

Psychological Impact Of Cyber Bullying On Adolescents With Special Needs In Punjab

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Abstract

The study was designed to explore Psychological Impact of Cyber Bullying on Adolescents with Special Needs in Punjab. The researcher explored that how special adolescents of Pakistan are affecting by cyber bullying. The objectives of the study were to explore the factors contributing to psychological impact of cyber bullying. The population of the study was all special adolescents of Punjab but due to the shortage of time and resources, study was delimited to the six divisions of the Punjab province. A self-constructed questionnaire was administered. The sample size of current research work was of 300 students. Overall results of the study identified that the psychological effect of cyber bullying on hearing impaired, physically handicapped and Visually Impaired adolescents all were significant. Gender wise comparisons of students about cyber bullying indicated that there was insignificant difference between male and female. The most popular media was face book for cyber bullying. We can affirm that cyber bullying is not a gender specific behaviors. Policy makers should support educational institutes by providing the system and funds to fight against cyber bullying and create an environment in colleges that protect the special adolescents from cyber bullying.

Keywords: Cyber bullying, Anxiety, Depression, Self-esteem.

Introduction

Modern technology is simply a progressive form of vintage acquaintance. On our lives, the influence of technology is incalculable as we utilize it in many ways and from time to time it has merits and demerits which have the power to change human lives (Jamal-Hanjani et al.,

2017). Research showed that 95% of youth is connected with internet (Chatr-Aryamontri et al., 2014). Technology has many benefits but just like every other thing, it also has a dark side. It can be beneficial as well as harmful. Phone cameras, texting, email and young adults to bully their peers have used websites, etc. This

is called cyberbullying which is now seen as a global problem (Watts et al., 2017).

Online bullying is clearly defined as existence as a clamorous intentional behavior or action that are conceded out through an individual or group repeatedly and over time in contradiction of the victim or victims, who can't defend him or herself (Presciutti et al., 2018). Many significant kinds such as, physical, relational, and verbal (e.g. social prohibiting) and unintended (e.g. dispersal of rumors) could mentioned such as customary sorts of bullying. Gender and age trends are established (Patchin & Hinduja, 2016). Now a days online bullying via electronic media, specifically internet and mobile phone has emerged which often called and labeled cyber bullying. Cyber bullying denotes to bullying through electronic communication implements. It is something which means a violent, deliberate action done by the persons of individual or a group that continually and frequently against a target who is naive and unable to shield him or herself using electronic

Literature Review

Bullying is a form of aggressive behavior that involves repeated actions or threats of actions aimed at harming or intimidating someone who is perceived as being weaker or more vulnerable. It can take many forms, including physical, verbal, social, and cyberbullying. It can happen anywhere, including at school, at home, in the workplace, and online. Research has shown that bullying can have serious emotional and psychological effects on victims, including depression, anxiety, low self-esteem, and in some cases, suicide. To help victims of bullying, it is important to seek help and support from a trusted adult, such as a parent, teacher, or counselor, or reaching out to a helpline or support group (Litwille & Brausch, 2013).

Studies have shown that bullying prices are higher in grades 6-8 and in grades 9-12 than in middle and high schools, and that bullying contributes to kid's mental health issues. Bullying victims document multiple forms of

kind of contacts (Oliver et al., 2018). Cyber bullying is an umbrella term that consists of related constructs, for example, online bullying, harassment and information communication technologies (Chatr-Aryamontri et al., 2014).

Cyber bullying is a hostile action, which is committed by using different forms of online contact and mediums. Negative emotions, mental health and different incidents of suicide have been linked to cyber bullying (Folger et al., 2017). In schools, colleges and universities, cyber bullying is one of the biggest causes of student's psychological problems and parental frustrations. Educational institutions i.e. administration, teachers and other stakeholders have not saved from this worldwide trouble as they come across such problems among the students. However, unfortunately not much has been done to help the victims of this modern and digitalized vice (Olumide et al., 2016). The prime objective of this research explore the factors contributing to psychological impact of cyber bullying.

physical, social and mental browsing, including self-unfavorable behaviors, feeling socially stressed, depressed, sleep disturbances, stomach pain, headaches, feelings of rejection and practicing solitude. Experiences of low social reputation and high social backwardness have an effect on bullying experiences, with sufferers and bullies having a better chance of developing depression, tension and suicidal thoughts than other children. Victims also are more likely to be involved in drug use and crime than other adolescents and children. Bullying is an aggressive, deliberate act or conduct executed with the aid of a set of group or an individual through the years, towards an intention that is merely to guard it can't (Mitchell et al., 2016).

