

# Cyberbullying in College Adolescents a Systematic Review

Amely Palza-Monroy<sup>1</sup>, José Enrique García-Tejada<sup>2</sup>, Jorge Mamani-Calcina<sup>3</sup>, Cesar Gonzalo Vera-Vasquez<sup>4</sup>, Christian Erik Condori-Mamani<sup>1</sup> and Humberto Muñoz Bautista<sup>5, \*</sup>

<sup>1</sup> Universidad Católica de Santa María, Perú

<sup>2</sup> Universidad Nacional de San Agustín de Arequipa, Perú

<sup>3</sup> Universidad Tecnológica del Perú

<sup>4</sup> Universidad Continental, Arequipa, Perú

<sup>5</sup> Universidad Autónoma de Aguascalientes, Aguascalientes, Ags. México

## Abstract

Our search used systematic review priority reporting and meta-analysis techniques to review articles published in four online databases. A total of 2300 articles were retrieved and we ultimately analyzed 19 articles that reported that victims of cyberbullying and/or stalking experienced a range of negative and harmful mental health outcomes, including depression, anxiety, suicidal thoughts, and panic attacks. Victims spoke of the lack of support from the criminal justice system and their distrust of technology following their abuse of power. It also highlights the need to educate teens about safer use of technology.

## Keywords

Cyberbullying, cyberbullying, adolescents, victimization, mental health, Internet, social networks.

## 1. Introduction

Cyberbullying is repeated and targeted harassment that has occurred over a long period of time since the introduction of new technologies. The method used means that the victim cannot easily defend himself or herself. In cyberbullying, victim and bully are children or adolescents, who are usually schoolmates and have a physical relationship. On the other hand, the manifestations of cyberbullying can be very diverse and its only limit is the imagination of the participants and access to these technologies.

Doreen Bogdan-Martin, director of the International Telecommunications Union, said many teenagers came into this world without the skills to protect themselves from cyberbullying. A study by the NGO Bullying Without Borders published in May found that cyberbullying in Latin America and Spain increased by 33% after the quarantine.

## 2. State of the art

Regarding the victims of cyberbullying, risk factors were found such as having had experiences of traditional bullying, truancy, technical supervision in the use of digital technologies by their parents, low social support and feeling of loneliness, being part of a racial or ethnic minority, having communication problems with parents, added to parental authoritarianism, having a history of sexual abuse in childhood and having few social resources. In order to develop their psychosocial intervention

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\*Corresponding author.

EMAIL: pmezag@ucsm.edu.pe (P. Meza-Gómez); jgarciate@unsa.edu.pe (J. García-Tejada); e16187@utp.edu.pe (J. Mamani-Calcina); cverav@continental.edu.pe (C. Vera-Vasquez); nmamanib@unsa.edu.pe (N. Mamani-Berrios); hmuntista@gmail.com (H. Muñoz-Bautista)  
ORCID: 0000-0001-6317-0910 (P. Meza-Gómez); 0000-0001-5990-4897 (J. García-Tejada); 0000-0001-6633-2102 (J. Mamani-Calcina); 0000-0003-4168-5117 (C. Vera-Vasquez); 0000-0003-0571-8321 (N. Mamani-Berrios); 0000-0003-1720-0554 (H. Muñoz-Bautista)



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methodologies and techniques based on the findings of current and rigorous studies on cyberbullying, in which as many social actors as possible are involved. Due to the design of the studies reviewed, it has not been possible to obtain consistent conclusions regarding the role of SA as a predictor variable or as a psychological consequence of CA. The cross-sectional studies found that there is mostly a positive relationship between SA and AC. Two studies concluded that social anxiety predicts an increase in cyber victimization experiences; on the other hand, school violence and peer cyberbullying were found to be social issues of growing concern and with far-reaching psychosocial consequences for all those involved and for the educational community in general. Parental supervision is necessary to prevent cyberbullying, but it must also be accompanied by changes in the online practices of minors.

