Article Review #2: Cyberbullying and Psychological Stress Faced by Women in Saudi Arabia

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**Introduction**

The article "Cyberbullying and Psychological Stress among Female Employees," authored by Mohammed A. Al Doghan and Saman Arshad, addresses a significant and timely issue that has increased in today's technology-developed workplace. In the time period of technology-driven communication, the boundaries between personal and professional life have blurred, presenting both advantages and challenges. One of the darker aspects of this technological evolution is the emergence of cyberbullying, a form of harassment that occurs in digital spaces. This article focuses on a particularly vulnerable segment of the workforce—female employees—and examines the psychological stress they may experience as a result of cyberbullying in their workplace. The interplay between gender, cyberbullying, and psychological well-being is a crucial subject of inquiry, given its potential consequences on the health and productivity of female employees. Al Doghan and Arshad's research provides insights into this delicate issue, and this article review aims to evaluate their findings and contributions to the field.

**Research Methods**

 To conduct the search provided in this article, Al Doghan and Arshad utilized pre-existing measurement questionnaires that, in their words, had been previously validated (Al Dogha & Arshad). There based their research conduction based on the hypothesis, “Workplace cyberbullying negatively influences the organization commitment of female employees.” Along with the questionnaires, a measurement scale scaled was used for the variables which included the measurement of psychological stress, the measurement of organizational commitment, and the measurement of job satisfaction. Each measurement tool had their own set of sections with items of statements that the women would agree or disagree with. When it comes to the target population and their sampling technique, the studied the female employees who were employed in diverse organization within the country of Saudi Arabia, specifically using convenience sampling. To collect their data, Al Doghan and Arshad used self-administered survey which were distributed to said female employees in the diverse organizations.

**Data Analysis**

 For this article, there was analysis of quantitative numeral data which used a software called Statistical Package for the Social Sciences (SPSS) which generated the frequency distribution tables the demographic and descriptive analysis tables. According to the authors, their analysis was intended to “assess the reliability of the measurement items and establish the convergent and discriminant validity of the measurement scales,” (Al Dogha & Arshad). In simpler terms, they used the answers gathered from the itemized statements that were utilized in the survey and classified them based on reliability and convergent validity, which then was used to verify the study’s hypotheses.

**Social Cybersecurity**

 When choosing which article to review, I wanted to choose something that was fresh from our recent PowerPoints. In this case, I chose an article that I believe correlates with our conversation on social cybersecurity. Within the PowerPoint of module 10, we discussed social cybersecurity and how social media, and the internet, can be manipulated for you or against you or your organization, what methods individuals use, and how the social manipulation methods can be opposed. I believe this heavily correlates with the article that I chose to review since it is a great example of social cybersecurity and how the actions and interactions of others on the internet can greatly affect users physically and psychologically, specifically women employees in Saudi Arabia in this case. Cyberbullying in the workplace is recognized as a serious issue, and its correlation with social cybersecurity is an important aspect that encompasses the strategies and measures aimed at protecting individuals, organizations, and their digital presence from various online threats, including cyberbullying. As cyberbullies exploit the same digital platforms and technologies that are integral to an organization's daily operations, it becomes evident that maintaining a secure online environment is not only crucial for data protection but also for safeguarding employees' mental and emotional well-being.

**Conclusion**

In conclusion, the article " Cyberbullying and Psychological Stress among Female Employees" provides insightful exploration of the relationship between cyberbullying, the psychological stress experienced by female employees in the Saudi Arabian context, and how that contributes to the level of commitment those female employees will have. The research conducted by Mohammed A. Al Doghan and Saman Arshad sheds light on the issue in the workplace, proving the impact of cyberbullying on women's psychological health and loyalty to their place of work. The findings not only confirm the effects of cyberbullying on the mental health of female employees but also emphasize the need for proactive measures to address and prevent this form of harassment in the workplace.

 References

Al Dogha, M. A., &amp; Arshad, S. (n.d.). Cyberbullying and Psychological Stress among Female Employees. View of cyberbullying and psychological stress among female employees. <https://cybercrimejournal.com/menuscript/index.php/cybercrimejournal/article/view/161/61>