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Article Review #1

The Negative Impact of Cyberbullying on our Adolescents

Introduction

Growing up, we were always shown videos that promoted bullying prevention. The videos shown pertain to the physical bullying aspect that typically takes place in a school setting. I say that because as time evolved, social media and the internet has increased at a rate that we could not calculate. That being said, with bullying slowing down, cyber bullying has been seen to be the next biggest threat to society. Cyberbullying is defined as sending negative or hateful messages to hurt someone over the internet. The format cyberbullying comes in is the biggest issue, it can be so unpredictable and lead you to be in vulnerable situations. The article "Cyberbullying and Cyberbullicide Ideation Among Jordanian College Students" describes and dives deep into the effects of cyberbullying on physical and mental health. The research presented by the researchers is a survey grouped by demographics that show how people are affected by cyberbullying differently among men and women.

Study Conducted

The study conducted included 100 Jordanian students in which were derived from 12 different Jordanian governorates. They tried their best to get a 50/50 split of men and women but landed at 45.5% men, and 54.5% women, here are the results they found."Around a quarter of the sample

(26%) were exposed to bullying, 9% knew victims of bullying on the University Campus , and 36% outside the campus. Around a quarter (26%) of the sample Experienced violence.”

(Al-Badayneh et al., 2024)

Effects of Cyberbullying

cyberbullying is significantly impacting our adolescents the most as we are on the internet more than any other age group. Cyberbullying is classified as the harassment of an individual or social media, voice calls, and messages. In the article, the authors state that both men and women get cyberbullied but his distinction was that women were more likely to be deemed as victims than men. In the article, the authors say this in accordance the findings of females and cyberbullying “females were more likely to report psychological distress after cyberbullying, as they are more prone to internalizing and externalizing negative experiences with society discouragIng the discussion of emotional problems” (Okumu et al., 2020)

Prevention

The only way we can encourage the end of cyberbullying is helping users be more educated on the internet. Users who use the internet everyday should be educated to know vulnerabilities in a system, know what to click and what not to click, and stay away from risky behavior. The more educated, the less likely you are to know when to stay away from negativity on the internet. In relation to the course one of the most important things we have learned is knowing what is risky behavior and using our education to stay away from being a cyberbullying victim.

Conclusion

In conclusion, the authors of the article did an amazing job showcasing the statistics of cyberbullying and using statistics to bring light to why this is an important issue. The results showcased why we need to take cyberbullying seriously and add preventive measures to our social media, messaging and networking platforms to ensure safe interaction online. If companies don't care about the safety of their users, inevitably, the cycle will continue and more users will suffer from cyber victimization.

References

Diab Al Badayneh, Maher Khelifa, Anis Ben Brik, (2024) *Cyberbullying and Cyberbullicide ideation among Jordanian college students*. [International Journal of Cyber Criminology], [Volume 18 (Issue 1)]