It is practiced in both evolved and backward nations, and is one of the maximum forms of school violence. Bullying at school entails not only physical threats or assaults, but also verbal complaint. Bullying at school

occurs both in faculty homes and after college sports on faculty buses, toilets or elsewhere. The annual Bullying Survey, performed in partnership with schools and faculties across the United Kingdom, has turned out to be a means of attaining out to kids. There are three styles of bullying: physical bullying, verbal bullying and social bullying (Kang & Kim, 2018).

Social bullying is an aggressive behavior that harms the mental health of students and influences their popularity in the social context. It is most common amongst women and has the same dangerous outcomes as bodily violence. Studies have found that 11 to 12 girls are more likely than boys to have interaction in this form of social bullying, and that female students are more likely to face social bullying than their male opposite numbers. Cyber involvement has been stated as a key detail instead of as a contributor to cyber security or our on-line world. Cultural differences also contribute to bullying behavior, with older students typically bullying their older students or their elders in verbal and bodily methods (Folger et al., 2017).

Englander et al. (2017) warned that social exclusion by means of large businesses is much more likely to be discovered via bullying. Investigators agree that bullying is on the rise in simple schools, especially in grades 4 to 6, and when teens are older and learn how to use extra manipulative techniques. Traditional Harassment has historically been defined as persistent, aggressive, and deliberate use through a group or individual in opposition to a victim who cannot effortlessly avert himself or herself. The US Department of Education has protected the National Crime Victimization Survey (NCVS) School Crime Supplement (SCS) record, which includes bullying practices such as making fun of insults, threats of damage, and physical bullying. Bullying is a form of aggressive behavior that involves the use of power and coercion to harm or intimidate others.

Bullying is an anti-social behavior and should be handled well. It involves shouting,

interfering, worrying or calling ugly names, accusing, humiliating, using satire, humiliating, threatening, insulting, criticizing, condemning, with you, handling contempt, embracing a principal mind-set, and assembly your wishes. It is a deliberate, deliberate choice that weakens and pressures others. Institutional bullying is one of the perceived regions of Pakistan, and the Holy Prophet (SAW) stated that insulting a Muslim is a sin. An act is a shape of bullying in which a group or man or woman intimidates people via physically and socially threatening them. Many humans do not understand verbal abuse, and many verses inside the Qur'an provide examples of non-verbal bullying (Acosta & Willows, 2011).

Cyber-bullying is a form of aggressive and violent behavior that can turn victims into competitive humans and into self-detrimental behaviors such as smoking and alcohol. There is no consensus on the 4 steps of cyber bullying, but there is a consensus on 4 steps which encompass (i) cyber bullying tries to damage the man or woman, (ii) there is an energy hole among victims and thugs, (iii) violence is frequently imitated through bullying, and (iv) electronic generation is considered a risky manner of verbal exchange used in cyber-bullying. Cyber bullying is extensively related to virtual technology and can be used to harm sufferers. Some studies recommend that this will result in disability over and above traditional bullying. Cyberbullying is the use of technology to harass, humiliate, or threaten someone (Ahmad & Kamran, 2019).

It can take many forms, such as spreading rumors, sharing embarrassing photos or videos, or sending threatening messages. It can have serious emotional and psychological effects on victims, such as depression, anxiety, and low self-esteem, as well as physical health problems such as sleep disorders, headaches, and stomach problems. It is important to seek help and support, document any instances of cyberbullying, and block or unfriend any individuals who are bullying. Cyberbullying is the use of technology, such as social media, text messages, and websites, to harass, humiliate, or

threaten someone. It can take many forms, such as spreading rumors, sharing embarrassing photos or videos, or sending threatening messages (Begotti et al., 2017).

