

CYBERBULLYING BEHAVIOR AMONG TEENAGERS, WHAT IS ITS IMPACT?: A LITERATURE REVIEW

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Abstract

The development of technology today is so rapid and extraordinary, with various easy access to communication and available features making it easier for all groups to surf social media with various interesting activities. As it develops, social media, which was initially used as a communication medium, has slowly become a place to express emotions which often contain hurtful, insulting and swearing words known as cyberbullying behavior. This research aims to determine the impact of cyberbullying behavior among teenagers. This research uses a literature review method using articles in the last 10 years, namely 2015-2024. The articles used have as their subjects teenage girls and boys. This research produced several findings regarding the impact of cyberbullying on victims which were grouped into three, namely impacts based on psychological aspects, physical impacts and social impacts on victims of cyberbullying.

Keywords: Impact of Cyberbullying, Teenagers, Social Media.

A. INTRODUCTION

Cyberbullying is a behavior by individuals or groups that aims to frighten, anger, or humiliate the target. Cyberbullying behavior involves spreading lies about someone, sending hurtful threatening messages, impersonating or falsifying someone's identity, creating a chat group used to spread hatred against someone, and inciting someone to humiliate the target (Anshori et al., 2022). Forms of cyberbullying include teasing, mocking, insulting, hate speech, and negative insults that contain elements of ethnicity, religion, race, and other forms of racism (Marsinun & Riswanto, 2020).

Statistical data obtained by the Indonesian Internet Service Providers Association (APJII) survey states that there were approximately 171 million internet users in 2019, of which 150 million were social media users. Social media users are predominantly of productive age, with ages ranging from 15-19 years and 20-24 years (APJII, 2023). According to the results of a survey distributed to 355 students aged 12-18 years, data showed that 68% of female adolescents and 32% of male adolescents used social media for more than 12 hours per day. The overall prevalence of cyberbullying was 42.8% with a slightly higher prevalence among male adolescents than female adolescents (Gohal et al., 2023). The above data shows that cyberbullying behavior is rampant among adolescents. Adolescence is a period of transitional development from childhood to adulthood, which includes cognitive, biological, and social-emotional changes (Isroani et al., 2023).

The transition from childhood to adulthood causes emotional upheaval in adolescents. This can result in adolescents having difficulty controlling their thoughts, words, and actions, leading them to channel their energy into negative behavior when interacting with peers (Natalia & Vidya, 2024). Consequently, adolescents generally have an urge to engage in

behavior that can be detrimental to themselves and others. Through these urges, adolescents express themselves in various ways in their daily lives, including through social media, which has developed rapidly in today's technological age. According to Hurlock (1996), adolescence is considered a period of "storm and stress." This means that emotional tension increases as a result of physical and glandular changes. Adolescents who can control their ego and self-control, or who can resist the urge to act according to their desires, can be said to be in a normal phase. This means that the adolescent has succeeded in fulfilling part of the developmental task. Conversely, deviation can also be described as a form of failure in this developmental task.

Based on research conducted by Rana & Tetteng (2023), the motivation of adolescents to commit cyberbullying is divided into two, namely internal motivation, namely motivation that comes from within the individual to commit cyberbullying and external motivation, which comes from outside the individual. The cause of someone committing cyberbullying when viewed from internal motivation is the desire to oppress someone which is commonly done in the real world, then this is also done on social media with various features that are freely available. As for external motivation in committing cyberbullying, there is a perception that the victim has characteristics that are oppressed and the emergence of inspiration from the media or other things from outside the individual such as watching films (Rana & Tetteng, 2023).

In line with the definition of cyberbullying as a crime committed on social media, the types of social media platforms most frequently used by adolescents are Instagram, Facebook, and Twitter, with the majority using these three social media platforms (Marsinun & Riswanto, 2020). Cyberbullying perpetrated by adolescents has certain characteristics that have different backgrounds. Cyberbullying characteristics are divided into three, namely: a) Intentional and with a specific goal to harm another person who is targeted, in this case the perpetrator already knows the victim's account; b) Harmful, acts of cyberbullying that are carried out indirectly will harm the victim, especially if they take the form of insults and threats that cause psychological trauma for the victim; c) Repetitive, in its implementation, cyberbullying tends to be carried out repeatedly to hurt the victim and make them powerless to defend themselves (Dwipayana, 2020).