### 3. Methodology

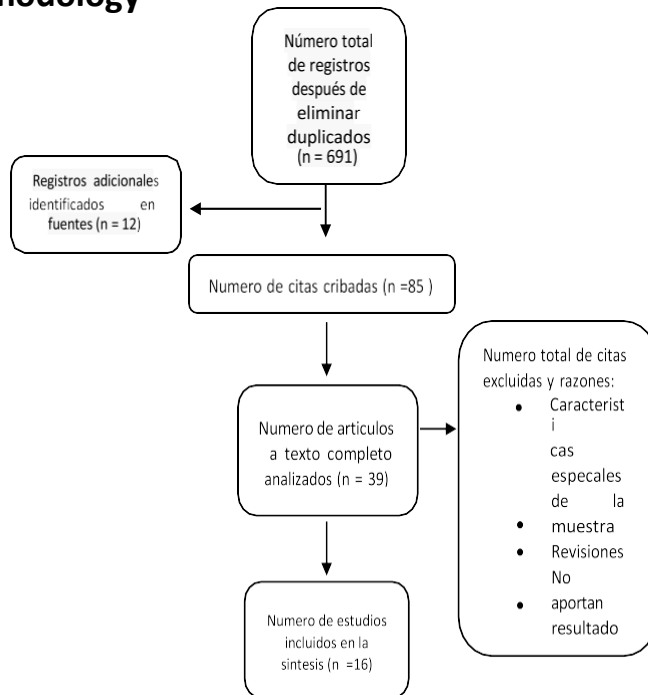


Figure 1: Prism Graph Methodology

#### 3.1. Data Collection Strategy

We use the following databases: Web of Science, Scopus, Scielo and ScienceDirect.

#### 3.2. Inclusion Criteria

They included primary studies that will: (a) analyze the phenomenon of the cyberbullying in conjunction with family variables; (b) provide results of the relationship between any family variable and being a victim or aggressor of bullying/cyberbullying; (c) used samples composed of school-aged adolescents or universities; (d) were published in peer-reviewed journals, in Spanish or English; and (e) the publication date was between 2018 and 2022.

#### 3.3. Exclusion Criteria

Eliminating repetitions between databases and searches. exclusion of those that did not relate to the subject matter of the review or did not meet the search year range. Eliminating repetitions between databases and searches. exclusion of those that did not relate to the subject matter of the review or did not meet the search year range.

### 3.4. Screening Question

By reading the summary, and those that were not bullying or cyberbullying programs were discarded

### 3.5. Search String

(Cyberbullying or "CYBER BULLYNG" OR Ciberprotest OR Ciberetiquette or cyber\* or ciber\*)  
And ("univesity student" or "college student" or collegian or gradua\* or scholar OR "graduate students") or undergradua OR undergraduate) 2300.

### 3.6. Question Results

-Population What is the incentive for cyberbullying among young university students? What are the means of communication used by young university students to engage in cyberbullying? What are the risk factors and protective factors in cyberbullying situations among young university students?

-Results: What kind of supervision and quality is there in the families of adolescents who suffer from bullying and who carry out the bullying? Is there any communication link between the bully and the bullied? Intervention: How have the various social networks been implemented for cyberbullying in adolescents?

Cyberbullying in adolescents is perceived in the vast majority the severity of the incident and how they react as bystanders depending on several factors related to cyberbullying, showing that bystander responses to cyberbullying vary depending on the degree of publicity, anonymity, type of cyberbullying and victim response. Youth bullying can lead to physical harm, social and emotional problems, and school problems. Adolescence is a period of regeneration and reconstruction, oscillations are observed between the extremes of love-hate, activity-passivity, etc. Cyberbullying affects the mental health of college students It causes emotional problems, including anger, social problems, mental health, symptoms, etc.

Moderate to severe depressive disorders, substance use, suicidal thoughts and thoughts of suicide. However, these studies emphasize the importance of further research to understand this type of victim experience and how it contributes to the development of mental health problems in adolescents, but the available data indicate that it is a serious problem with far-reaching consequences. Cyberbullying has a negative impact on adolescents' self-esteem because they are in transition. As a result, being a victim of cyberbullying, teasing and humiliation kills your self-esteem, especially when you feel exposed in front of other young people. In the face of sudden and dramatic changes during COVID-19 isolation, adolescents have been more prone than adults to psychological problems, such as depression and anxiety. Meanwhile, due to the need for online education, rates of Internet use among youth have increased significantly. During the COVID-19 pandemic, adolescents have been at high risk of developing PIU. It was found that COVID-19 has had a significant impact on the mental health of schoolchildren and has affected the relationship between PIU and psychological distress. However, the results of the study provide empirical evidence regarding some differences found between what was reported by men and women in the studies, such as the following: women who reported ever being bullied via cell phone did so about once a week, while men reported that it only happened once or twice. Likewise, women indicated that the person who harasses them through the cell phone is usually a boy from their class as well as the men consulted; however, the results differ with respect to these in terms of duration and medium through which the harassment occurs; since in the case of men the duration of the harassment suffered is more than a year occurring mainly in social networks such as Instagram and Twitter, and in the case of women the duration is two or three weeks, being the medium through which they suffer harassment the SMS messaging. On the other hand, a high percentage of boys indicated that, when they are harassed through their cell phones, they worry about what others might think about what is happening to them, while girls said that when they are harassed they feel angry, feel bad and, to a lesser extent, worry about what others might think about what is happening to them.