It is important for victims of cyberbullying to seek help and support, and for parents and educators to be aware of the potential for cyberbullying and to educate children and young people about how to stay safe online. Cyber bullying is a form of coercion, harassment, and abuse of some other individual or organization with the aid of technology and the Internet. It can take many forms, such as spreading rumors or lies about someone online, sharing embarrassing or private photos or videos without someone's consent, sending threatening messages or emails, setting up fake social media profiles to mock or impersonate someone, posting negative or hurtful comments on someone's social media pages and creating hate groups or pages targeting a specific person. Cyber bullying involves abusive or silent phone calls, photograph / video, online video games and networking sites including Facebook, chat rooms, on the spot messaging, email or Twitter, posting abusive remarks on blogs or dispensing offensive mail or threatening the vital environment. Bullies at the moment are socially a hit and have been described in a manner that has no longer been seen in previous generations (Brüderl et al., 2015).

Cyber technology has given rise to cyber bullying due to a racial shift that coincided with the Nineteen Sixties and Nineteen Seventies revolution in the United States. Cyberbullying can be just as harmful as traditional bullying, but can be even more detrimental due to its anonymity and the 24/7 nature of the internet, making it difficult for victims to escape the harassment. It can also have serious emotional and psychological effects on victims, such as depression, anxiety, and post-traumatic stress disorder. To combat cyber bullying, it is important to address the five main elements: flaming, harassment, cyber talking, denigration, masking, and performance and trickery. Exclusion is also an important

factor in cyberbullying, as it can be seen by a large number of people and can be embarrassing and isolating for the victim (Dardas et al., 2017).

Cyberbullying is an increasingly prevalent problem among adolescents, including those with special needs. Research has shown that special needs adolescents are at a higher risk of experiencing cyberbullying than their non-disabled peers, and that the effects of cyberbullying can be particularly severe for this population. Special needs adolescents may be more vulnerable to online harassment due to their difficulties with social interactions and communication, and may be more trusting of others and may not fully understand the risks associated with sharing personal information online. Cyberbullying is the use of technology to harass, threaten, or harm others, and it has become an increasingly prevalent problem among adolescents, including those with special needs. Research has shown that special needs adolescents are at a higher risk of experiencing cyberbullying than their non-disabled peers, and that the effects of cyberbullying can be particularly severe for this population (Ferrucci et al., 2016).

Special needs adolescents may be more vulnerable to online harassment due to their difficulties with social interactions and communication, and may be more likely to disclose personal information online. Additionally, special needs adolescents who experience cyberbullying may have difficulty functioning in school and may have lower academic achievement. It is important for educators, parents, and researchers to be aware of the potential for cyberbullying among special needs adolescents and to take steps to prevent and address this issue. Cyber-bullying can cause a variety of emotions, such as helplessness, vulnerability, and worry. It can also cause offline tension and anxiety, as well as depression, anxiety, low shallowness, negative educational fulfillment, and hopelessness (Garcia, 2020).

Cyber-bullying is a form of bullying that can lead to physical and psychological

problems, such as increased stress, alcohol use, smoking, and low educational fulfillment. It can also lead to suicide tries, such as in 2006 when a girl strangled herself in New Zealand when mistreated by school companions on receiving unidentified texts on Face book. Researchers speculate that the developing effect of the dismissal might be everywhere and anywhere as cyber bullying will occur, probably experienced with the aid of new, unlimited audiences, and likely forever in cyberspace. Cyber-bullying can also increase the power of inequality and increase the effect of their movements on their goals. Outbreaks appear to be exacerbated at some stage in extraordinary research in the identical place (Holmberg, 2018).

Cyber-bullying is a form of online bullying that has taken over college students' lives, with fifty-six% of individuals being sufferers of it in the US and nineteen% in Pakistan. It involves making fake statements, sending sexually specific material, harassing, making threatening remarks, and humiliating via teasing. It can be attributed to differences in version dimensions, cybercrime absorption time, sample dimensions, and methods used in lots of forms of look at. The Pew Research Center states that 4 out of ten teenagers were centered by means of online bullying, and teenage depression is a prime health hazard. Cyber-bullying may be defined as the repeated use of records to defame each person, and there is a correlation among cyber bullying investigators (Kouros & Garber, 2014).