Based on this, researchers are interested in examining in more depth the impact on victims of cyberbullying among adolescents, both in terms of psychological, physical, and social impacts.

B. LITERATURE REVIEW

Psychosocial Development

Psychosocial development theory explains that every individual goes through eight stages of development involving the interaction of biological, psychological, and social factors (Erikson, 1968). During adolescence, individuals are in the identity vs. role confusion stage, where they strive to establish a stable self-identity. In this phase, social recognition and acceptance play a crucial role in shaping self-concept and self-confidence. When adolescents face social pressure or rejection, such as cyberbullying, they are at risk of role confusion and identity crises. Therefore, digital social disruption can hinder the process of identity formation and emotional balance in adolescents. Indicators:

- An unstable search for self-identity.
- Dependence on peer social acceptance.
- Low self-esteem due to social rejection.
- Role confusion and feelings of worthlessness.

Social Learning

Social learning theory emphasizes that human behavior is shaped through observation, imitation, and social reinforcement from the environment (Bandura, 1977). Adolescents learn to imitate aggressive or negative behavior they see, both in the real world and digitally. When behavior like cyberbullying receives social support—for example, in the form of comments, reactions, or public attention—it strengthens the tendency to repeat it. Bandura explains that cognitive factors also play a role, where individuals judge the behavior as “acceptable” if it results in social recognition. Therefore, this theory explains how cyberbullying behavior can spread socially in online spaces. Indicators:

- The presence of models or role models of aggressive behavior on social media.
- Social reinforcement through comments, likes, or group support.
- Lack of self-control over impulsive behavior.
- Imitation of aggressive behavior due to repeated digital exposure.

Social Impact

Social Impact Theory states that individual behavior and responses are influenced by three main factors: strength, number, and immediacy of social sources (Latané, 1981). In the context of cyberbullying, perpetrators with greater social power (e.g., online popularity) can exert greater psychological pressure on victims. The more perpetrators or followers involved in negative comments, the greater the emotional impact on victims. Social proximity, both emotional and digital, also amplifies this impact because victims feel more exposed. Thus, this theory asserts that cyberbullying produces social and psychological pressure that increases with the intensity and social proximity of the perpetrator. Indicators:

- High social pressure from online groups or communities.
- Repeated, intense negative interactions.
- Exposure to embarrassing public comments.
- Emotional reactions such as stress, shame, and social isolation.

C. RESEARCH METHODOLOGY

This research was conducted using a descriptive literature review. The literature search used Google Scholar with the keywords "Cyberbullying in Adolescents", "Impact of Cyberbullying in Adolescents", "Cyberbullying", and "Cyberbullying in teenagers". The selection of articles in 10 journals in this literature review has gone through a selection stage that meets the inclusion criteria, including articles examining the impact of cyberbullying on adolescents seen from the physical, psychological, and social impacts, articles using Indonesian and English, articles can be downloaded, and articles published between 2019-2024.

D. RESULT AND DISCUSSION

Based on several literatures found regarding the impact of cyberbullying on adolescents, 10 research journals were found that met the following criteria:

ARTICLE

Tabel 1. Analisis Jurnal

<i>No</i>	<i>Judul</i>	<i>Jurnal</i>	<i>Penulis</i>	<i>Hasil</i>
1.	The Impact of Cyberbullying on Social Media on Adolescents and Its Implications for Guidance and Counseling Services	Jurnal Neo (Triyono & Rimadani, 2019) 1(1).		Research shows that the impacts of cyberbullying experienced by the subjects include physical effects such as headaches, sleep disturbances, red and puffy eyes, loss of appetite, and nausea. Furthermore, psychological and emotional impacts include feelings of deep sadness, anger, fear, anxiety, irritation, and discomfort. Psychosocial impacts include a tendency to withdraw from social interactions, feelings of loneliness, and ostracization by peers.
2.	Psychological Impact of Students Who Become Victims of Cyber Bullying	PSISULA: Prosiding Berkala Psikologi 1, 20-28.	(Hana & Suwarti, 2020)	The research explains the results that the impact of cyberbullying experienced by the subjects include feeling resentful, then feeling angry, embarrassed, losing trust in others, losing concentration when studying, withdrawing behavior, becoming a quiet person in class, feeling uncomfortable, often feeling themselves shaking, their heart beating fast when meeting the perpetrator of cyberbullying, other impacts felt by the

