

Cyberbullying: Causes, Effects, and Mitigation

Student's Name or Students' Names

Department Affiliation, University Affiliation

Course Number: Course Name

Instructor's Name

Assignment Due Date

Cyberbullying: Causes, Effects, and Mitigation

Technology advancement has resulted in abundant benefits in the world today.

Adolescents are shifting from using the internet for leisure and are increasingly using it as a primary mode of communication. However, this comes with consequences. Cyberbullying is one of the major challenges internet users experience and is currently a significant public health concern worldwide. It is defined as the act of hurting another person using information and communication technologies. It involves sending harassing messages, posting humiliating information on social networks, and threatening someone. Cyberbullying arises from different sources and has a detrimental effect on the victims, which can only be mitigated through joint efforts of society.

Internet bullies aim to achieve power, control, and purpose. They easily accomplish this by focusing on the victim's rare qualities or private information. The bullies use this information to make the victim feel inadequate. Most bullies engage in the act by instilling fear in their victims (Völlink et al., 2016). They force victims to comply with their demands to avoid consequences. Students constitute a reasonable percentage of both bullies and victims of cyberbullying (Milosevic, 2018). Research indicates that most young cyberbullies resort to bullying when they are bored and when experiencing mundane feelings (Valencia, 2019). More motives for online bullying include the need to get back at someone. Some react out of anger, especially victims of bullying who wish to overcome the thoughts. Different factors contribute to cyberbullying, with some people doing it for fun while others do it to cause harm.

According to Nixon (2014), the main effects of cyberbullying are experienced in the form of behavioral and emotional difficulties and self-esteem issues. Its consequences range from mild to severe cases, leading to psychological problems and even death. Victims of cyberbullying are

prone to mental issues and suicidal thoughts. According to research, cybercrime perpetrators and victims have a high chance of experiencing suicidal thoughts. Emotional issues like depression are also common among victims of cyber harassment. They undergo psychological torture but cannot identify a person who can understand them (Nixon, 2014). The behavior has severe effects that need to be controlled to avoid fatalities.

The fight against cyberbullying should involve all the relevant stakeholders on the internet and society. Controlling cyberbullying would involve mitigating the causes and severity of the outcomes. According to Valencia (2019), prevention and intervention are the most effective ways of addressing cyberbullying's delirious consequences. Parents, adults, and schools should be at the forefront of creating awareness of how people should refrain from cyberbullying. The subject should be integrated into school syllabuses to ensure children grow from childhood with the knowledge to differentiate between wrong and right actions. Another vital strategy involves implementing strict policies to punish the perpetrators (Elçi & Seçkin, 2019). Eradicating cyberbullying in society would involve combined efforts of all parties in societies working towards a common goal.

Research indicates that cyberbullying victimization affects adolescents significantly. Many bullied people fail to respond positively to the act and thus resolve to avoid people. Its detrimental impacts include emotional distress, suicidal behavior, substance abuse, and social anxiety. Society needs to invest more resources, such as counselors in schools, at work, and in the community, to increase accessibility for those seeking mental help after engaging in online confrontations. Cyberbullying is a criminal activity; therefore, bullies should be arrested, presented in courts-of-law, and imprisoned if found guilty.

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