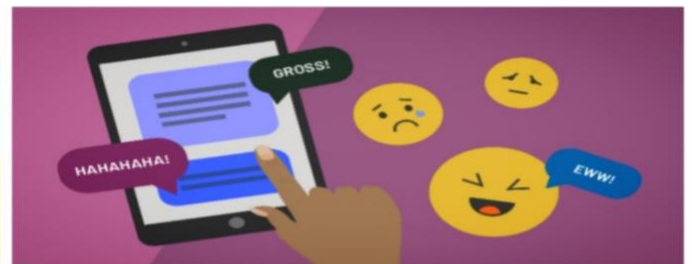# University of Calcutta

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SUBJECT- SOCIOLOGY HONS

CU ROLL NO – 182115-11-0240

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PAPER- DSE-B (DISSERTATION AND FIELD WORK)

TOPIC- *Cyberbullying and its influence on academic, social, and emotional development of undergraduate students*

Contents-

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I also wish to express my gratitude to the officials and other staff members of My college , who rendered their help during the period of my project work.

I also thank principal sir for providing me the opportunity to embark on this project.

I thank my family , friends and everybody who helped me in this project.

Abstract-

Cyberbullying is a significant public health concern that can lead to increased risk of mental health issues, including psychological and developmental problems or suicide. However, because cyberbullying is a relatively recent phenomenon, there is a lack of agreement among researchers about the definition and prevalence of cyberbullying as well as methods for measuring its prevalence. With the increased utilization of the internet and social media platforms, it is not surprising that youth are using these tools to inflict harm upon each other. the negative impacts of cyberbullying, yet few research studies have been conducted in India examining its different forms and characteristics. Reporting incidents of cyberbullying is also a big problem, considering the social and cultural constraints of these societies. The purpose of this paper is to explore the pervasiveness of cyberbullying among university students in India , its nature and venues, and their attitudes towards reporting cyberbullying in contrast to remaining silent. Data were collected from 40 students . 90% of the study sample confirmed the existence of acts of cyberbullying on social media with Instagram (55.5%) and Facebook (38%) in the lead. Calls for smartphone applications, stricter legal actions and proactive measures are discussed.

Introduction-

Modern communication now almost exclusively relies on online technology, which can foster destructive or harmful behaviours. A significant example of such destructive or harmful behaviours is cyberbullying .Cyberbullying is considered one of the potential risks of relying on online technologies.Recent research studies have revealed that cyberbullying and online harassment are considerable problems for users of social media platforms, especially young people.For both individuals and organizations, the experience of cyberbullying has also been linked with significant negative outcomes such as anxiety, depression, substance abuse, sleeping and eating disorders, and decreased academic performance.

- *Definition of cyberbullying*

Cyberbullying shares three primary features with traditional bullying: It is an act of aggression; it occurs among individuals between whom a power imbalance exists; the behaviour is often repeated . The aggressive nature of cyberbullying has been questioned by many, as the act itself takes place on virtual platforms. As with traditional bullying, the power imbalance with cyberbullying can take place in several forms: physical, social, relational, or psychological.

- *Protective Factors of Cyberbullying Actions –*

The Role of the college Environment - Cyber-bullying must receive serious attention from college stakeholders. Teachers, parents, and peers mustplay a role in reducing cyber-bullying. Educators need to develop creative strategies to engage young

people about the use of accessible technology in a meaningful way. Inthis context, educators can create lessons that teach students to post their opinions appropriately on internet media. Aconducive school environment has a vital role in reducing the occurrence of cyber-bullying.

<u>The Role of the Family -</u> Cyberbully victims have often had the lowest level of family support . Various preventive actions and interventions that can be done by the family. Parents can help interventions to avoid cyber-bullying by providing (a) emotional and practical support to students, (b) knowledge of safety, (c) a structuredenvironment characterized by warm involvement and control of behavior combined with discussion and participationin children's online lives that promote critical thinking, respect, and finally autonomy. Specifically,perceived social support from the family and the teacher reduces the likelihood of symptoms of depression and anxiety.

<u>The Role of Peers-</u> Cyber-bullying often occurs with victims who have social skills and peer relations problems. Information andcommunication technology as a medium of communication between users, but students who have offline relationsproblems will tend to become victims of cyber-bullying . Therefore, the role of positive interactionand peer support is vital to reduce the case of cyber-bullying .

<u>Individual role -</u> Cyber-bullying protective measures not only rely on situational factors but also on personal factors. Studentsare considered to have a vital role in protecting themselves from engaging in cyber-bullying. Among individualfactors, prosociality is thought to reduce cyber-victimization and cyber-bullying actions, such as reducing thefrequency of technology use .

According to Willard (2004), cyberbullying can take different forms, ranging from flaming to harassment to cyberstalking. The following list defines different forms of cyberbullying:

Flaming *– sending angry, rude, vulgar messages directed at a person or persons privately or to an online group*

Trolling- *Trolls try to provoke victims through the use of insults, controversial topics or off-topic posts into acting out in a similarly angry way. The provocation includes personal attacks on the victim.*

Harassment *– repeatedly sending a person offensive messages*

Cyberstalking *– harassment that includes threats of harm or is highly intimidating*

Masquerade *– pretending to be someone else and sending or posting material that makes a person look bad or places the person in potential danger*

Outing and trickery *– sending or posting material about a person that contains sensitive, private, or embarrassing information, including forwarding private messages or images, engaging in tricks to solicit embarrassing information to be made public*

Exclusion *– actions that specifically and intentionally exclude a person from an online group*

Impersonation – posing as the victim and electronically communicating negative or inappropriate information with others as if it were coming from the victim

Sexting – distributing nude pictures of another individual without the person's consent

Another common method of cyberbullying is the online posting or electronic distribution of embarrassing pictures or videos. It may also involve the creation of websites that mock, torment and harass the intended victim or victims. Some websites can even be used by cyberbullies to create online polling or voting booths, allowing users of the website to vote on things such as the "ugliest" or "fattest" classmate.

Cyberbullying can occur at different age levels, with any gender, and can relate to physical, cultural, racial, and even religious biases. The psychological harm inflicted by cyberbullying is considered more damaging than traditional bullying, as harmful material can be preserved and quickly circulated.

Bullying is not a new phenomenon, but the widespread adoption of new communications technologies has enabled the migration of bullying behaviour to cyberspace, a phenomenon widely characterized as "cyberbullying." Cyberbullying is of growing concern to parents, police, educators and the public in general because of its increased prevalence and the fact that it has been implicated as a factor in a number of teen suicides.

At present, there is no universally accepted definition of what constitutes cyberbullying, although common elements can be found in many of the definitions examined. The Senate Standing Committee on Human Rights Report entitled, *Cyberbullying Hurts: Respect for Rights in the Digital Age*

Footnote6 (Senate Report) acknowledges the difficulty in achieving consensus upon a single definition of cyberbullying, primarily because there is no common understanding of what comprises this activity.

Research has demonstrated that cyberbullying has adverse physical and mental health consequences for youths. Unfortunately, most studies have focused on heterosexual and cisgender individuals. The scant available research on sexual minority and gender expansive youth (i.e., LGBTQ) shows that this group is at a higher risk for cyberbullying when compared to their heterosexual counterparts. However, to date no literature review has comprehensively explored the effects of cyberbullying on LGBTQ youth.

Therefore, the current study aims to examine the pervasiveness of cyberbullying among university students in India.There is no specific legislation that provides for the specific cyberbullying laws in India however provisions such as Section 67 of the Information Technology Act deals with cyberbullying in a way. … Section 66 E of IT Act – The section prescribes punishment for violation of privacy.

Some Helpline Numbers of cyberbullying preventing cells are- with STD code: 011- 26944880, 011- 26940148 also

Https://www.cyberhelpline.com can guide people for cyberbullying.

The spiral of silence theory (1974) **helps to explain why individuals sometimes feel unable to speak up when bullied. The theory indicates that bullying victims tend to become further isolated, as they have nowhere to escape.**

Wonder, **Unlike most movies about bullying, Wonder takes an inspirational tone to the phenomenon. This insanely uplifting film features the true story of a boy who was born with a very rare facial deformity, how he overcame the cruelty of bullies at school, and how he helped the world be a better place.**

Cyberbullying by Caesar Lincoln **helps to explain that Millions of people suffer from cyber bullying and cyber stalking and throw away their personal and professional success because of these issues.**

2011's Bully **is a must-watch for students, teachers, and parents that want to understand the dynamics of modern-day bullying. It explains, bullies are no longer heavy kids demanding lunch money. Bully is a documentary that really brings things to a head with its amazing cinematography, insightful writing, and exceptionally true-to-life story. This cutting documentary follows the lives of five bullied teenagers, two of which committed suicide. You will cry, and you will question humanity after seeing this.**

Cyber Bullying by Robin M. Kowalski; Susan P. Limber; Patricia W. Agatston **explains that Cyber bullying has become more prevalent through the use of e-mail, instant messages, chat rooms, and other digital messaging systems. It brings with it unique challenges.**

Masculinity, Bullying, and Aggression: a Guy's Guide, by Sam Navarre (2012) – **Explores the best and worst ways to handle aggression, the facts on bullying and cyberbullying, and how best to handle anger in everyday situations.**

The book is a significant contribution to socio-legal research on online crimes targeting teenage girls and women. It shows how they become soft targets of trolling, online grooming, privacy infringement, bullying, pornography, sexual defamation, morphing and so on.

