question is bothersome, having response options none, some 1,very much 2. The second questionnaire of Psychological well-Being (The Warwick Edinburg Mental Well- Being Scale) There were 14 statements in the Questionnaire.

Procedure

The first Questionnaire Cyber bullying victimization Questionnaire (Gul&Hanif). (2013).And second questionnaire of Psychological well-Being mental Scale(The Warwick Edinburg Mental Well- Being Scale) was applied among university students with a sample of 178 males and females. The demographic information in questionnaire was received from participants. The researcher informed and explained the participants about the aim of this study. The data was collected from university students. SPSS was used to analyze the data and results were shown in the form of table.

Results

In the study, the total number of sample is 178.From overall sample 37.1 respondents are male and 62.9 respondents are female. According to their education the frequency distribution of overall sampling is graduation education respondents, 68.0 are and master level education respondents are 32.0. According to their socioeconomic status the frequency distribution of overall sampling is 1.1 belong to low class, 73.7 are middle class and 25.3 belong to high class. The overall results show that cyber bullying and psychological well-being were higher in female as compare to male, cyber bullying was higher in BS education level as compared to Master education level respondents and psychological well-being was higher in Master education level as compared to BS education level respondents. Additionally, cyber bullying was higher in high socioeconomic status respondents as compared to low and middle socioeconomic status respondents and psychological well-being was higher in low socioeconomic status respondents as compared to middle and high socioeconomic status.

Table 1

Frequency Distribution of Overall Sample (N=178)

Respondent's Characteristics		*f(%)*
Gender	Male	66(37.1)
	Female	112(62.9)
Education	BS	121(68.0)
	Master	57(32.0)
Socioeconomic Status	Low	2(1.1)
	Middle	131(73.6)
	High	45(25.3)

Table 2

Cronbach's Alpha and Descriptive Statistics of Age, Cyber Bullying and Psychological Well-Being(N=178)

Variables		*Range*		
	M(SD)	*Minimum*	*Maximum*	*Alpha*
Age	21.39 (2.07)	17	30	-
Cyber Bullying	151.39 (29.83)	113	232	.87
Psychological Well-Being	50.70 (9.82)	21	66	.77

The results revealed that the scales Cyber Bullying and Psychological Well-Being were showed good range of Cronbach's alpha for reliability and scale can be used in this research.

Table 3

Independent Sample t-test Used for Differences of Male and Female Population Sample for Cyber Bullying and Psychological Well-Being(N=178)

Variable	Male (*n* = 66)		Female (*n*= 112)			*95%CI*	
	M	*SD*	*M*	*SD*	t	*LL*	*UL*
Cyber Bullying	151.30	28.16	151.45	30.89	-.31	-9.30	9.02
Psychological Well-Being	48.53	10.65	51.97	9.11	-2.29[*]	-6.42	-.47

Note. CI = Confidence Interval, *LL*= Lower Limit, *UL* = Upper Limit, [*]p < .05

The results revealed that gender played a significant role of difference in psychological well-being. While, cyber bullying and psychological well-being were higher in female as compared to male respondents.

Table 4*Independent Sample t-test Used for Differences of BS and Master Education Level Population Sample for Cyber Bullying and Psychological Well-Being (N=178)*

Variable	BS ($n = 121$)		Master ($n= 57$)			95%CI	
	M	SD	M	SD	t	LL	UL
Cyber Bullying	154.24	31.57	145.35	24.93	1.87	-.50	18.28
Psychological Well-Being	50.21	10.54	51.74	8.08	-.97	-4.65	1.58

Note. CI = Confidence Interval, *LL*= Lower Limit, *UL* = Upper Limit

The results revealed that education played a non-significant role of difference in cyber bullying and psychological well-being. While, cyber bullying was higher in BS education level as compared to Master education level respondents. Further, While, psychological well-being was higher in Master education level as compared to BS education level respondents.

Table 5 *One way ANOVA Used for Differences for Socioeconomic Status in Cyber Bullying and Psychological Well-Being (N=178)*

Variable	Low (n=2)		Middle (n=131)		High (n=45)		
	M	SD	M	SD	M	SD	F
Cyber Bullying	122.50	.71	149.05	29.21	159.51	30.59	3.08*
Psychological Well-Being	51.50	6.36	50.89	9.59	50.09	10.72	.12

*p < .05

The results revealed that socioeconomic status played a significant role of difference in cyber bullying. While, cyber bullying was higher in high socioeconomic status respondents as compared to low and middle socioeconomic status respondents. Additionally, psychological well-being was higher in low socioeconomic status respondents as compared to middle and high socioeconomic status respondents.

Discussion

Internet has turned into the most prevalent correspondence channels among university. Youthful grown-up and understudies of universities has turned out to be most clients of the innovation and adjusting new advances each day. Web has many positive and negative use yet it depends on a person that how they use them. The purpose of the present study was to identify the youth (male, female) who are involved in cyber bullying and to view the cyber bullying prevalence, consequences and its impact on psychological well-being among university students. The study also explores the difference of the male and female respondent according to age, gender, education and socioeconomic status.

Today's youngsters have developed in a world that is altogether different from that of generally grown-ups. Numerous youngsters encounter the web and cell phones as a positive, profitable and imaginative piece of their exercises and improvement of their personalities; dependably on and dependably there. Most

importantly, data correspondence innovations bolster social movement that permits youngsters to feel associated with their companions. Shockingly, advancements are likewise utilized adversely. Cyber bullying is any harassing done using through innovative ways. This type of tormenting can without much of a stretch goes undetected due to absence of parental guidance. It is the most anonymous type of tormenting, because spooks can act like another person, Cyber bullying incorporates, however is not constrained to, manhandle utilizing texting, email content informing, sites, person to person communication locales, and so forth. With the making of interpersonal organizations such as Twitter, Facebook and MySpace, cyber bullying has expanded the digital harassing keeps depressive impact on understudies from exceeding expectations in their academic performance (Lauren, 2011).

Conclusion

All in all, cyber bullying includes harming another person utilizing data and correspondence advancements. Cyber bullying includes posting basic remarks on a long range informal communication website, posting humiliating pictures, or debilitating/alarming somebody electronically. Shockingly, cyber bullying conduct has come to be acknowledged and expected among teenagers. Notwithstanding the physical and verbal tormenting that may occur at universities, digital harassing through bugging instant messages and deprecatory posts on adults' Face book or Twitter records is presently typical. Despite the fact that it may not occur face to face, the passionate and mental impacts of digital tormenting are similarly as damaging. The result of the study shows that there were significant difference in education and socioeconomic status in the prevalence of cyber bullying and psychological well being. The study also reported gender differences that girls are more revealed to cyber bullying than boys. The study obtained the better understanding of cyber bullying and suggestions for further research are made.

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