				victims are the emergence of angry behavior and throwing things near them when they remember the cyberbullying incident.
3.	The Impact of Cyberbullying on Social Media on the Reactive Behavior of Adolescents in Sei Rotan Village	Jurnal Noken: Ilmu-ilmu Sosial 8(2), 214-227.	(Rahmadani & Harahap, 2023)	The research explains that the impact of cyberbullying experienced by subjects is that they become apathetic towards the situation and act reactively with more silent behavior, not wanting to retaliate against other people's bad actions towards them.
4.	The Impact of Cyber Bullying on Students' Personality and How to Handle It in the Covid-19 Pandemic Era.	Jurnal Bikotetik 5(1) 1-5.	(Ruliyatin & Ridhowati, 2021)	Research shows that the impact of cyberbullying on victims includes negative emotions, including feelings of stress, fear, and sometimes shame, as well as feelings of helplessness. Furthermore, some victims also struggle to adapt to their social environment, leading to self-isolation.
5.	Psychological Impact on Teenagers Who Experience Cyberbullying	Character: Jurnal Penelitian Psikologi 10 (1) 309-323.	(Putri & Savira, 2023)	The research revealed that the impacts of cyberbullying on the subjects included feelings of anger, irritation, sadness, lack of self-confidence, anxiety, pessimism, decreased

concentration in learning, and frequent isolation in their rooms. One subject, N, even expressed fear of being criticized, overthinking every night, and losing his appetite. N also experienced academic challenges, and he struggled to maintain his grades.

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| <p>6. The Phenomenon of Cyber Bullying in the Lives of Teenagers</p> | <p>Jurnal Sosial (Anshori dkk., & Abdimas 2022)
4(1) 26-32</p> | <p>Research shows that victims of cyberbullying tend to withdraw from their social environment, feel isolated, experience impaired physical health, decline in school performance, and experience mental health issues. This can lead to depression, anxiety, discomfort, and suicidal thoughts.</p> |
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| <p>7. What Counts?: A Qualitative Study of Adolescents' Lived Experience With Online Victimization and Cyberbullying</p> | <p>A Academic Pediatrics: The Official Journal of the Academic Pediatric Association
(Ranney dkk., 2020)
20(4) 485-492</p> | <p>Research shows that cyberbullying impacts victims, including depression, anxiety, and hopelessness. The study also found that victims disliked the term "cyberbullying" and preferred to describe it as an online conflict. Some adolescents who were victims of cyberbullying reported that the online conflict was extremely hurtful and made them angry.</p> |
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ARTICLE

8.	Cyberbullying Among Teens and Young Adults	International Research Journal of Modernitation in Engineering Technology and Science	(Dwivedi, 2022)	Research shows that cyberbullying impacts victims with anxiety, low self-esteem, aggressive behavior, decreased academic performance, and depression. Victims also fail to report cyberbullying incidents and resort to using drugs and alcohol as a coping strategy.
9.	The Phenomenon of Cyberbullying Teenagers	Khazanah Al-Hikmah: Jurnal Ilmu Perpustakaan, Informasi, dan Kearsipan	(Rifauddin, 2016)	The research explains the results that the impact of cyberbullying on the subjects is depression, discomfort, avoiding their social environment, severe stress, lack of self-confidence, decreased performance at school, committing deviant acts such as truancy, cheating, drinking alcohol, running away from home, using drugs, feelings of guilt and feeling like a failure, anxiety, not wanting to socialize, and attempts at suicide.
10.	Psychological Responses of Teenagers Victims of Cyberbullying: A Case Study of Teenagers	Jurnal Surya Muda	(Lekatompessy dkk., 2022)	The research explains the results that the impact of cyberbullying on the subject is feeling embarrassed, feeling hurt, hopeless and letting whatever has happened happen which can then result in a lack of self-confidence,

self-blame, and laziness
in daily activities.