Cyber Bullying: A Crime Against Humanity – **the book explains that,The world has currently gone a notch higher with regards to technology and its use and it has become the driving factor of almost every other activity. However, there are a number of people who abuse the communication technology through cyber stalking. In today's world, cyber stalking is becoming common.**

As the literature has shown, there have already been some huge advances as far as how to combat cyberbullying within the college and outside of the college. Also, it is Important to note that even though there is a lot of information out there about Cyberbullying, there does not seem to be a whole lot of information out there as to how to Stop cyberbullying. If college/school and parents are going to be successful at this, there is going to be a lot of educating going on to stay on track with the fast growing field of technology.

❖ Objectives of the study-

In this review, we focus on papers that explore the relationship between cyberbullying and social media, with an emphasis on articles that discuss how cyberbullying affects the well-being of young people.

The specific aims of the study are –

(I) To explore the characteristics of people involved in cyberbullying.

(II) To clarify what measurement instruments will lead to consistent, evidence-based evaluations of cyberbullying on social media. In particular, we attempt to understand the factors underlying abuser behavior, the mental health characteristics of victims, and how bystanders mitigate or contribute to the act of cyberbullying. How abusive behavior affects the well-being of victims, and how bystanders mitigate or contribute to the act of cyberbullying.

(III) To determine the prevalence of adolescents and adults engaged in cyberbullying.

(IV) To describe how these undergraduates had overcome victimization and strategies they can use to deal with bullying.

(V) To identify the warning signs that someone is being bullied.

(VI) To understand what steps adults can take to address bullying.

Chapterization-

The study has been organised in six chapters. Chapter One is divided into 4 sections. Like introduction(basic concepts) of the Topic, literature review of Cyberbullying , objectives and chapterization of the study.

Chapter two describes history and background of the study. the past and the present condition of cyber bullying. Chapter three will discuss methodology, sampling, sampling frame ,and the profile of the study area. Chapter four will present the socio economic status of the samples and it will analyse the data. Chapter five Will analysis the casees of Cyberbullying and chapter six will present the summary of findings , conclusion and offers the suggestions based on the findings of the study.

❖ **History of Cyberbullying-**

Unfortunately, bullying, the deliberate effort to cause physical, emotional, or psychological harm to a peer, has been a part of school life for centuries. The first person to research bullying academically, Dan Olweus, created a prevention program in the 1980s, which proved effective in limiting the effects of bullying by improving the school environment.

Over the last 35 years, programs such as the Olweus Bullying Prevention Program have been pioneered throughout the world. Governments and school administrations have begun implementing programs to educate students and teachers.

Traditional bullying forced its way onto the web in the 1990s with the advent of affordable personal computers. Since then, classmates (and even strangers) have subjected children and teens to cyberbullying in public chatrooms or on private messaging platforms. The web's anonymity provided the perfect cover for a user to harass or intimidate others without many repercussions.

It's easy to assume that online teasing isn't as harmful as in-person bullying, but that certainly isn't the case. And although several US states have enacted laws in recent years to regulate teen cyberbullying, the wider-reaching effects can be harmful or even deadly.

Cyberbullying hit its stride in the mid-2000s when smartphones became the newest must-have piece of technology. Teens could now share text messages and photos with unprecedented ease. Some of the teams kill themselves for being bullied by their

friends . Today, we're past the history of cyberbullying, but cyberbullying occurs on countless social media platforms and apps. A 10-second Snapchat post can jump platforms and then go viral on Facebook, Instagram, and Twitter in a matter of hours.Anyone in the world can view and comment on public videos posted on YouTube. In 2010, a Rutgers University student named Tyler Clementi jumped off the George Washington Bridge after his roommate live-streamed a video of Clementi kissing another man on Twitter. A federal cyberbullying law passed in 2012 bears his name.

❖ <u>Background of Cyberbullying –</u>

Cyber bullying is a worldwide problem and happens around the world. **The advances of technology make our life easier. However, it also acts as coin which bring the opposite side other than good side such as contribute to cyber bullying. Before this, action of bullying can only take place in term of physical, orally or written (letter form). However, with the development of information system and technology, bullying can be done easily and widely through the system. These modern technologies speed up the spread of information so do the defamation or blackmails done by the bully.For example, Emails can be sent to everyone or through social webs such as Facebook, Instagram, Whatapps and others by just one click. Besides that, victims' photos or pictures can be edited by using photo editor applications which can be downloaded for free from Google Apps Store. The introduction of anonymity on-line leads individuals away from conventionally conscience, ethics, and moral values to behave in a normative way (Notar, Padgett & Roden 2013). In other word, identities of bullies are too difficult to be detecting as they can hide**

their real identities behind the technology devices.Report showed that 25% of children are the victims of cyber bullying while there are almost 80% of them perceived cyber bullying as the latest ways of bullies to bully their target .

Owing to the COVID-19 induced lockdown in India, most people's internet activity surged, leading to an expected increase in the rate of cybercrimes. During the pandemic, people have been isolated and thus, they are more vulnerable to the delinquencies of their bullies.An important aspect of the analysis revolves around the change in factors owing to the outbreak of the Coronavirus pandemic. A nation-wide lockdown was implemented in India on 24th March 2020 and in the major metropolitan areas, the lockdown continued for another few months. The lockdown changed the external environment in all major aspects including interactions among social circles, attending school and college lectures online, and working from home. Another aspect of cybercrimes that has not been covered in many analyses of the pandemic is cyberbullying.

Presently in India there is a huge increase in cyber bullying cases. But the no.of cases reported are not proportionate to actual no.of cases because 9.2% of the kids didn't tell their teachers and parents about getting bullied. According to Child Rights and You (CRY) 1 in 3 adults get bullied everyday and most of them are aged between 13-18 years. According to the National Crime Records Bureau there is a 36% increase in cyber stalking and cyber bullying cases in India.

Research Design

- ## *Methodology-*

Research design refers to the overall strategy utilized to carry out research that defines a succinct and logical plan to tackle established research question through the collection, interpretation, analysis, and discussion of data .Basically, there can be three types of research designs – exploratory research design, descriptive research design, and explanatory research design.

Exploratory research is usually conducted when a researcher has just begun an investigation and wishes to understand the topic generally. Descriptive research aims to describe or define the topic at hand. Explanatory research is aims to explain why particular phenomena work in the way that they do.

- ### *Descriptive research design:*

In a descriptive design, a researcher is solely interested in describing the situation or case under their research study. It is a theory-based design method which is created by gathering, analyzing, and presenting collected data. This allows a researcher to provide insights into the why and how of research.The reason of using this is, Descriptive design helps others better understand the need for the research. If the problem statement is not clear, you can conduct exploratory research. A descriptive survey attempts to establish the range and distri bution of some social characteristics, such as education or training, occupation, and location, and to discover how these characteristics may be related to certain behavior patterns or attitudes.

