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Cyberbullying: A threat to childhood by technological misuse

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Abstract

The chance to connect and assist others has increased as the globe gets more linked thanks to social media and other types of technological communication. But there's more to this link than meets the eye. Over 40% of adults and over 36.5% of teenagers say they have experienced cyber bullying at least once in their lives. Searching for solutions to this issue are parents, educators, and youth workers. Learning more about cyber bullying statistics might have a good effect on communities, both online and off. The paper in its length discusses about the negative impacts of cyber bullying on young minds. It also focuses on the dark side of technological advancements.

Keywords: Cyber bullying, mental health, child protection, human rights

Introduction

Cyber bullying is aggressive or nasty behaviour that occurs online, comparable to real-life bullying. It may occur anyplace that people interact, including in emails, on social networking websites, in messaging applications, and through text messages. Direct communication with the victim of cyber bullying is one way for it to occur, as is indirect content that ridicules or disseminates false information about the victim.

Although there are numerous incidents of adults participating in cyber bullying behaviour, it is more widespread among teens and young adults. Anyone of any age, colour, or gender is included in the definition of cyber bullying. Cyber bullying comprises purposeful and ongoing acts of damage, just like traditional bullying does. The intention is to have an impact on the victim and cause stress or a major disruption in their normal lives. In contrast to other types of bullying, cyber bullying frequently takes place in secret, as part of private communications or online communities and groups, which parents and other carers may not have access to or be able to monitor. Cyber bullying is frequently extremely evident to the victim, but it might not be obvious to anyone outside of their digital group. Cyber bullying frequently takes the following forms:

- Lying online about the individual.
- Making works of art or other creative creations that portray the victim adversely.
- Using memes or allusions from popular culture to degrade the victim.
- Sharing a person's sensitive information without consent, including images or videos.
- Sending nasty, obscene, or offensive messages via social media, text messaging, or email.
- Creating fictitious accounts in order to mislead the person online by impersonating them.

The impact of bullying on child mind

Children who are bullied feel unsafe and fearful. Victims of bullying are likely to have higher rates of absenteeism and resulting academic underperformance, anxiety, and eating disorders ^[1]. Bullying also increases children's risk for negative psychological and social outcomes ^[2]. Children who experience bullying are more likely to exhibit self-destructive behaviors, have suicidal thoughts, and develop mental health problems, such as anxiety disorders, panic disorders, and agoraphobia ^[3]. In addition to the negative effects experienced by victims of bullying, there are also negative outcomes for children who bully. Children who bully are more likely to underachieve in school and the workplace, experience substance abuse later in life, and become parents of children who bully ^[3].

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They're more likely to be convicted of a criminal offense and have psychiatric problems as adults ^[4]. Cyberbullying most commonly occurs on social media platforms such as Facebook, Instagram, Snapchat, and Tik Tok, as well as text messaging and messaging applications on mobile or tablet devices. Internet instant messaging, direct messaging, and online chatting Reddit, Email, and online gaming groups all have online rooms, chat rooms, and message boards.

Because of the ubiquity of social media and digital forums, people's comments, images, postings, and material are frequently viewed by strangers as well as acquaintances. Individuals' internet output, including both personal and nasty, rude, or harmful stuff, establishes a type of permanent public record of their opinions, actions, and conduct.

Factors responsible

Cyber bullying can occur for a variety of reasons, including hatred, envy, insecurity, and others. It occurs on online platforms in many formats, such as text or email, in various manners, such as commenting on someone's social media post or video in a negative, threatening manner, which damages the sensibilities of the person about whom they are written. It may also happen when someone demeans, publishes, or posts something derogatory, which can be audio/video/posting. Such issues that are put online are classified as cyber bullying. It is at this point that the youngster fails to grasp what should be stated and how it should be said. The driving force of the bully is what leads to cyberbullying. What gives them such confidence and why do they choose to bully? Everything begins when one person decides to go over the pale in order to degrade the other. What then are the driving forces behind online bullying?

A Deficit in Empathy

Technology has created more space, but it has also given people the power to criticise anybody from the comfort of their own homes. By just turning off your computer, you may quickly detach yourself from the emotionally charged online circumstances. Because of this, bullies tend to be those who are unaware of the extent of suffering they may be causing the victim. They feel strong because of this.

The victim is deserving

One of the key motivations for cyberbullying is the idea of power to decide who gets what. The students frequently believe that they should do something to elevate themselves when it comes to the school. For this reason, they frequently denigrate or harass others in an effort to make them feel inadequate. They somehow believe that it is OK to intimidate people due to their standing.

Self-loathing

According to studies, there is a direct correlation between those who bully now and those who bullied in the past. Those who were formerly bullied could reappear as bullies to express their wrath. However, the cycle persists, and they eventually cause harm to innocent people.

It turns into an addiction

If you use social networking sites like Facebook or Instagram, you may be familiar with how hard it is to block out the messages and notifications. As a result, when a bully

begins anything on these platforms, continued participation leads to addiction.

Cyberbullying's consequences

Cyberbullying may have serious effects. Among other victims, namely all users on social media of all ages, children are the ultimate victims of this crime since they are the ones who use the internet to its full potential. As a result, such youngsters should be protected from the harmful consequences of the situation. These insulting, humiliating, and frightening words/audio/video uploaded on such internet platforms have an impact on the mental stability, mental tranquilly, and mental health of youngsters. When such youngsters, or victims of cyberbullying, experience this crime, they respond in a variety of ways. Some of them commit themselves because they are afraid of face the world, while others move schools.

Conclusion

As we observed in the paper, cyberbullying is a crime that occurs when a person writes, speaks, or makes gestures containing hatred, jealousy, foul language, or demeaning words or gestures through audio or video, which has an impact on the person's reputation and causes him stress and anxiety, as well as affecting the mental peace and stability of the person against whom such words or gestures are directed. There was a discussion on the many sorts of cyberbullying. Cyberbullying affects every sector of society. When attempting to address this issue, campaigns, regulations, administrative actions in schools, and other activities to detect and prevent cyberbullying are a good place to start. Promoting the proper use of technology will provide beneficial results. If the bullying is taking place on social media, we should consider banning the bully and formally reporting their actions. It is the obligation of social media companies to protect their users. Documentation, such as screenshots of social media postings and text conversations, might be valuable in demonstrating what has occurred.

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