## 4. Discussion

According to the state of the art it could be inferred that in the victims of cyberbullying risk factors were found such as having had experiences of traditional or virtual bullying, thus generating social anxiety, increasing even more in young university students. And this could be verified with the results, since it was found that in the university context young people show a high level of stress that is often related to cyberbullying.

In the state of the art we could infer that it is pertinent to do more studies on cyberbullying since the arrival of the pandemic our lives have changed and the whole society had to adapt to lead a more virtual life, demonstrating it in the results, because according to surveys conducted, the pandemic caused an increase in the use of social networks in young people who took refuge in violent games or toxic social groups, which caused violent attitudes in young people and consequently an increase in cases of cyberbullying in social networks such as Instagram, Facebook and Tik Tok. Typical background of school violence

When we talk about context we refer to all those. Aggression is categorized as school violence. The concept has changed significantly since then. A few years ago, only educational centers and the activities that depended on it, such as extracurricular activities or restaurants, were considered the scene of school violence. Violence committed between school members not specifically located within the school boundaries is now considered school violence because tools such as the Internet and cell phones, this phenomenon clearly increases its limitations. Acting beyond the school is purely a matter of course. As we established them earlier, victims, college students fail school, we have two types of victims according to their characteristics: The typical victim, or passive victim, which is characterized by a social situation of isolation, in relation to which it is worth considering its low assertiveness and difficulty communicating, a very passive behavior, fear of violence and manifestation of vulnerability to their peers. This victim facilitates the role of the aggressor, since his silence allows the situation to be prolonged in time more than if he were an active victim and the active victim, who is characterized by a social situation of isolation and strong unpopularity, being among the most rejected students by their peers, a situation that could be at the origin of his selection as a victim, although, as in the case of the previous ones, it could also be aggravated by the victimization: an excessive and impulsive tendency to act, to intervene without choosing the most appropriate behavior for each situation, with concentration problems and a certain willingness to react with aggressive and irritating behavior.

Social networks may seem to have appeared only a few years ago, but their seed for such an explosive success was already a few years ago. In 1971 the first email was sent; the two computers involved were side by side. In 1994 GeoCities was founded, one of the first social networks on the Internet as we know it today; the idea was for users to create their own web pages and host them in specific neighborhoods based on their content on TheGlobe.com gives users the ability to customize their own online experiences by publishing their own content and interacting with others with similar interests.

Years later, in 1997, AOL Instant Messenger was launched. In 2000, the "Internet bubble" burst and caused this resource to become generalized and with it the social networks. In 2002 the Friendster portal was launched, a pioneer in the online connection of "real friends", reaching 3 million users in just three months. In 2003 the MySpace website was launched, initially conceived as a "clone" of Friendster, created by an online marketing company, its first version was coded in just 10 days. In 2004, Facebook was launched, originally conceived as a platform to connect university students; it was launched at Harvard University and more than half of its 19,500 students subscribed to it during its first month of operation. In 2006, the Twitter network was launched. In 2008 Facebook overtakes MySpace as the leading social network in terms of monthly unique visitors. And in 2011 Facebook has 600 million users worldwide, MySpace 260 million and Twitter 190 million, thus successfully comparing our state of the art with the results.

## 5. Conclusions

This systematic review has responded to our RQ:

How does stalking and cyberbullying impact the mental health of adult victims? Which research illustrated the negative impact such victimization has had on mental health, as well as the case of recent adolescents. We have identified and analyzed the wide range of psychological harms caused by this cyber abuse, while reviewing and critiquing existing research that has been conducted in this field. See widely understood that offline harassment is a major public health problem,<sup>51</sup> and online stalking and harassment should also be treated as such because of the harmful consequences of cyber abuse being similar to offline abuse

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