- *Types of methods used- Mixed method (qualitative and quantitative).Quantitative research deals with numbers and statistics, while qualitative research deals with words and meanings. Quantitative methods allow you to test a hypothesis by systematically collecting and analyzing data, while qualitative methods allow you to explore ideas and experiences in depth.*

- *Tools and techniques of Data collection – Mailed questionnaire , face to face interview , telephonic interview etc. Processes will be used.*

- *The study area- North Barrackpore, Dumdum , sodhpur, kachrapara , Belgharia, Symnagar.*
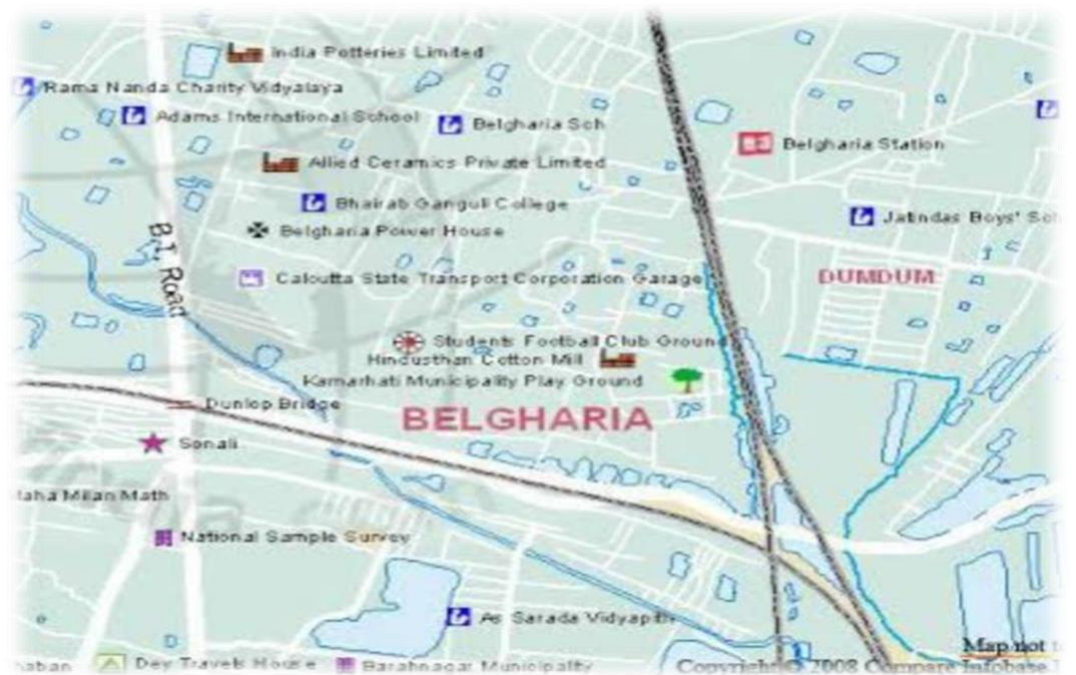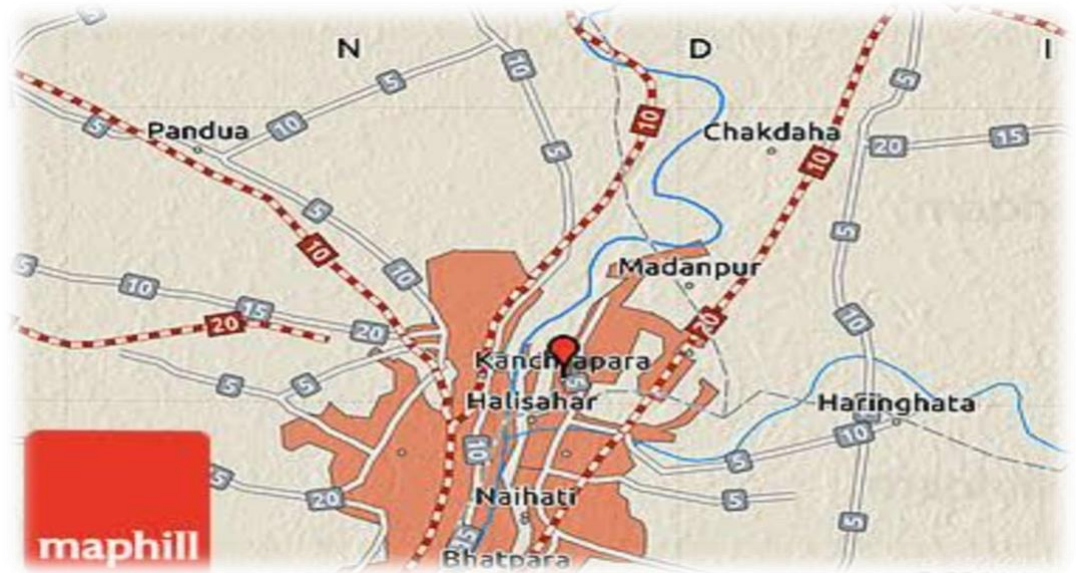
- **_Data sources_** - *primary and secondary Data*

  - **_Sampling-_**

Sample size- **The researcher selected 40 people for the work**

Sample feature-

- *Gender -* **There are both females and males in those 40 people.**

Sample size , %	Male , %	Female , %
40 100%	12 32.4%	28 67.6%

- *Age -The age group that the researcher has taken-*

  16-18 , 19-21 , 22-24..

Sampling method used- *Non probability sampling with purposive.*

Sampling is a process used in statistical analysis in which a predetermined number of observations are taken from a larger population. The methodology used to sample from a larger population depends on the type of analysis being performed.

There are two major types of sampling, Probability and Non-probability Sampling, which are further divided into sub-types as follows:

- *PROBABILITY SAMPLING*

- *NON-PROBABILITY SAMPLING.*

Probability sampling involves random selection, allowing you to make strong statistical inferences about the whole group.

1. Simple random sampling

2. Systematic sampling

3. Stratified sampling

4. Cluster sampling

Non-probability sampling involves non-random selection based on convenience or other criteria, allowing you to easily collect data..

1. Convenience sampling

2. Purposive sampling

3. Snowball sampling

4. Quota sampling

In this study, the researchers used the purposive sampling method.

Purposive sampling method- purposive sampling method also known as judgmental, selective, or subjective sampling, is a form of non-probability sampling in which researchers rely on their own judgment when choosing members of the population to participate in their surveys.

- ### *Statement of the problem -*

Cyber Bullying is one of the biggest issues not only in schools but in the colleges and workforce. There is no age where cyber bullying is accept, nor does it stop. Cyber bullying is now much harder to control as most of the time it it done out of school/college hours and through social networking sitesChildren and youth who are victimized by cyberbullying are at an increased risk of experiencing psychological harm, such as chronic stress, academic and acting out problems.

- ### *Limitations of the study*

Since the current situation is very dire, the outbreak of a catastrophic epidemic around the world has caused a lot of problems in collecting data in this situation. It was not possible to work too far. Attempts have been made as much as possible.

Many people are hesitant to share this informationSo researcher could not force them for which not enough information was available from many. Maybe they would have been more comfortable talking face to face, but it was not possible to reach many in the pandemic situation.

Data analysis –

1. Have you ever been cyberbullied ?

Survey result- out of 40 people the researcher interviewed, 25 of the respondents were involved in cyberbullying as victims and 10 of them were not involved and rest of them were not sure about it .
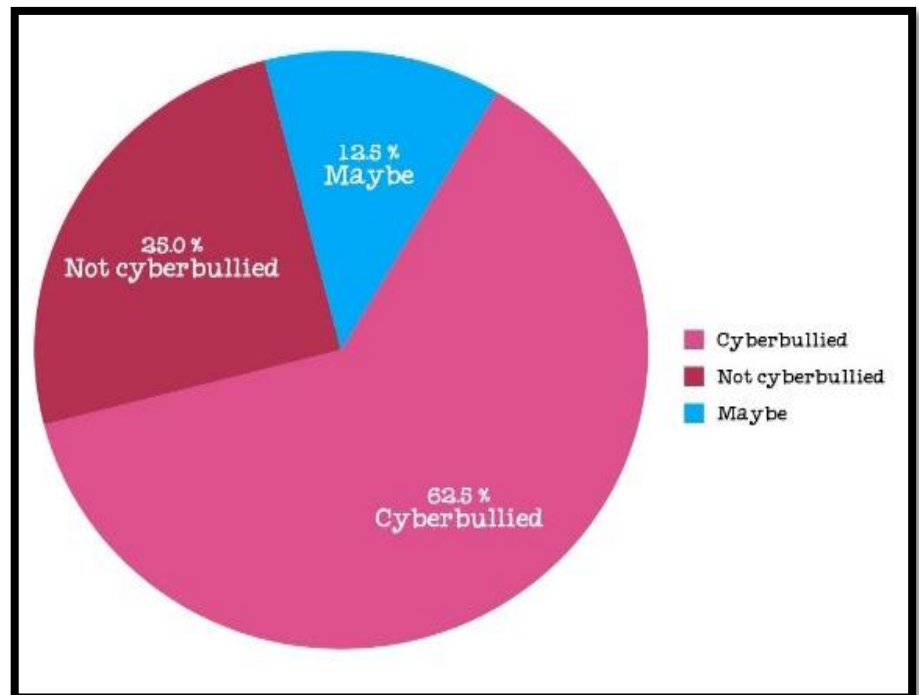
Chart :