Source: Processed by Researchers, 2024

Based on the 10 journals that met the criteria, several impacts of cyberbullying can be categorized as psychological, encompassing cognitive, affective, and behavioral aspects. These impacts include physical impacts experienced by victims and accompanying psychosomatic symptoms. These impacts can also be categorized as social impacts on victims. The impacts of cyberbullying are described in more detail below.

Psychological Impact

The psychological impacts experienced by victims of cyberbullying are very diverse, starting from cognitive impacts, which are impacts related to intellectual aspects including knowledge, understanding, and thinking skills closely related to information processing (Mahmudi et al., 2022). Cognitive impacts found in several research journals include decreased concentration in learning, overthinking every night, experiencing academic obstacles that result in having to maintain their academic grades so they don't drop, decreased performance in school, low self-esteem, feelings of guilt, feeling like a failure and feeling insecure (Hana & Suwarti 2020; Ruliyatin & Ridhowati, 2021; Putri & Savira 2023; Dwivedi, 2022; Rifauddin, 2016; Lekatompessy et al., 2022). Astuti & Prasetya (2022), stated that cyberbullying behavior experienced by victims affects self-confidence which becomes increasingly low.

The psychological impacts experienced by victims of cyberbullying also extend to the affective domain. The affective domain is related to a person's feelings and personality (Harahap et al., 2021). The results of the literature review found that victims of cyberbullying experience affective impacts such as feelings of deep sadness, anger, feeling annoyed with the perpetrator, fear, anxiety, feeling uncomfortable, feeling resentful towards the perpetrator, shame, losing trust in the perpetrator who has hurt them, feeling depressed, irritated, lacking self-confidence, anxious, pessimistic, feeling hopeless, stressed, hurt, feeling helpless, and even the most severe is experiencing depression (Triyono & Rimadani 2019; Hana & Suwarti 2020; Ruliyatin & Ridhowati, 2021; Putri & Savira 2023; Anshori., et al. 2022; Ranney., et al. 2020; Dwivedi, 2022; Rifauddin, 2016; Lekatompessy et al., 2022). Research supports the findings in this journal, which found that cyberbullying can cause victims to feel angry, ashamed, and afraid after experiencing it (Sartana & Afriyeni, 2017). Consistent with other research that suggests that cyberbullying victims experience increased anxiety and depression, cyberbullying also has a persistent impact, with victims who have experienced cyberbullying in the past exhibiting higher levels of anxiety and depression than the general population (Jenaro et al., 2021).

Cyberbullying also has an impact on behavioral tendencies that include victims withdrawing, locking themselves in their rooms, behaving aggressively, blaming themselves, being lazy in daily activities, having no appetite, letting whatever happens, being more silent by not responding to the actions of the cyberbullying perpetrator, being apathetic, not reporting the cyberbullying incidents they experienced, but venting on deviant behavior such as truancy, cheating, drinking alcoholic beverages, using drugs, running away from home and even committing suicide (Hana & Suwarti 2020; Rahmadani & Harahap 2023; Putri & Savira 2023; Anshori., et al. 2022; Dwivedi, 2022; Rifauddin, 2016; Lekatompessy et al., 2022). These findings align with research conducted by Fahy et al. (2016), which states that cyberbullying causes psychological impacts on victims, affecting their mental health and increasing the potential for depression and anxiety, which often lead to suicide attempts in adolescents. In connection with these findings, research conducted by Marsinun & Riswanto

(2020) states that the psychological impact of cyberbullying is very dangerous for the psychological condition of victims, causing deep traumatic effects and feelings such as anger, disappointment, depression, and even suicidal behavior.

Physical Impact

Several literatures have found that there are several physical impacts felt by victims of cyberbullying, namely disturbed physical health, headaches, sleep disturbances, red and puffy eyes, loss of appetite and nausea (Triyono & Rimadani 2019; Anshori., et al. 2022). In addition to these physical impacts, there are physical impacts influenced by psychosomatic symptoms such as body tremors and a racing heart when encountering the cyberbullying perpetrator who has hurt the victim (Hana & Suwarti 2020). These findings are in line with research conducted by Oktrariani et al. (2022), which states that victims of cyberbullying experience physical impacts in the form of unpleasant headaches, difficulty sleeping which has a negative impact on the body, drowsiness in the morning, puffy and red eyes, sometimes the eyes feel like they are being stabbed, loss of appetite and nausea. Other studies also state that the physical impacts felt by victims of cyberbullying include stomach aches, headaches, and difficulty sleeping (Kumar et al., 2020).

