Factors Affecting Cyberbullying In Adolescents: Literature Review

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ARTICLE INFO

A B S T R A C T

One of the challenges that adolescents have to face on the internet is that they are easy to become perpetrators or victims of cyberbullying. Cyberbullying is intimidating behavior that is carried out individually or in groups using electronic media with the aim of harassing, threatening, humiliating someone and is done repeatedly. This writing aims to analyze previous research related to perpetrators and victims of adolescent cyberbullying. This writing design uses research article searches in several data bases with certain keywords in the 2019-2022 period and 20 articles are obtained that meet the inclusion criteria. **The results** of writing a literature review show that there are various factors that influence cyberbullying behavior that occurs in victims and perpetrators among adolescents, individual factors, namely experience of violence, age, perception, psychological control, gender, use of addictive substances. **The article search method**, the conclusion of writing this literature review shows that the factors that trigger cyberbullying behavior that occurs in victims and perpetrators among adolescents are gender, age, peers, and social media. In addition, there are several types of cyberbullying such as outing, cyberstalking, harassment, flaming, denigration, and impersonation. Meanwhile, a good stress coping strategy for developing self-efficacy for victims of cyberbullying is emotional focus coping. **Result:** The conclusion of writing this literature review shows that the factors that trigger cyberbullying behavior that occurs in victims and perpetrators among adolescents are gender, age, peers, and social media. In addition, there are several types of cyberbullying such as outing, cyberstalking, harassment, flaming, denigration, and impersonation. Meanwhile, a good stress coping strategy for developing self-efficacy for victims of cyberbullying is emotional focus coping. The conclusion of writing this literature review shows that the factors that trigger cyberbullying behavior that occurs in victims and perpetrators among adolescents are gender, age, peers, and social media. In addition, there are several types of cyberbullying such as outing, cyberstalking, harassment, flaming, denigration, and impersonation. Meanwhile, a good stress coping strategy for developing self-efficacy for victims of cyberbullying is emotional focus coping.

A B S T R A K

Latar belakang: Salah satu tantangan yang harus dihadapi remaja di internet adalah mudahnya mereka menjadi pelaku atau korban cyberbullying. Cyberbullying adalah perilaku intimidasi yang dilakukan secara individu atau kelompok dengan menggunakan media elektronik dengan tujuan melecehkan, mengancam, mempermalukan seseorang dan dilakukan secara berulang-ulang. Tujuan: Penulisan ini bertujuan untuk menganalisis penelitian terdahulu terkait dengan pelaku dan korban cyberbullying remaja. Perancangan penulisan ini menggunakan pencarian artikel penelitian di beberapa database dengan kata kunci tertentu pada periode 2019-2022 dan didapatkan 20 artikel yang memenuhi kriteria inklusi. Penulisan literature review menunjukkan bahwa

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terdapat berbagai faktor yang mempengaruhi perilaku cyberbullying yang terjadi pada korban dan pelaku di kalangan remaja, faktor individu yaitu pengalaman kekerasan, usia, persepsi, kontrol psikologis, jenis kelamin, penggunaan zat adiktif. Metode pencarian artikel, kesimpulan dari penulisan literature review ini menunjukkan bahwa faktor-faktor pemicu perilaku cyberbullying yang terjadi pada korban dan pelaku di kalangan remaja adalah jenis kelamin, usia, teman sebaya, dan media sosial. Selain itu, ada beberapa jenis cyberbullying seperti outing, cyberstalking, pelecehan, flaming, fitnah, dan peniruan identitas. Sementara itu, strategi coping stres yang baik untuk mengembangkan efikasi diri bagi korban cyberbullying adalah emotional focus coping. Hasil: Kesimpulan dari penulisan literature review ini menunjukkan bahwa faktor-faktor pemicu perilaku cyberbullying yang terjadi pada korban dan pelaku di kalangan remaja adalah jenis kelamin, usia, teman sebaya, dan media sosial. Selain itu, ada beberapa jenis cyberbullying seperti outing, cyberstalking, pelecehan, flaming, fitnah, dan peniruan identitas. Sementara itu, strategi coping stres yang baik untuk mengembangkan efikasi diri bagi korban cyberbullying adalah emotional focus coping. Kesimpulan dari penulisan literature review ini menunjukkan bahwa faktor pemicu perilaku cyberbullying yang terjadi pada korban dan pelaku di kalangan remaja adalah jenis kelamin, usia, teman sebaya, dan media sosial. Selain itu, ada beberapa jenis cyberbullying seperti outing, cyberstalking, pelecehan, flaming, fitnah, dan peniruan identitas. Sementara itu, strategi coping stres yang baik untuk mengembangkan efikasi diri bagi korban cyberbullying adalah emotional focus coping.