Total no. of people, %	YES %	NO %	MAYBE %
40 100%	25 62.5%	10 25%	5 12.5%

2. If you ever been cyberbullied did you take any step against it?

45.0 %
Yes

55.0 %
No

Yes
No
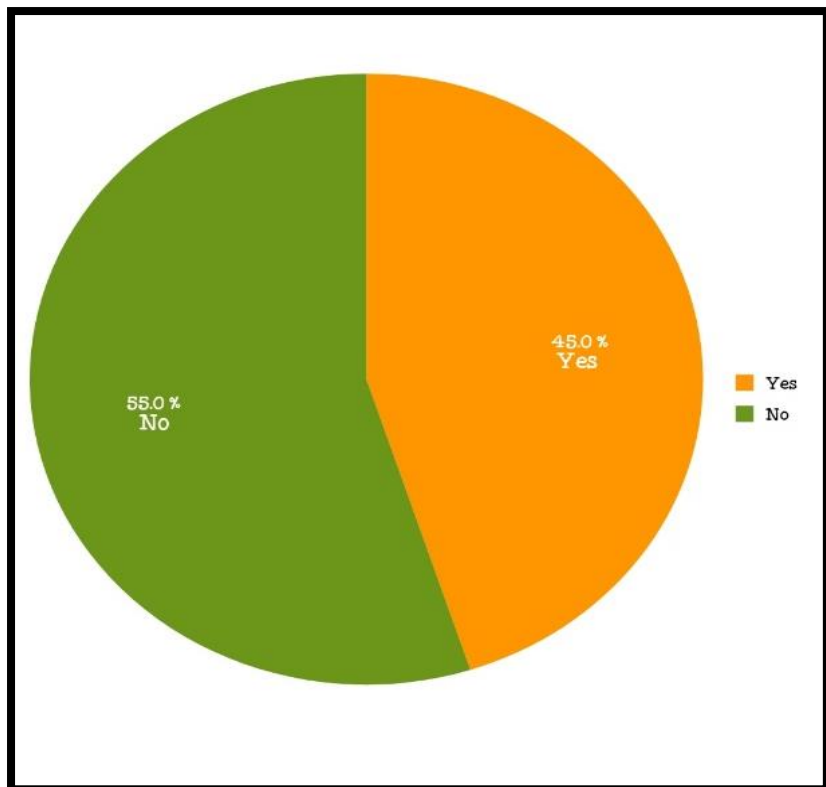
Survey result – out of 40 people , 18 of them took action   agaist it and rest of them took no action agaist it .

Chart :

Total no of people; %	Taking steps; %	Not taking steps; %
40 100%	18 45%	22 55%

3. How many times have you been bullied ?

Survey result : out of 40 people, 15 of them rarely suffered bullying,10 of them sometimes suffered it, and rest of them never suffered that.

Chart :
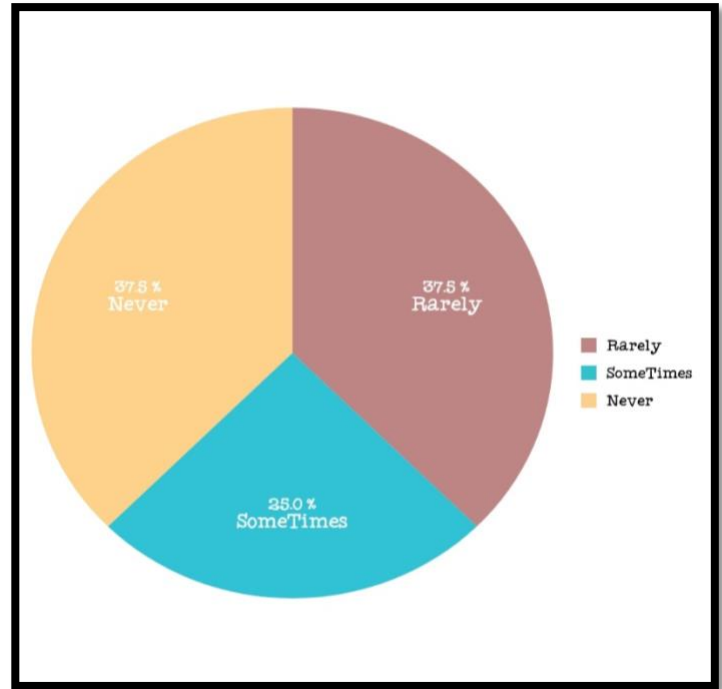
Total no of people , %	Rarely suffered , %	Sometimes suffered , %	Never suffered , %
40 100%	15 37.5 %	14 35%	11 27.5%

4. Who did you report it to ?
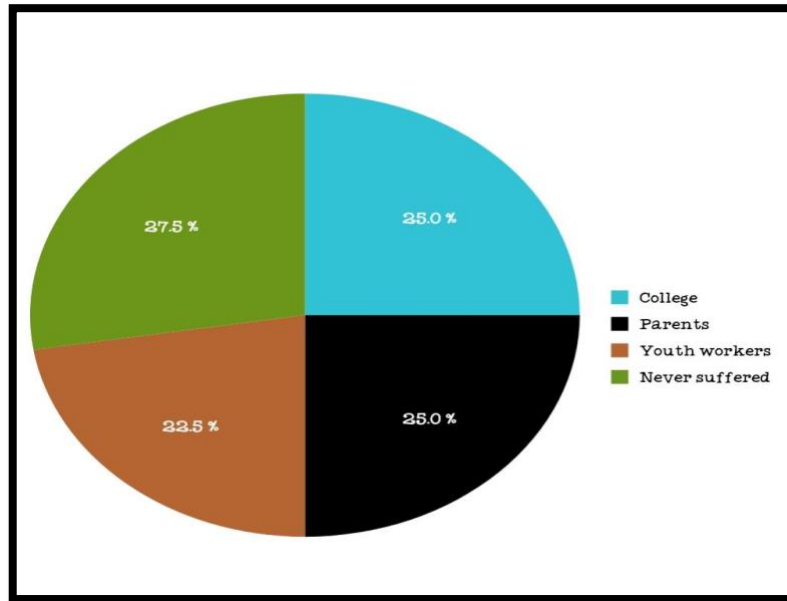
Survey result - out of 40 people ,, 10 of them reported to college authority , 10 of them reported to their parents and 9 of them reported to the youth workers. Rest of them never suffered bullying.

Chart :

Total no of people , %	Reported to college authority , %	Reported To their parents , %	Reported to the youth workers, %	Never suffered , %
40 100%	10 25%	10 25%	9 22.5%	11 27.5%

5. How did you feel when you were being cyberbullied ?

<u>Survey result</u> -out of 40 people , 6 of them feeling fearful,10 of them feeling ashamed, 4 of them feeling disrespected, 5 of them feeling stressed and 4 of them were angry.
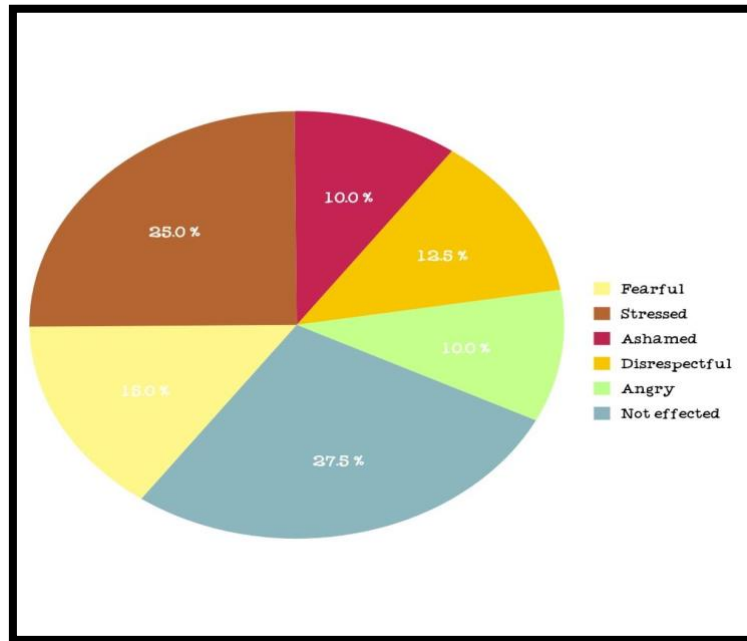
Chart :

Total no. of people %	Fearful %	Ashamed %	Disrespected %	Stressed %	Angry %	Not effected %
40 100%	6 15%	10 25%	4 10%	5 12.5%	4 10%	11 27.5%