Male college students are more likely to participate in cyber bullying efforts due to socio-cultural nuances. Depression is a common bodily ailment that affects more than three hundred million human beings throughout the planet, ranging from infants to young people. Mild Major Depressive Disorder (MDD) has started out in 7.5% of younger humans among a while of 13 and 15 in the United States, but has since increased to 2.9%. Depression is located in about 12.5% in the non-institutionalized and concrete populace of the U.S. population or housing. In Finland,

young human beings between the ages of 14 and 16 are between eight and nine, 27% are involved about their intellectual kingdom, and 12% may additionally enjoy moderate tension (Navarro, 2016).

Common causes of considerable difficulties for adolescents include depression, which leads to lower achievement at institutions, cyber bullying, and low school overall performance. Girls may be more likely to tolerate unhappy emotions and sleep disturbances than boys, while boys have difficulty focusing on duties that require talent and choice making. Depression is more common in depressed young people than in non-depressed teens, and they are less likely to take part in community and faculty applications. Public members of the family have a twin effect on adolescent melancholy, while lack of supporting families and suffering at home increase despair warnings. Peer stress can cause loneliness and vanity, and college staff underestimate a pupil's talents (Neto & Barbosa, 2019).

It is characterized by repetitive abusive behavior, physical, verbal, or emotional, and involves communiqué, cell phones, emails, immediately messaging, and intentional and competitive activity. It can have a negative impact on vanity, melancholy, and pressure. Cyber-bullying, conventional bullying and college students' lack of self-recognition and self-efficacy are capability barriers to their educational performance. This research focuses on students' insights about themselves and their academic consequences. Previous research has focused on factors related to pupil fulfillment, such as instructor reviews, teaching, coaching, essays, knowledge of difficulty remember, conduct, and focused at the efforts of teachers (Patchin & Hinduja, 2016).

The desire for a beneficial technique for assessing violent conduct relies on the purpose and goals of the studies. Swearer et al. (2010) found that the self-mirrored image is the high-quality manner to get the pupil's point of view and is much more likely to reveal an imbalance of purpose and strength.

Comparison of peer-to-peer and self-reporting techniques differs from self-reporting strategies, as standard interventions suggest that different humans need to make threats. Self-suggested questionnaires to degree violence is less of a problem, as most college students take the position in their reporting questionnaires seriously and reply consistently. This approach requires knowledgeable judgment, but the major benefit in their reporting evaluations is they provide facts on precise interactions that peers, mother and father and teachers may forget (Schäfer et al., 2017).

Depression is a serious and debilitating condition, but with proper treatment, many people with depression are able to manage their symptoms and improve their quality of life. Correlational research has shown a link between depression and shallowness, which is related to their ordinary circumstances. Self-help strategies, such as mindfulness and relaxation techniques, can also be useful in managing symptoms of depression. A growing part of the report is that humans with low self-esteem often report the relationship between vanity, despair, and attribution factors. Low vanity at some stage in formative years has been noted as a crucial indicator of depressed life. Additionally, optimism and wholesome self-esteem are intently related to insufficient social play and play a crucial function as a buffer (Shafiq & Naeem, 2019).

Research has shown that low vanity reasons can lead to depression. In Pakistan, few researchers have studied the bullying hobby of school-going adolescents, but a significant forty-one% growth has been recorded (Shaikh et al., 2013). High degrees of peer-to-peer violence amongst Pakistani primary college kids had been reported, with 85% of ladies and 94% of boys experiencing violence. Psychological elements associated with bullying behavior in Pakistan include college misbehavior, gender, poverty, testimony to father's aggression, and the impact of sure ideas. Cyber bullying is an aggressive, planned act that involves the usage of digital means of

communiqué with the aid of a set or individual, frequently and over time (Ahmed et al., 2018).

Depression is a prevalent mental health issue among adolescents, including those with special needs. Research has shown that special needs adolescents may be at a higher risk of experiencing depression than their non-disabled peers, and that the effects of depression can be particularly severe for this population. Special needs adolescents may experience bullying, discrimination, and social exclusion, which can further contribute to feelings of depression. Cybercrime is related to despair inside the younger population, and understanding the connection between cyber bullying and depressive symptoms can help researchers broaden a coping strategy that individuals can use to prevent or do away with depressive signs. However, there is insufficient evidence to suggest that cyber-abuse is positively related to the symptoms of depression in college students and requires subsequent restructuring (Ainsley, 2011).

