



## Impact of Cyber Bullying on Psychological Well Being of College Going Students

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### Abstract

Cyber bullying is bullying that takes place over digital devices like cell phones, computers, and tablets. It can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. It also includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyber bullying crosses the line into unlawful or criminal behavior.

Now days Cyber bullying is growing in our society and many teenagers get affected by its devastating effects. I chose this topic because cyber bullying is very close to me since I am a young adult that uses the Internet every day, and it could happen to me. Cyber bullying involves using technology, like cell phones and the Internet, to bully or harass another person. Also, cyber bullying can have lasting repercussions on youth like psychological problems, emotional problems or in severe cases it can lead to suicide.



Sample for research is focused on college going students. 170 college going students is taken from colleges. Data collection is done using Cyber bullying Questionnaire and Psychological well-being questionnaire.

The study concludes the impact of cyber bullying on college going students on psychological well-being and how they cope up. Further results were computed using two sample t- tests and descriptive statistics, the results shows that there was no significant difference between males and females on psychological well-being. There was significant difference in psychological well- being of victims and non- victims, there was no significant difference in psychological well- being scores of both perpetrators and non- perpetrators, bystanders and non- bystanders and there was larger no. of female victims as compared to male victims and equal no. of bystanders. A large number of respondents want to prevent cyber bullying.

## Introduction

### Psychological Well- Being

The term 'well-being' refers to how a person's life goes for the person who lives it. Well-being is an important factor in subjective experience as well as contentment, satisfaction with the past, optimism for the future and happiness in the present. Psychological well-being is usually conceptualized as some combination of positive affective states such as happiness and functioning with optimal effectiveness in individual and social life (Deci& Ryan, 2008). Psychological well-being is about life going well. It is a combination of feeling good and functioning effectively. In general, placing greater relative importance on intrinsic versus extrinsic, as well as the actual attainment of such a goal is associated with greater well being.

Bullying also forms a part of castiest structure in India. The so-called upper caste people bully their children and wives using words of abuse mentioning abusive (low caste) names. Earlier, bullying was predominantly a rural phenomenon. Now bullying is a part of Indian urban culture. Bullying is called in various names in the urban set up. It is called Ragging in cases where senior students bully the junior students, Eve Teasing, in cases where girls are bullied by boys, both with sexual or without sexual connotations. In this modern era, bullying is getting new dimensions. Earlier, bullying was restricted to schools or colleges/universities but now bullying has entered even the workplaces (Branch, Ramsay, & Barker, 2007). In



older times, bullying was considered a form of socialization' where the persons were given opportunity to abuse each other and get to know each other. Now, this has become a menace. Modern day bullying involves severe attacks on the 'psyche' and emotions of individuals. Also bullying has turned violent and it has taken away innocent lives. In the current school and college life, bullying has become more dangerous than before (Jaishankar, 2009).

Well-Being is the sum total of wellness of human body. This is the parameter of the happiness, satisfaction and peace of mind. Well-Being is also derived from various other spheres of life including physical, psychological and spiritual angles. As a combination of various positive energies, Well-Being is an indication of contentment on the face of individuals. This is reflected in the personalities in the form of good words and deeds. Well-Being of the individual can be explained by the point of view of the following two perspectives:

- a) The Clinical Perspective defines Well-Being as the absence of negative conditions.
- b) The Psychological Perspective defines Well-Being as the prevalence of positive attributes.

The concept of Well-Being can be clarified w.r.t following definitions given by various Psychologists:

Angner (2008), —Simple notion of Well-Being (i.e. a life going well) in a variety of ways, includes a persons good, benefit, advantage, interest, prudential value, welfare, happiness, flourishing, eudaimonia (happiness), utility, quality of life, and thriving.

Gough et al (2007), define Well-Being as —What people are notionally able to do and to be, and what they have actually been able to do and to be.

McAllister (2005) define Well-Being as, —More than the absence of illness or pathology subjective (self-assessed) and objective (ascribed) dimensions.

Diener (2000) describes subjective Well-Being as, —Peoples evaluation of their lives – evaluations that are both affective and cognitive.



## Literature Review

- Waisglass, 2017, The Lasting Effects of Cyber Bullying on Well-Being, N=42(17 – 21 years)

## Finding

- Cyber bullying has serious consequences for well-being such as increased stress, lowered self-esteem, life satisfaction, and positive affect. The goal of the current study was to investigate the influences of cyber bullying on well-being.
- Results showed strong correlations between cyber bullying and increased stress, as well as cyber bullying and lowered positive affect, life satisfaction, and self-esteem. Other factors were not significantly correlated with cyber bullying.
- This speaks to the possibility of new intervention programs for cyber bullying, ones that target happiness, negative affect, optimism, and social support.

## Research Methodology

### Sample

The sample consisted of 171(101 females and 70 males) college going undergraduate, postgraduate, PG diploma and master's in philosophy students aged 18-28 years from Delhi and NCR Colleges.

### Tools

- Cyber bullying questionnaire (Sivakumar, Jaishanker, 2013)
- Psychological well-being scale (Sisodia and Chaudhary,2012)

### Procedure

Data were collected from Delhi and NCR colleges on 171 students of the age group of 18-28 years. The respondents were individually contacted in the natural work setting and were given a set of two questionnaires, along with a demographic detail sheet. Thereafter, the 2 questionnaires measuring cyber bullying and psychological well-being were administered to all the respondents.



## Result

Dimension	Gender	N	Mean	Std. Deviation	Std. Error Mean	Sig.(2-tailed)	t-value	Std. Error Difference
Satisfaction Total	Male	70	37.286	5.9274	.7085	.473	.719	.9762
	Female	101	36.584	6.5073	.6475	.466	.713	.9598
Efficiency Total	Male	70	37.457	7.6342	.9125	.373	-.894	1.0725
	Female	101	38.416	6.3376	.6306	.389	-.864	1.1092
Sociability Total	Male	70	36.529	6.2385	.7456	.112	1.598	.9815
	Female	101	34.960	6.3607	.6329	.111	1.376	.9780
Mental Health Total	Male	70	34.671	7.0991	.8485	.173	1.367	1.1283
	Female	101	33.129	7.3602	.7324	.171	1.376	1.1209
Interpersonal relation Total	Male	70	37.971	6.6767	.7980	.877	.155	1.0289
	Female	101	37.812	6.5738	.6541	.877	.155	1.0318
Well Being total	Male	70	183.914	26.7271	3.1945	.456	.747	4.0327
	Female	101	180.901	25.3659	2.5240	.460	.740	4.0713

Table shows the significance of difference between mean scores (t-test) of male and female on various dimensions of psychological well-being. It can be seen from the table that there is no difference in psychological well-being of male and females on any dimension.



## **Dicussion**

The basic objective of this study was to explore the relationship between impact of cyber bullying and the psychological well being of college going students. Data analysis included comparison of mean, standard deviation, and assumptions were made from the t-test analysis of the demographic, dependent and independent variables.

## **Conclusion**

The hypothesis stated that there will be no significant difference between males and females on psychological well- being scores. Based on the results of the t-test it can be seen that there is no significant difference. Thus, the hypothesis is accepted.



## Reference

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