6. Govt. launches helpline to tackle cyberbullying ,will it really help?

Survey result – out of 40 people , 28 of them thinks, it will help and 12 of them thinks it will not .
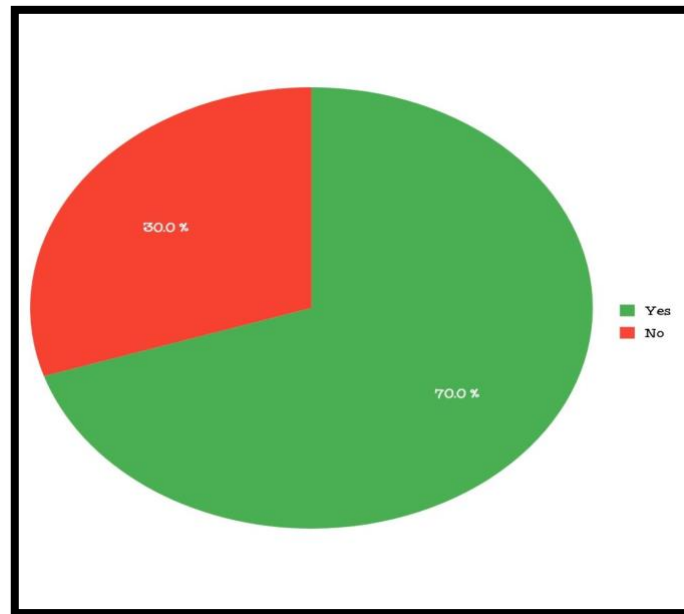
Chart:

Total no of people, %	Yes , %	No , %
40 100%	28 70%	12 30%

7. On which social media cyberbullying happen the most?

Survey result – out of 40 people , 19 people think on facebook cyberbullying happen the most ,11 of them think it happen the most on Instagram . 5 of them think it happen the most on twitter and rest of them think it happen the most on other social networking sites .
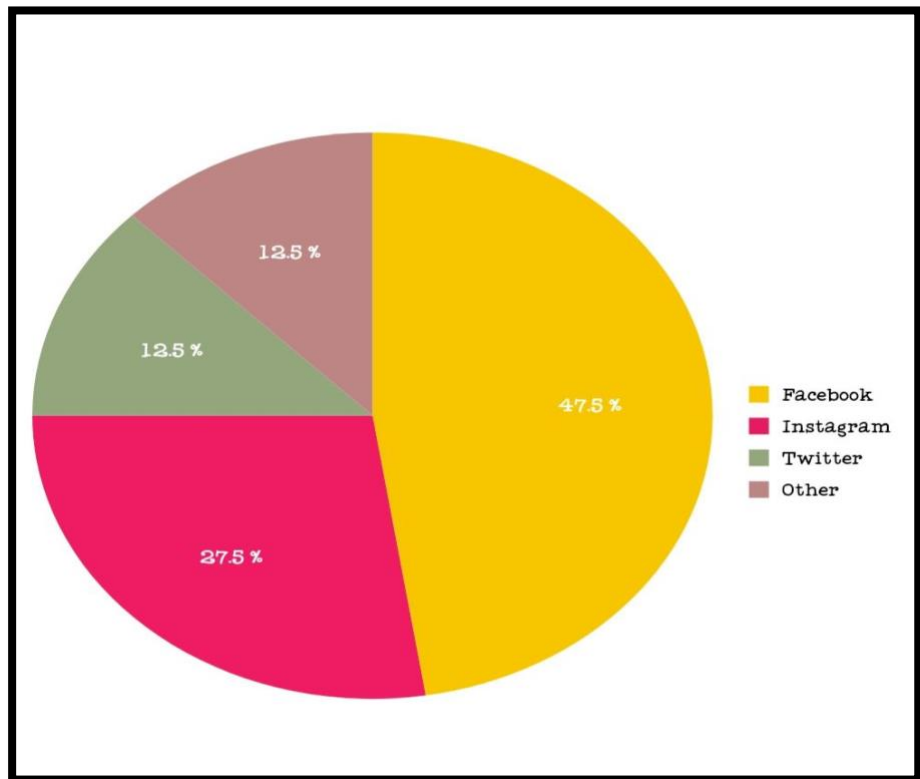
Chart :

Total no of people , %	Facebook , %	Instagram, %	Twitter , %	Other, %
40 100%	19 47.5%	11 27.5%	5 12.5%	5 12.5%

8. If you saw someone being bullied at social media would you do anything ?

Survey result – out of 40 people , 14 .of them said that they reported their profile as spam who bullied them , 10 of them reported it to their parents. 5 of them informed the police ,11 of them do nothing .
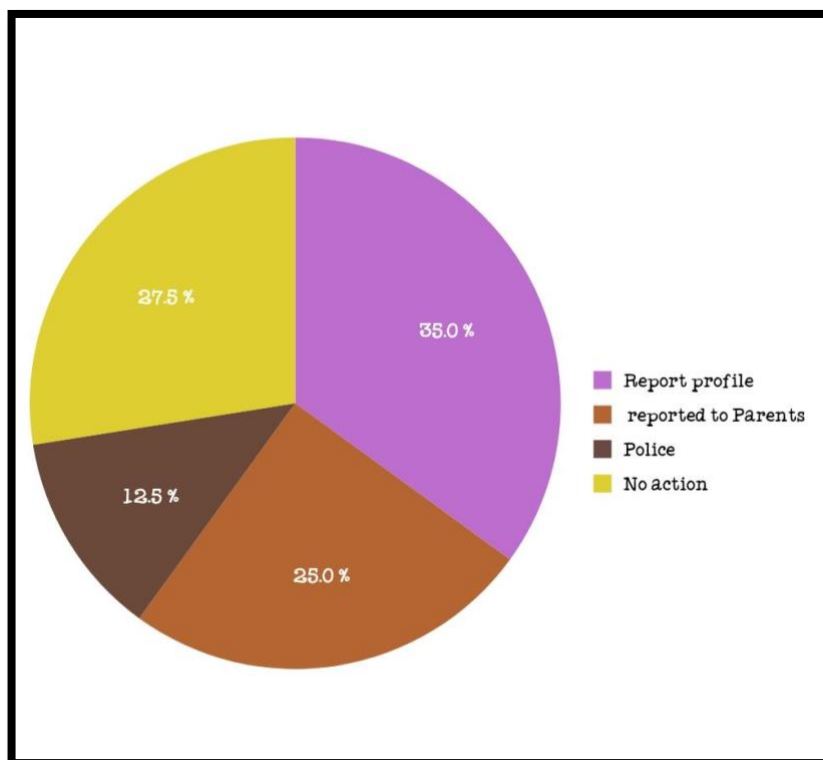
Chart :

Total no of people , %	Report profile , %	Report to parents, %	Informed the police, %	Do nothing, %
40 100%	14 35%	10 25%	5 12.5%	11 27.5%

9. How many times have you bullied others ?

**Survey result-** out of 40 people, 32 of them said that they never bullied anyone , and rest of them said that they sometimes bullied others.
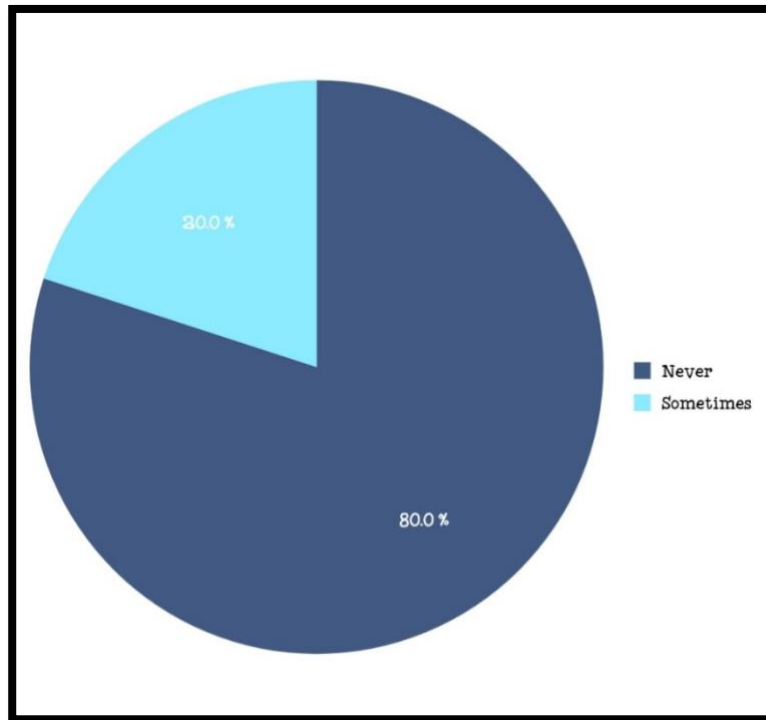
Chart :