INTRODUCTION

Adolescent as an internet user, it's not like adults who are generally able to filter out good or bad things from the internet. In addition to not being able to choose useful internet activities, they also tend to be easily influenced by their social environment without first considering the positive or negative effects that will be received when carrying out certain internet activities (May *et al.*, 2021). The negative effects of the internet that may occur on adolescents are anxiety, depression, decreased physical and mental health, interpersonal relationships, and decreased performance (Altuwairiqi, Jiang and Ali, 2019). Besides that, The internet can also influence adolescents to further explore their knowledge and all the facilities that exist in cyberspace to do something they might be able to do freely on the internet and not like in the outside world (Favotto, Michaelson and Davison, 2017). One of the challenges that adolescents have to face on the internet is that they are easy to become perpetrators or victims of cyberbullying (Coric and Kastelan, 2020).

Cybullying experiencei rapid development in countries with advanced technology such as North America, Europe and Asia. That as many as 57% of school students in the United States of America (USA) had experienced some form of cyberbullying. Based on a survey conducted by Ipsos on 18,687 citizens in 24 countries, including Indonesia, it was found that one in eight parents stated that their child had been a victim of abuse and humiliation through online media (Nagata *et al.*, 2018). Cyberbullying perpetrators are individuals who carry out negative behaviors that are intentionally, CharacterThe sticks of cyberbullying actors are aggressive behavior (intentional behavior with the aim of hurting and harming others) and intimidating behavior (behavior that appears with the intention and purpose of causing physical and psychological pressure to others) (Reisen, Viana and Dos Santos-Neto, 2019). The impact for

cyberbullying perpetrators is that the perpetrator feels satisfied and relieved after taking the action, the perpetrator also feels addicted so that he has the desire to perform the action repeatedly, the perpetrator has a feeling of discomfort in making friends with other people, and the perpetrator has feelings of guilt that prolonged to the victim (Li and Hesketh, 2021).

Cyberbullying bans are parties who are intimidated by a stronger party repeatedly through electronic media. The characteristics of cyberbullying victims are passive behavior (not commenting back or reacting to cyberbullying attacks directed at themselves) and defensive behavior, protecting themselves from threats (Richard *et al.*, 2021). The impacts of cyberbullying on victims include depression, anxiety, discomfort, decreased school performance, refusal to associate with peers, avoiding the social environment, and suicide attempts (Gartstein., Putnam. and Kliewer., 2016).

METHODS

Design

The research design used is a literature review or literature review. Literature review is a method used to collect data or sources related to a particular topic that can be obtained from various sources such as journals, text books, and other relevant libraries.

Research strategy

This study conducted a systematic search using a computer and browsing the electronic databases of PubMed and scopus. Then the researcher conducted a follow-up search in the three databases. To obtain relevant articles, the publication period is limited to five years between 2018-

2020, using the keywords, Factors and individuals and cyberbullying and youth.

Article criteria

Researchers selected original articles that reported research related to individual factors influencing cyberbullying in adolescents. Researchers also consider studies from various research worlds. Researchers exclude articles that do not display full text and articles in the form of reviews, literature reviews, meta-analyses, systematic reviews, books, book chapters, dissertations, theses and theses.

RESULTS

The research articles that have been collected and analyzed according to the keywords "cyberbullying in adolescents", "perpetrators of cyberbullying", "victims of cyberbullying", "perpetrators and victims of cyberbullying". The journals obtained by the researchers were 20 research journals. The research design in twenty journals that have been obtained by researchers using quantitative descriptive. The data collection method used in related journals is a questionnaire.

DISCUSSION

This study analyzes factors related to cyberbullying from 20 articles obtained from individual factors that influence cyberbullying in adolescents, including the following:

Violent experience

The experience of environmental violence is an indicator of the cyberbullying crime rate, especially among adolescents with low parental monitoring (Estévez et al., 2019). Exposure to violence increases the risk of adolescents to engage in cyberbullying (Kollar and Davis, 2020) . Aggressive behavior such as insulting social media use can increase the risk of cyberbullying in adolescents (Talpur and O'Sullivan, 2020). Social learning theory explains that aggressive behavior is acquired through an observational learning process (Van Hee et al., 2018) (Milosevic, Van Royen and Davis, 2022). The experience of violence that has been experienced by adolescents either directly or through social media can indirectly affect the behavior of adolescents in their involvement in cyberbullying (Mahlangu et al., 2021). There is a strong relationship between the experience of environmental violence and involvement in cyberbullying crimes in adolescents with low impulsivity (Méndez et al., 2019). Thus placing impulsive adolescents at a higher risk of being victims of cyberbullying. Similar studies reveal that victims of cyberbullying show the lowest levels of offline aggression. There is a strong relationship between the experience of environmental violence and involvement in cyberbullying crimes in adolescents with low impulsivity. Thus placing impulsive adolescents at a higher risk of being victims of cyberbullying ((Attar-Schwartz, Mishna and Khoury-Kassabri, 2019) (Song M, Emilsson L, Bozorg SR, Nguyen LH, Joshi AD, Staller K, 2020)). Similar studies reveal that victims of cyberbullying show the lowest levels of offline aggression (Delgado et al., 2019). There is a strong

relationship between the experience of environmental violence and involvement in cyberbullying crimes in adolescents with low impulsivity (Armitage, 2021). Thus placing impulsive adolescents at a higher risk of being victims of cyberbullying (Attar-Schwartz, Mishna and Khoury-Kassabri, 2019). Similar studies reveal that victims of cyberbullying show the lowest levels of offline aggression (Hellfeldt, López-Romero and Andershed, 2020).