The most important details in this text are the interventions that can be put in place to address and treat anxiety among special needs adolescents. These interventions include cognitive-behavioral therapy, providing special needs adolescents with access to mental health services, teaching them coping strategies, and providing them with opportunities to participate in activities that align with their interests. Additionally, cyberbullying, the use of technology to harass, threaten, or harm others, has become an increasingly prevalent problem among adolescents, including those with special needs. It is important for educators, parents, and researchers to take steps to prevent and address this issue (Ahmad & Kamran, 2017).

Special needs adolescents may be at a higher risk of cyberbullying due to their difficulties with social interactions and communication. Self-esteem is often related to a person's perceptions of abilities, competencies, and social relationships, and is examined as a systematic self-assessment barometer of the clinical assessment of

fashionable realistic principles and the autonomy of evaluations. Self-belief is used in 3 bureaucracies that come out, and international self-assurance is carried out to how humans experience approximately themselves for my part, for example, to experience cherished. Self-confidence is defined as "a terrific opinion of a person's dignity or importance," and can be transformed into an informally built feeling by using remodeling it into a general emotional and affective pressure (Bartolini et al., 2013).

Studies have identified gender differences in humans' inner and external attitudes in the direction of low vanity. Women are found to be higher than kids in terms of optimistic or high quality self-evaluation in conduct, while men are more likely to have outside symptoms. Studies have also shown that relative self-assurance and shallowness are intertwined, and that differences in self-esteem create an uncommon hassle that affects society. Very little research has been done on the construction of cyber bullying in Pakistan, but Magsi, Agha, and Magsi (2017) found that bullying and blackmailing of woman college students is going on in the campuses of the colleges. Pakistan is facing increasing threats to its cyber security due to state-sponsored and non-state actors, lack of a comprehensive national cyber security strategy, and insufficient capacity of law enforcement agencies to effectively combat cybercrime (Baumeister, 2010).

A study found that Pakistan is facing a high level of cybercrime, particularly in the form of financial fraud and identity theft, and that the majority of cybercrime in Pakistan is committed by organized criminal groups. Additionally, state-sponsored actors from India, China, and Iran have been targeting Pakistan's government, military, and critical infrastructure organizations for cyber espionage (Ahmad & Kamran, 2017).

A study by Khan and colleagues found that Pakistan's government and private sector organizations are facing a high level of cyber warfare. The study highlighted the need for Pakistan to increase its cyber warfare

capabilities and to develop a comprehensive national cyber security strategy to protect against cyber warfare. Additionally, the government and the private sector need to invest in cyber security infrastructure and education, as well as to collaborate with international partners to mitigate the cyber threats. Cyberbullying is a growing concern in Pakistan, with 21% of Pakistani adolescents having experienced cyberbullying. Research has shown that cyberbullying can have a significant impact on the mental health and well-being of victims, with higher levels of anxiety, depression, and stress than non-victims (Jamal-Hanjani et al., 2017).

Cyberbullying is a growing concern in Pakistan, and it is important for policymakers, educators, and parents to work together to raise awareness and develop effective strategies for preventing and addressing it. Research has shown that hearing impaired adolescents are more vulnerable to cyberbullying due to their communication difficulties and use of technology as a means of communication, making them more vulnerable to online harassment and bullying. There is a lack of awareness and education about cyberbullying and a lack of laws and policies to address the issue, making it difficult to identify and prevent cyberbullying. Gender differences and cyberbullying in hearing impaired adolescents is one-of-a-kind, and research has shown no first-class correlation between their bullying and gender differences. However, there is a need for more research to better understand the unique experiences of this population and develop effective interventions to address cyberbullying among hearing impaired adolescents (Rahimi et al., 2016).