Total no of people , %	Never %	Sometimes %
40 100%	32 80%	8 20%

10. Have you ever been bullied because of your appearance ?

Survey result – out of 40 people , 27 of them shared their experience of how people bullied them for their appearance . The rest do not have this experience.
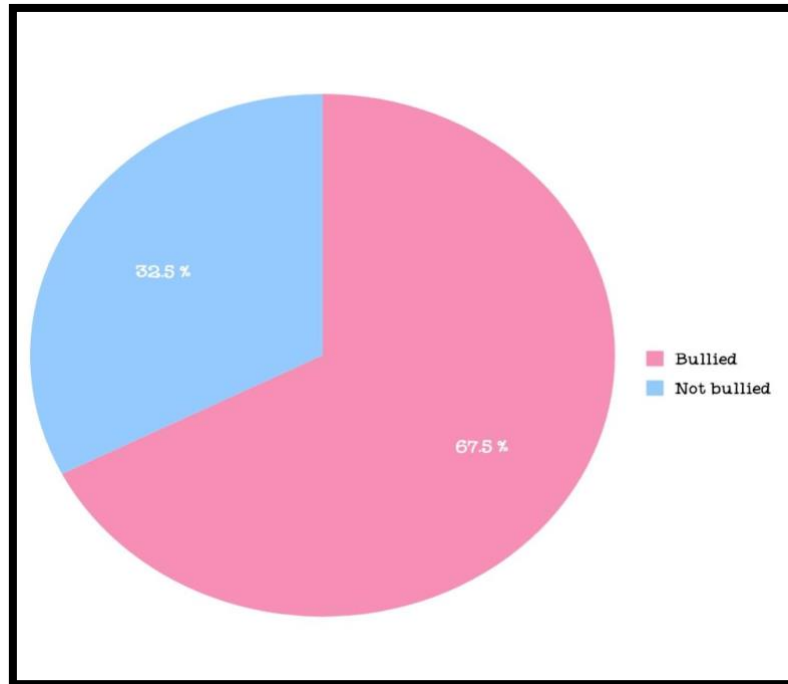
Chart :

Total no of people, %	Bullied for their appearance %	Not bullied for their appearance %
40 100%	27 67.5%	13 32.5%

11. Does cyberbullying cause mental stress / depression ?

Survey result – out of 40 people , 35 of them believed that cyberbullying cause mental stress and 5 of them don't think it's a big deal. They are not bothered .
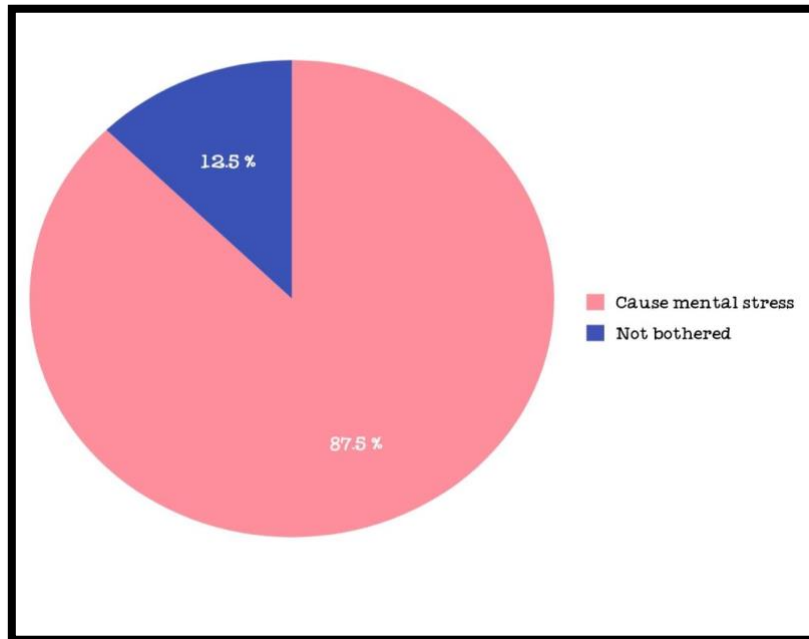

Chart :

Total no of people, %	Thinks that cyberbullying cause mental stress, %	Don't think it's a big deal , %
40 100%	35 87.5%	5 12.5%

12. Have you ever bullied because of your sexuality ?

Survey result - out of 40 people , 3 of them shared their experience of how people bullied them for their appearance .3 of them were not sure about it ,and The rest 34 do not have this experience.
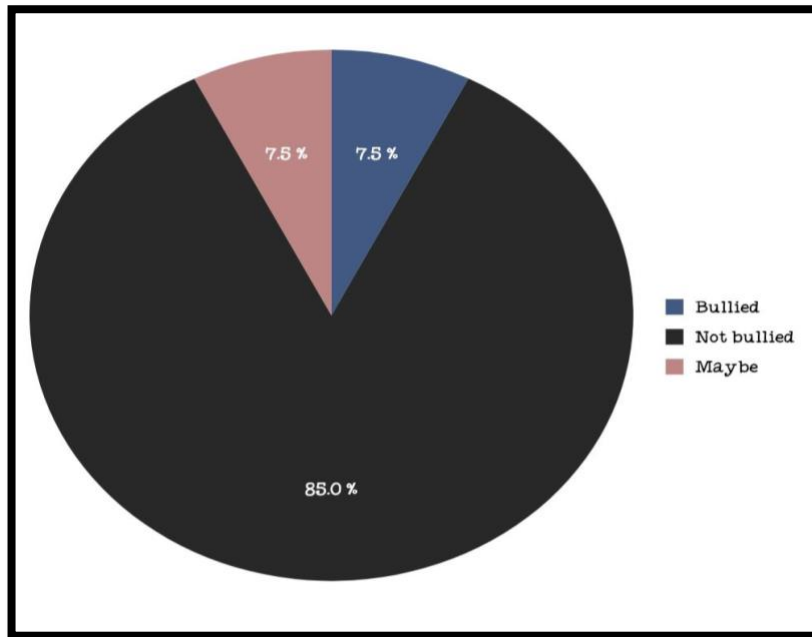

Chart :

Total no of people, %	Bullied , %	Not bullied , %	Maybe , %
40 100%	3 7.5%	34 85%	3 7.5%

13. Are you stop using social media after being bullied ?

Survey result- out of 40 people, 15 of them said that they stopped using social media , some of them stopped it for a long time and some of them stopped it for few days and ignored it, and the rest didn't stop.
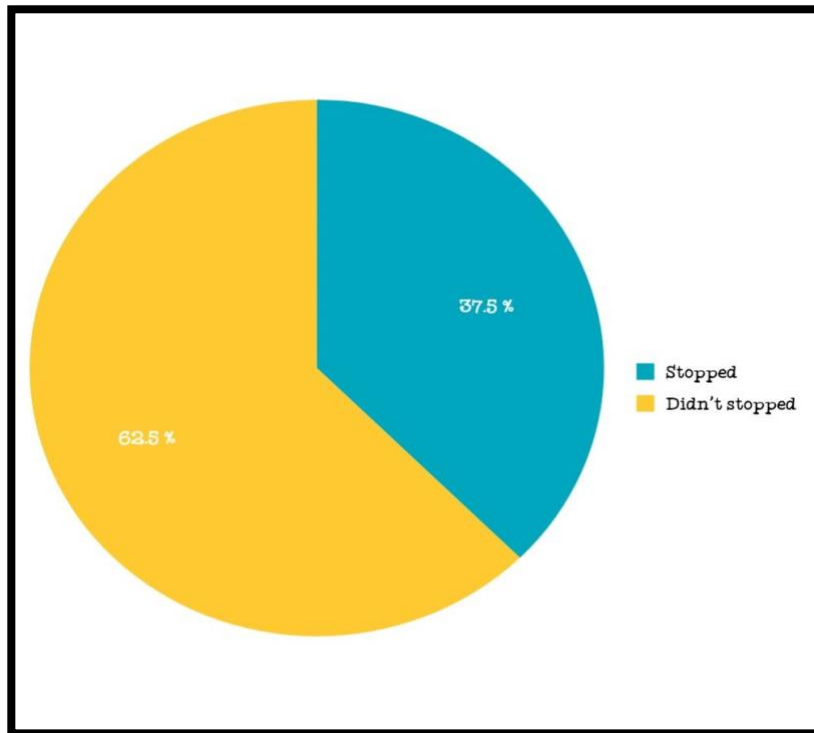

Chart :

Total no of people, %	Stopped using social media , %	Didn't stop, %
40 100%	15 37.5%	25 62.5%

