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**The Pervasive Impact of Cyberbullying Among College Students**

**Introduction**

Cyberbullying has emerged as a significant issue in today's digital age, affecting individuals across various demographics and geographic locations. The rise of social media and online platforms has transformed the way we communicate, but it has also opened new avenues for harassment and bullying. Unlike traditional bullying, which typically occurs in physical spaces such as schools, cyberbullying can happen anywhere and at any time, creating a pervasive and often inescapable environment for victims. This phenomenon has been particularly alarming among college students, leading to increased rates of depression, anxiety, and even suicidal thoughts commonly referred to as cyberbullicide. As we explore the impact of cyberbullying, it becomes evident that it not only harms individuals but also poses broader social and cultural challenges. Addressing this issue is crucial for fostering a healthier and safer online community for future generations.

**Principles of Social Science**

A study was recently published in the International Journal of Cyber Criminology. It focuses on social behavior, peer influence, and the impact of societal norms on individual actions. It specifically relates to Jordanian college students, particularly in the fields of psychology and sociology. The research highlights how negative social interactions, such as cyberbullying, can adversely affect mental health and well-being. It demonstrates the General Strain Theory, which posits that negative social interactions can lead to mental health issues.

**Research Questions or Hypotheses**

The research question examines the relationship between cyberbullying victimization and cyberbullicide ideation among college students. The hypothesis suggests that students who experience cyberbullying are more likely to exhibit signs of depression, hopelessness, and suicidal thoughts. A statement from the article that emphasizes this issue is: “The consequences of cyberbullying can range in frequency and intensity, with the fear of ridicule or harassment discouraging individuals from speaking up.” This fear is why many college students choose to remain silent; they worry about the potential personal and social repercussions. Often, they may wonder whether speaking up will lead to any meaningful change.

**Research Methods**

The researchers implemented a quantitative research design to investigate the issue of cyberbullying among college students. They collected data from a diverse sample of Jordanian college students, ensuring that the participants reflected the demographics of the overall college population in Jordan. The study aimed to explore various factors that may contribute to experiences of cyberbullying. To analyze the data, logistic regression analysis was utilized, allowing the researchers to examine the relationships between different independent variables, such as age, gender, social media usage, and academic performance, and the reported experiences of cyberbullying among the participants. This approach enabled them to draw meaningful conclusions about the factors influencing cyberbullying in the college environment.

**Data and Analysis**

A striking observation from the data and analysis states, "A fifth of participating students reported experiences of bullying victimization, while one-tenth indicated that they had been victims of cyberbullying." This data reveals a significant concern, as it suggests that a considerable number of students are affected by these negative behaviors, whether as targets or as perpetrators. The implications of such experiences can be profound, often leading to serious mental health challenges like depression and a sense of hopelessness among those affected. The report further delves into the underlying factors contributing to cyberbullying. It raises the question: why do individuals feel attacked on social media platforms? The motivations behind these actions can vary widely. In some cases, the hostility may not be directed specifically at the individual but could be part of a broader pattern of bullying that targets multiple people. It’s essential for college communities to engage in discussions to understand why certain individuals resort to cyberbullying. By addressing these issues, institutions can foster a more supportive environment for all students and work towards mitigating the harmful effects of bullying in any form.

**Relation to Challenges**

The challenges faced by all groups, especially young people, include the impact of cyberbullying. Young people are particularly targeted and, as a result, often have limited access to mental health resources. I also notice a difference between males and females regarding cyberbullying. It is crucial that we take urgent action to address both mental health issues and cyberbullying, as both males and females experience these challenges. However, a key difference is that males may be less likely to seek help compared to females when they are victims of cyberbullying.

**Conclusion**

In conclusion, what I gathered from reading this article is that cyberbullying is a real issue that is not going away. We need to address this phenomenon before it gets out of hand. It is essential to understand why cyberbullying is harming young people and to prioritize mental health while improving any other strategies that can support them. We need to provide more support in combating cyberbullying so that young people can feel healthier and more supported in obtaining the education they deserve.

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