Hinduja & Patchin (2023) conducted a national study of more than 1,000 adolescents aged 9 to 12 years in 2020, finding that cyberbullying had a negative impact on the lives of its victims. As many as 13% of cyberbullying victims stated that it affected their physical health. This finding may indicate that cyberbullying experienced by adolescents has a significant impact on the health conditions of its victims. Talking about the physical conditions affected by receiving cyberbullying behavior, this is because cyberbullying received by victims can cause stress that is related to physical health, prolonged stress can cause physiological problems, especially the impact of stressful life events can cause stress such as receiving cyberbullying that causes physical illness (Taylor et al., 2009). In line with this, victims of cyberbullying are also at greater risk of experiencing psychosomatic symptoms which are a relationship between psychological aspects that can affect physical aspects such as stomach ulcers that can be caused by anxiety, pain and tension in the joints caused by a response to stress, or headaches caused by tension that triggers muscle and nerve tissue problems, causing other psychosomatic symptoms such as feeling lethargic, difficulty sleeping, and dizziness (Deryol & Wilcox, 2020).

Social Impact

Cyberbullying has various impacts on victims related to their social environment. Several journal findings state that the social impacts felt by victims include social withdrawal, loneliness, and ostracism by their friends (Triyono & Rimadani, 2019). In some victims, cyberbullying causes victims to feel difficult to adapt to their social environment, resulting in isolation from the environment (Ruliyatin & Ridhowati, 2021). The loneliness experienced by victims is the result of withdrawing from their environment and being ostracized by their friends. Loneliness can be a feeling of suffering and discomfort when alone, which in cyberbullying victims is included in social loneliness or loneliness due to the individual's lack of activeness in social integration (Taylor, 2009). These social impacts are in line with research conducted by Anshori et al. (2022), which found that victims tend to withdraw from their social environment and feel ostracized by their surroundings. If linked to social impact theory, what cyberbullying victims feel is influenced by how strong the positive or negative influence of other people (the perpetrators) is, thus influencing the condition of the victim (Taylor, 2009).

The social impacts on victims of cyberbullying above are consistent with other findings that state that the social impacts felt include feeling uncomfortable in crowds and withdrawing from their environment (Wijaya et al., 2023). Victims isolating themselves from

their environment is one of the impacts caused by cyberbullying. Experiencing rejection in their environment can occur because the victim has experienced cyberbullying and friends are afraid that cyberbullying will also happen to them. Therefore, victims who are known to be victims of cyberbullying can experience rejection by their environment (Taylor, 2009).

E. CONCLUSION

Cyberbullying is behavior that aims to scare, anger, and humiliate its victims. Cyberbullying behavior is carried out by spreading lies about someone, sending hurtful threatening messages, falsifying other people's identities, creating a chat group used to spread hatred against the target online on social media. Cyberbullying behavior has various impacts on victims, these impacts can include psychological impacts consisting of cognitive aspects such as decreased concentration, overthinking every night, experiencing obstacles in academics, and declining performance. Affective aspects such as feeling ashamed, feeling angry and annoyed, fear, anxiety, resentment towards the perpetrator, stress, hurt, and feeling helpless.

Aspects of behavioral tendencies such as victims tend to lock themselves in their rooms, behave aggressively, blame themselves, are lazy in daily activities, have no appetite, let whatever happens, are more silent by not responding to the actions of the cyberbullying perpetrator, are apathetic, do not report the cyberbullying incidents they experience, but vent their anger through deviant behavior such as truancy, cheating, drinking alcohol, using drugs, running away from home and even committing suicide. Then there are physical impacts consisting of physical impacts such as headaches, sleep disorders, red eyes, loss of appetite, and psychosomatic impacts such as a very fast heartbeat and trembling. Furthermore, there are social impacts of cyberbullying which include withdrawing from their environment, feeling lonely, and uncomfortable in crowds which cause victims to isolate themselves.

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