14. Have you shared your experience with your family?

Survey result – out of 40 people 23 of them shared their experience with their family members and 17 of them never shared it with their family.
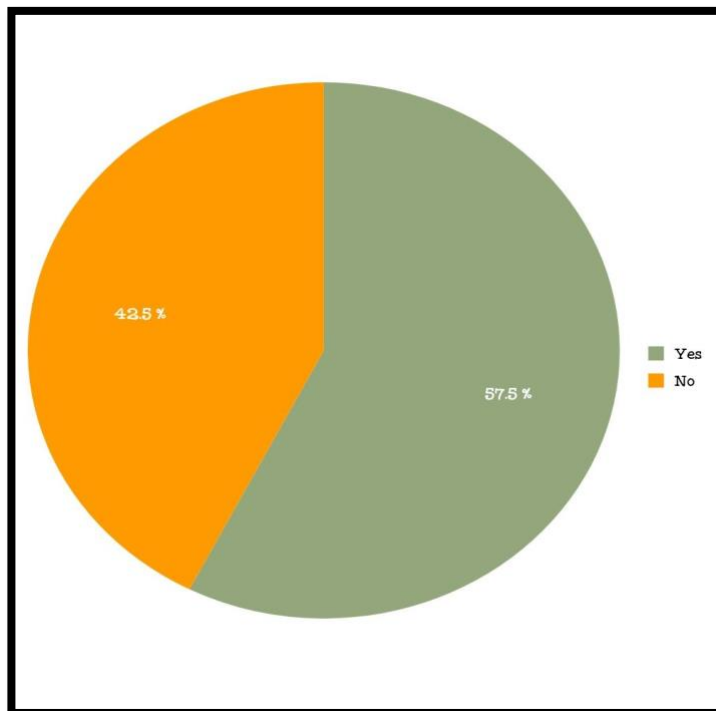

Chart :

Total no. of people, %	Shared their experience , %	Not shared, %
40 100%	23 57.5%	17 42.5%

15. Do you feel safe while using the social platforms ?

Survey result – Out of 40 people ,28 of them feel safe while using social media and 12 of them feel unsafe while using social media .
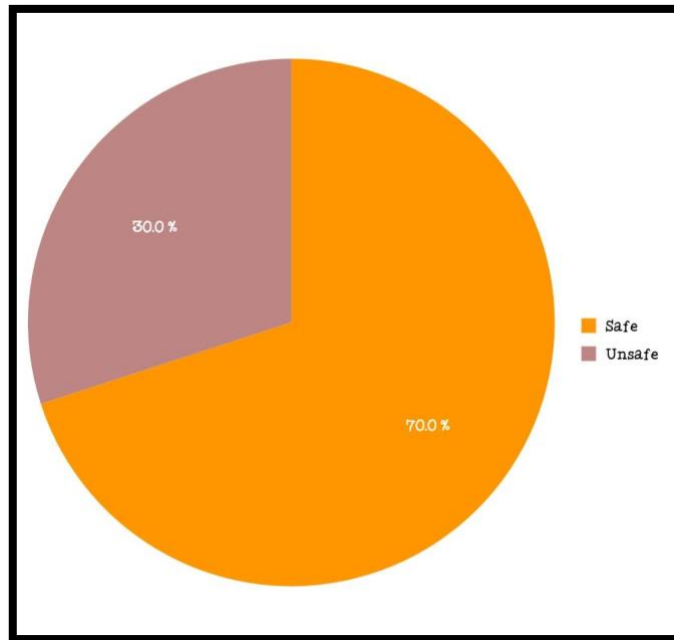

Chart :

Total no of people , %	Feeling safe, %	Feeling unsafe, %
40 100%	28 70%	12 30%

Case study-

Rittika Ghosh's case:

Rittika Ghosh, who was a student of st. Augustine school was stalked by a Facebook friend whom she unfriended months ago and whom she gave all her information including her address, school address and even cell phone nnumber. He also blackmailed her and harrasd her. She told her brother regarding this and her brother filed a complaint against this. After this incident police organised an awareness program where all the students were told not to send their personal details to any stranger.

Anshuman Das's Case:

While discussing cyber stalking and Cyber bullying, Anshuman Das's case is the case one should mention. A boy named Anshuman Das filed a complaint in 2017, that someone else is using his identity in social media who harrasd others by using his identity and He was deliberately getting calls from different numbers He was also getting calls from abroad. A case was also filed under Section 509 of Indian penal code.

Sovon Bose's Case :

Sovon bose was a student of P.N Das college was bullied by his friends for being gay . People just harrass him for his sexuality. Whenever he post any picture of him , with his friends from gay community, they commented bad things. As a result , he was depressed ,sad and frustrated and devastated for a long time.

Findings

Out of 40 people the researcher interviewed Almost 63% of children have been cyberbullied in real life and they have shared that experience with researchers.Researcher have noted that cyberbullying is clearly associated with traditional bullying much, but not all, of the time. It is also clear that cyberbullying impact targets in many ways and can be damaging, emotionally, socially, and academically.

Cyberbullying can have a significant emotional impact upon children and teens. Unlike traditional bullying, a target cannot escape cyberbullying at the end of the College day. The bullying can follow a target everywhere.

38% stopped using social media for this .Almost all of them are college students. In most cases, it has been observed that children of this period use social networking sites more. And they share many details of their personal lives on those social platforms.In this case, the way is wide for many people to comment on their personal issues.

It has been found that 35% of the children have reported their profiles who have cyberbullied them , many have ignored the matter and many have shared it with friends or family, but children have not been comfortable sharing this experience with their families, because In most cases, parents are not particularly aware of their children's social networking sites. It is not always possible for parents who use social networking sites to understand whether their children are being harassed in any way by anyone unless their children are comfortable sharing their problems with them.

Many of them have been bullied for their appearance and those who have shared their experience have been bullied for their sexuality too like being transgender , gay or lesbian.

Everywhere people in the society follow some of their own rules and if they see something outside that rule they judge it, now the case of cyberbullying in covid situation has increased a lot. Since nowadays people have become jobless .That is why people are more active on social media than before and are exposing their furstation on others.

Suggestions

- *People in society need to stop blaming those who are being cyberbullied.*

- *Family members should pay more attention to their children so that they do not hesitate to talk to them about any emotional problems.*

- *Everyone needs to be more careful when using any social networking site.*

- *Protect the password: Safeguard the password and all private information from inquisitive peers.*

- *Raise awareness: Bring awareness to cyberbullying whether it be through a movement, a club an event or campaign. Knowledge is power.*
- *Set up privacy controls: Restrict who can see online profiles to only trusted friends.*

- *Don't be a cyberbully: remember the phrase parents instilled as a kid "treat other as you want to be treated". If someone is mean to others online, it reinforces the idea that that kind of behavior is acceptable.*

- *Log out of personal accounts on public computers.*

- *Protesting should be done if you see others being cyberbullied or if you are harrased by someone.*

- *The government needs to focus a lot more on this issue, so that everyone thinks before cyberbullying anyone else.*

Opinion survey –

In this research "cyberbullying and its influence on academic ,social and emotional development of undergraduate students." the researcher studied and tried to attempt an opinion survey on those who are victims of Cyberbullying and who sufferd this and opinions have also been taken from their parents in this regard .

According to the survey most of the students are very outspoken about it . Most students are aware of this. According to them, cyberbullying is a big disadvantage in using social media. Many of them have experienced it. Where they have been bullied for no apparent reason. Especially in pandemic situations where the use of social networking sites has increased, the amount of bullying has also increased. However, according to them, there are ways to stop it, such as profile report , block, etc., through which it is possible to reduce it a bite.

In most cases, parents are unable to understand the depth of the issue. In many cases they blame their children for it. They do not realize that this can lead to mental breakdown in their children, since most parents are not very active on social media. In the opinion of some parents, they do not like when their children's share all the personal information on social media.However, there were some parents who spent some time on social media and supported their children by understanding the issues.

Conclusion

Cyberbullying can be best understood as a form of behavior along the spectrum of campus aggression and violence. Clinicians caring for college students who report episodes of cyberbullying should recognize the links between these experiences and other health concerns, such as depression and alcohol use. Future research should focus on a better understanding of the connection between cyberbullying and other types of campus aggression, as well as interventions for those who experience cyberbullying as a victim or perpetrator. Cyber bullying, if no steps are taken against this, can create a huge problem on the Internet. Lawmakers should discuss with the psychiatrists to make law against cyber bullying because bullying causes a huge mental pressures among children and mostly children are the victims.

Not only cyber bullying, there are many other cyber crimes happening all over the country which needs separate laws. If laws are not made soon the victims will have to suffer more. But as we all know   precautions are better than cure the students needs to be more aware and needs to use Internet positively, they need to take security measures on their social media profiles and they have to take actions whenever someone bullied them.