Age

Age was the weakest predictor of cyberbullying, there was no age difference for each role in cyberbullying (Han, Wang and Li, 2021). Age in each class had a much higher level of victimization than older people (Víllora et al., 2020). Revealed that adolescents aged over 16 years had a 48% lower chance of becoming victims of cyberbullying compared to younger adolescents in Romania (Athanasiou et al., 2018).

Perception

When the level of moral identity is low, one finds the indirect effect of perceptions on cybervictimization through moral detachment (Cañas et al., 2020). The high level of moral identity has an indirect influence so that it can encourage adolescents' perceptions of cyberbullying (Grunin, Yu and Cohen, 2021). There is a strong positive relationship between perceptions of cyberbullying and cybervictimization, perceptions are negatively related to moral detachment, and there is a relationship between moral detachment and cybervictimization (Cuadrado-Gordillo and Fernández-Antelo, 2019). Individual perception of self is very important and can affect one's self-esteem (Saladino et al., 2020). Individual perceptions of body esteem and social self-efficacy are risk factors for being victims of cyberbullying in adolescents (Zhu et al., 2021).

Psychological control

Cyberbullying in adolescents is related to emotional problems where emotional disturbance represents the strongest predictor for cyberbullying actions, it is very necessary to have psychological control on adolescents in order to prevent cyberbullying (Sampasa-Kanyinga, Lalande and Colman, 2018). Boys who are victims of cyberbullying are those who reflect the lowest perceptions of the dimensions of affection and communication, whereas girls who are cyber-bully/victims are followed by cyber-aggressors. Boys and girls who are not involved show the lowest perceptions of psychological control, while for victims of psychological control the highest (Gómez-Ortiz et al., 2018). Adolescence consists of several phases such as the self-discovery phase, the conflict-filled phase, the oppositional phase accompanied by changes or transitions with various levels of stress that have an impact on the psychological development of adolescents (Deolmi and Pisani, 2020). For this reason, psychological control is needed for adolescents in order to minimize the risk of their involvement in cyberbullying (Costache et al., 2020).

Gender

Gender is predicted as a predictor of adolescent involvement in cyberbullying. Adolescent girls are more likely to be victims than perpetrators of cyberbullying (Bergmann and Baier, 2018). Adolescent girls are twice as

likely to be victims of cyberbullying than boys in the Netherlands . Research in the United States of 233 students showed that 20% of female students and 7% of boys experienced cyberbullying (Livazović and Ham, 2019).

Use of addictive substances

The use of psychoactive substances is associated with cyberbullying in adolescents. There were significant differences between victims of cyberbullying and traditional bullying in the consumption of tobacco, alcohol, and illegal drugs with small to moderate effect sizes. Victims of cyberbullying scored higher on the problematic use scale compared to students who did not report experiencing cyberbullying, although the effect size was small (Shannen, Kim and Lee, 2021). Adolescent girls who are victims/perpetrators of cyberbullying are at risk of consuming alcohol (OR = 2.84) (Wiguna *et al.*, 2018). Based on a literature review, the use of addictive substances is one of the risk factors for a person's involvement in cyberbullying, but the use of addictive substances can also be the impact of cyberbullying (Bussone *et al.*, 2020).

CONCLUSION

Based on the results of a literature review, it was found that there are five factors that influence cyberbullying in individuals in adolescents, namely the experience of violence, age, perception, psychological control, gender and the use of addictive substances. This individual factor is expected to predict the involvement of adolescents in cyberbullying both from the perpetrator and from the victim.

Future research is expected to be able to predict the occurrence of cyberbullying in adolescents, in order to be able to intervene appropriately to overcome cyberbullying problems that occur in adolescents. Interventions used by nurses to anticipate cyberbullying problems can involve all parties, not only individuals and other factors, so that the results of the intervention can be maximized.

Conflict of Interest

The authors whose names are listed just below state that we have no affiliation with involvement in any organization.

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Ethical Approval

Ethical approval does not apply in this article.

Author's Contribution

The results of studies related to the factors that influence cyberbullying in adolescents can add wider knowledge and insight so as to improve the quality of nursing education. The findings of 6 factors that arise from within individuals that influence cyberbullying in adolescents to be a benchmark for nurses to improve health services so that they are optimal. The importance of cyberbullying factors that exist in individuals, namely the experience of violence, age, perception, psychological control, gender, and use of addictive substances.

Thank You

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