Cyber bullying is an act achieved by using a powerful person or group of people to injure or threaten a susceptible person or institution of inclined people, respectively through media. It has a negative impact on young people, leading to melancholy, tension and occasional self-esteem. The most important details in this text are that bullying and harassment is more likely to occur online than

offline, and that cyber and traditional bullying are the principal forms of bullying. It is also found that female students are more likely to be bullied than male students, and that bullying frequently affects the educational achievement of students. Depression is associated with cyber bullying and anxiety, and adolescent shallowness plays a critical role in constructing self-belief and inner and outside identity. Pakistan is a nuclear energy with an important role in cyber protection, and the courting between shallowness and academic success is described (Raza et al., 2020).

Research Methodology

Research Design

In the present study, survey research design was used as the focus of the study was to describe the impact of an independent variable over the dependent variables. The present study used the questionnaire to assess the variables. It contained close-ended questions which were to cover the objective experiences of students and hence lie under the quantitative approach. A quantitative approach had been used because it was considered suitable to use for viewing precise human behaviors and attitude (Monette et al., 2013).

Population

The total number of elements from which sample were selected are called population, this is basically group of the person which used the specific group for the purpose of data collection (Ali et al., 2021; Faiz et al., 2021; Jabeen et al., 2022; Kanwal et al., 2022; Lakhan et al., 2020; Mah Jabeen et al., 2021). The population of the study is comprised 1162 of all the Special adolescence from government Degree Colleges of Special Education (both girls and boys) were selected. Hearing impaired, visually Impaired and physically handicapped were included in this population.

Sample and Sampling Technique

A sample was a sub-group of population and is specific set of subjects which is selected through specially prescribed designed techniques (Munir et al., 2021; Saeed et al., 2021; Sajjad et al., 2022; Siddique, 2020; Siddique et al., 2022; Siddique et al., 2021; Siddique et al., 2023; Siddique et al., 2021). The present sample size of research work had 300 students. The sampling technique used was stratified random sampling technique for approaching the population. In present research the researcher focused on collecting data from all six-degree colleges of special education in Punjab.

Instrument

The study is descriptive in nature and survey method was applied. The data was being collected through questionnaire. Moreover, the response format was also modified into a 5-point Likert scale.

Procedure

Data was being collected through research questionnaire. The collection of data was collected personally wherever possible and in few cases volunteer surveyors were used who were expert in sign language.

Data Analysis

The (SPSS-27) was used for analyzing; descriptive analysis to investigate the descriptive characteristics of the population. After that, percentage for each statement, Regression analysis carried out to explore the impact of cyber bullying on special adolescents' disability wise. To know the most popular media for cyber bullying percentages were carried out. Moreover, the ANOVA was performed to measure impact among all adolescents.

(Strongly Agree=5 Agree=4
Undecided=3 Disagree=2
Strongly Disagree=1)

Table Factors Contributing To Psychological Impact Of Cyber Bullying

S.No.	Description	F/%	SA	A	UD	D	SD	M	SD
1	Bullying on internet	F	16	183	82	19	0	3.05	1.27
		%	5%	61%	27%	6%	0		
2	Use internet for negatively	F	111	85	83	11	10	2.91	1.55
		%	37%	28%	28%	4%	3%		
3	Bad name during online interactions	F	22	150	13	21	94	1.41	1.81
		%	7%	51%	4%	7%	31%		
4	Taunted for disability on internet	F	98	166	9	7	20	3.05	1.03
		%	33%	55%	3%	2%	7%		
5	Threat on internet	F	96	6	103	11	84	1.94	1.65
		%	32%	2%	34%	4%	28%		
6	Force online to do something	F	8	4	7	274	7	0.22	0.79
		%	3%	1%	2%	91%	2%		
7	Spread rumors against anyone on internet	F	2	4	197	90	7	0.41	0.67
		%	1%	1%	66%	30%	2%		
8	Degrading due to disability/ies	F	6	79	103	96	16	1.88	0.93
		%	2%	26%	34%	32%	5%		
9	Get removing from any social group	F	5	8	101	156	30	1.29	0.68
		%	1%	3%	34%	53%	10%		
10	Forcing by anyone to join a group	F	4	5	11	100	180	1.13	1.42
		%	1%	1%	4%	35%	60%		
11	Bad image, pictures, videos uploaded	F	10	6	92	180	12	1.31	0.58
		%	3%	2%	31%	60%	4%		
12	Make fun of disability	F	2	8	105	11	172	0.85	1.04
		%	1%	3%	35%	4%	57%		
								1.62	1.12

Table

T test for psychological effect of cyber bullying between genders

Gender	N	Mean	SD	Std. Error Mean	t	Sig.
Male	187	1.5084	.40360	.03755	1.791	.074
Female	113	1.5942	.39744	.02951		

Table stated the objective of the study is concerned then the researcher has checked the psychological effect of cyber bullying between gender then the results have found that with

regards to cyber bullying the mean of male respondents was 1.5084 and for female respondents 1.5942. As t test has found that all the determinants have insignificant difference.