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- **Research Design: Qualitative, Quantitative, and Mixed Methods Approaches.**

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- **Don't Read the Comments-By Eric Smith**

- **Cyberbullying by Caesar Lincoln**

- **Bullying and Cyberbullying by Elizabeth Kandel Englander**

- **Impacts of Cyberbullying, Building Social and Emotional Resilience in Schools by Sharlene Chadwick.**

Links-

Https://www.tandfonline.com

Https://www.Counseling.org

Https://www.sossafetymagazine.com

Https://secureteen.com

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Https://Cyber-bullying-hcc.weebly.com

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- *Psychologists' Desk Reference by Gerald P. Koocher (Editor); John C. Norcross (Editor); Beverly A. Greene (Editor)*
- *Bullying: The Social Destruction of Self by Laura Martocci*
- *Bully By Patricia Polacco*
- *Bad Apple By Laura Ruby*
- *Essentials of research design and methodologyBook by Geoffrey R. Marczyk*
- *Research Methods Knowledge Base Book by William M. K. Trochim*
- *Social Research Methods Book by Alan Bryman*

Movies-

- *The duff*
- *Odd girl out*
- *Adina's desk*

Links-

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Https://www.stopbullying.gov

Https://kidshealth.org

Https://www.understood.org

Https://www.cybersmile.org

Https://www.mibluesperspectives.com

Https://humanrights.org.au

PHOTO GALLERY
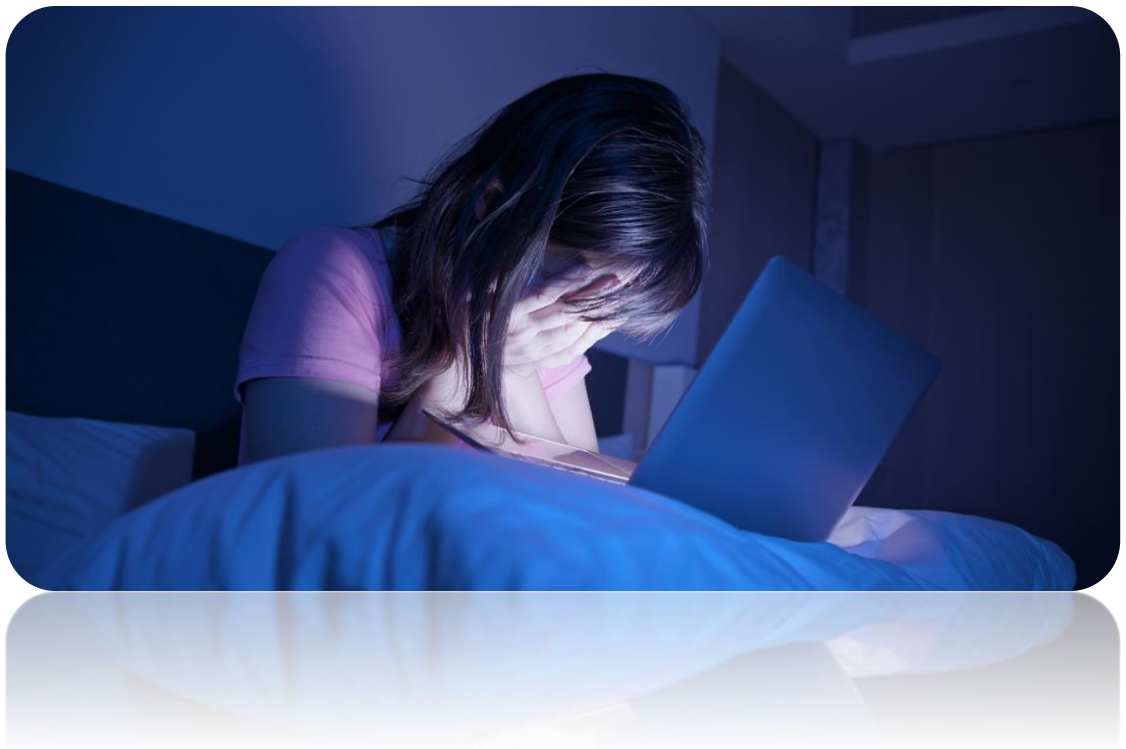
Defining yberbullying -

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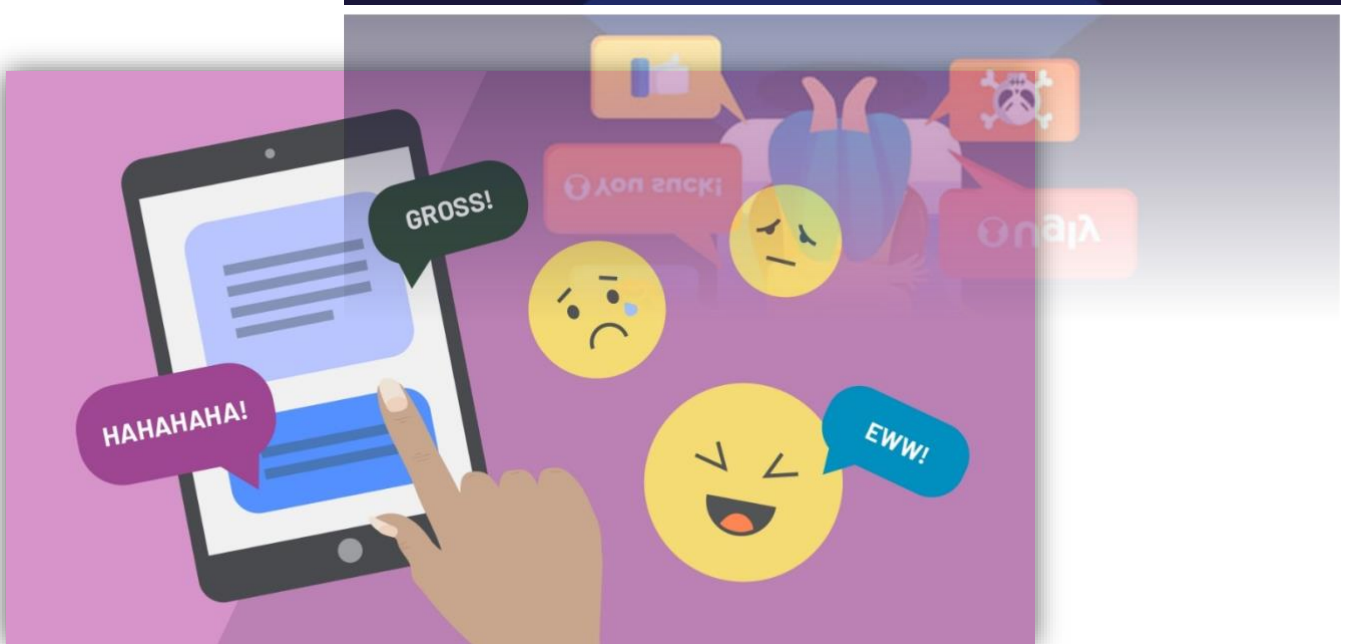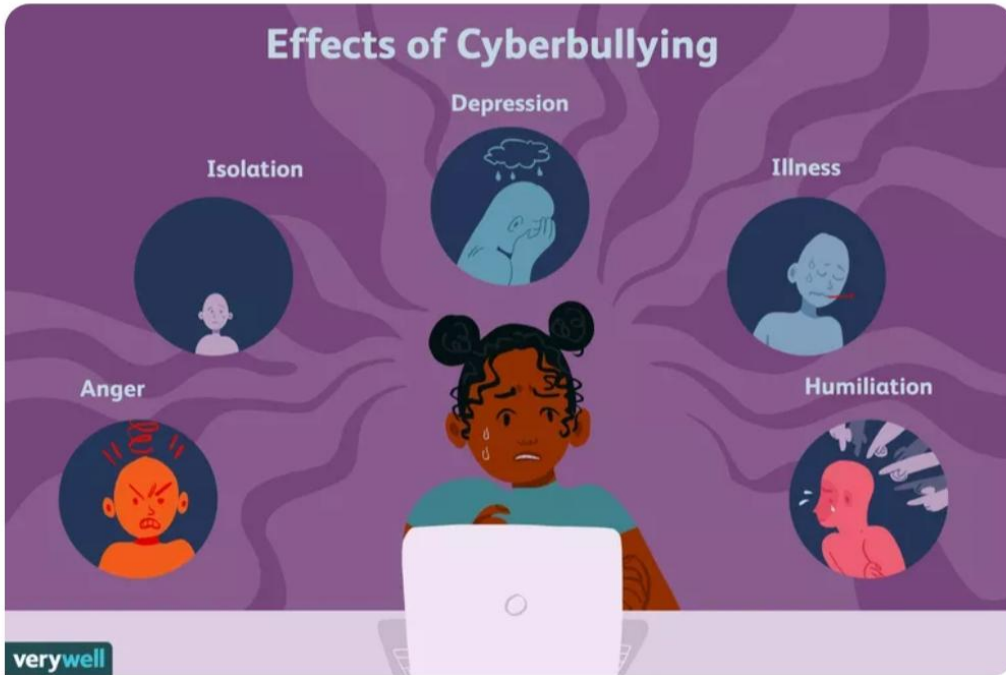
Types of Cyberbullying-

Preventions-

October is Bullying Awareness Month