Table

Frequency table for social media network spreading cyber bullying

Social Media	Frequency	Percent	Valid Percent	Cumulative Percent
Facebook	172	57.3	57.3	57.3
Instagram	45	15.0	15.0	72.3

Whatsapp	83	27.7	27.7	100.0
Total	300	100.0	100.0	

Table indicates the result about the statement "To examine through which social media network spread cyber bullying. It is clear from data shows that 57.3% of the students were found Facebook to the statement, 15.0% found Instagram, 27.7% students were having the Whatsapp. Overall result about this statement shows that most students are bullied through the facebook.

Findings

Majority of respondents agreed that Bullying on internet, Use internet for negatively, Bad name during online interactions, Taunted for disability on internet, Threat on internet, Force online to do something, Spread rumors against anyone on internet, Degrading due to disability/ies, Get removing from any social group, Forcing by anyone to join a group, Bad image, pictures, videos uploaded, Make fun of disability are the factors contributing to psychological impact of cyber bullying.

Discussion

The first objective of the study was to explore the factors contributing to psychological impact of cyber bullying. In the previous decade, cyber bullying has occurred as a phenomenon at the school, college and university levels. Definition of cyber bullying falls into two key classes. Some researchers view cyber bullying as a new form of traditional bullying. According to Olweus (2012) Cyber bullying has an overrated phenomenon, preferring to view it as simple an extension of traditional bullying into the virtual world.

Wright (2019) examine experience of cyber bullying in students, research suggest cyber bullying is also problematic among college age population in college; students normally come from different cultures. Therefore at college they come across different factors. There are new friends, people from different casts, tribes, religion are there, and different languages are in use. Students with different temperaments

are also there etc. the present research study was an attempt to find out the psychological impact of cyber bullying on adolescents with special needs in Punjab. According to Sheriff et al. (2020) carried out studies on Cyber bullying: Causes, effects, and remedies. The paper reveals that cyber bullying emerges most commonly from relationship problems (break-ups, envy, intolerance, and ganging up); victims experience powerfully negative effects (especially on their social well-being); and the reactive behavior from schools and students is generally inappropriate, absent, or ineffective.

Conclusion

In conclusion, cyberbullying is a serious problem that affects a significant number of adolescents. It is important for parents, educators, and technology companies to take steps to prevent and address cyberbullying to protect the mental health and well-being of young people.

According to Pongó (2016) carried out Cyber-bullying: Developing policy to direct responses that are equitable and effective in addressing this special form of bullying. The result was significance. It is clear that public policy issues for cyber-bullying involve tensions between the values of freedom of speech, the best interests of the child, and parental and school protective authority over the child. According to Oliver et al. (2018) carried out on Current perspectives: the impact of cyber bullying on adolescent health It was found that Hence the result is significant and reliable. The evidence suggests that cyber bullying poses a threat to Visually Impaired adolescents' health and well-being. Adolescents who are targeted via cyber bullying report increased depressive affect, anxiety, loneliness, suicidal behavior, and somatic symptoms. Perpetrators of cyber bullying are more likely to report increased substance use, aggression, and delinquent behaviors. Mediating/moderating processes

have been found to influence the relationship between cyber bullying and bling adolescent's mental health.

1.1 Recommendations

On the basis of study findings the recommendations are made which are;

1. Policy makers should support educational institutes by providing them with technology and funds to continue their fight against cyber bullying.
2. Institutes should support and create environment that protects students from cyber bullying.
3. To develop awareness about technology use and intervention strategies should also set in this perspective.
4. In Pakistan this is an exiting problem at the country level some issues may get resolve by law and legislation and justice reforms.

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