



**Prevalence of cyberbullying and its associated factors among
young adults and adolescents in Bangladesh**

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All honor belongs to the One and Only Almighty, the Most Merciful and Compassionate, as well as the Holy Prophet Hazrat Muhammad (PBUH), the Most Perfect Among & Among Those Ever Born On The Surface Of The Earth, Who Is Forever A Torch Of Guidance & Knowledge For Humanity.

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Dated:

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Declaration

It is hereby declared that

1. The thesis submitted is my/our own original work while completing degree at Independent University, Bangladesh
2. The thesis does not contain material previously published or written by a third party, except where this is appropriately cited through full and accurate referencing.
3. The thesis does not contain material which has been accepted, or submitted, for any other degree or diploma at a university or other institution.
4. I/We have acknowledged all main sources of help.

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Abstract

We are passing an era that is known as the digital time. Most of the people are too much dependent on digital platforms for their work and also for their recreation. We can't think of a single day in our life without the internet and social media. The internet has changed our life in both negative and positive ways. Besides the positive things, the internet can bring some negative effects on our young generations like cyberbullying, cyber harassment and online scamming. This cyberbullying can lead to various mental problems for the young adult and adolescent in Bangladesh. Different studies show the worldwide scenario of cyberbullying. A study says 13.99 to 57.5% are the victim rate of cyberbullying. During the covid period this cyberbullying was one of the most concerning issues for the parents, teachers and as well as students because most of the students were at home and they were using social media or internet more frequently. During that time around 41% of people were cyberbullied and among them most of the people were students, young age group and adolescents. During lockdown the rate of cyberbullying in our country also increased at a high concern rate because statistics said around 80% girls were the victim of cyberbullying and among them 64% girls are living in city areas. Cyberbullying is categorized into different types and it is associated with depression and some other mental problems that can be the reason for various mental issues. It is responsible for Sometimes they become suicidal and they consider themselves as useless and mentally unstable, as a result they don't think to fight against this problem. Depression can bring lots of other mental health issues and it's so common in our young generation. It can also be associated with Struggle and anguish emotionally, low Self-esteem, isolation and withdrawal, academic decline, physiological concerns regarding the body, suicidal ideation, negative impact on relationships.

Introduction

We are passing a time known as the digital time. Nowadays the internet has become an indispensable component of our lives and we can't think of a day without the internet. It has a huge impact on our daily life for communicating with others , for business and also for entertainment. The internet has changed our lives in profound ways. It has facilitated our ability to maintain relationships with loved ones, acquire new knowledge, and fulfill material needs. In addition, it has opened up fresh possibilities for business owners and entrepreneurs. Apart from its huge advantage, it also raises some issues that are really concerning for us and need to think about it. It is important to be aware of them like cyberbullying , Online scams, Viruses and malware, Privacy concerns. But among them cyberbullying is really a concern for us and day by day it is increasing significantly.

Cyber bullying is a way of bullying or use of force, teasing or threat, to abuse, aggressively domination by one or multiple persons to another, through using the digital electronics as like social medias which can result dangerous actions like suicide or depression, mostly among teenagers. Cyber bullying has become one of the most alarming issues among the world nowadays and the most targeted people are the young generation. In Bangladesh, there is a spontaneous increase of cyber bullying started from the past few years. In the case of cyberbullying the advancement in technology and the access to smartphones with the internet have given them the liberty to do whatever they wish. As a result, now even if the kids have reached their home safely, the humiliation follows them because they have been bullied on the internet.

According to Farrington bullying has four key parts: (1) it is a physical, verbal, or psychological attack or intimidation; (2) the bullying person does it is more powerful, or at least is seen as more powerful than the victim in some ways, such as physical strength; (3) the act is meant to scare and/or hurt the victim; and (4) there is no reason for the act to happen, and it happens over and

over [18] . Bullying is a form of violent behavior in which someone hurts or upsets another person on purpose and over and over again. When this bullying occurs online or virtually that is called Cyberbullying. Cyberbullying occurs when someone repeatedly uses technology to harass, threaten, humiliate, or target another person [8] . It can take many different forms, like sending hurtful messages or threats, spreading rumors or false information, posting offensive comments or pictures, or even making fake profiles to embarrass someone. According to UNICEF Cyberbullying is when a person hurts someone else by using digital technology. It can happen on social media, chat apps, gaming apps, and cell phones. It is repeated behavior that is meant to scare, anger, or shame the person it is done to [1]. Spreading lies, sending hurtful & abusive messages , impersonating someone are also included in cyberbullying. Based on Cambridge cyberbullying is by using the internet doing any harmful activity to other people especially by sending any unpleasant messages [2]. Another definition says Cyberbullying is a broad term for many different kinds of online abuse, such as harassment, doxing, attacks on a person's image, and revenge porn [3]. Cyberbullying is also considered as an umbrella to illustrate different kinds of online abuses and threats. Cyberbullying is known to be a serious public health problem that affects both kids and teens [4]. Another study says Cyber bullying is a way of bullying or use of force, teasing or threat, to abuse, aggressively domination by one or multiple persons to another, through using the digital electronics as like social medias which can result dangerous actions like suicide or depression, mostly among teenagers. Cyber bullying has become one of the most alarming issues among the world nowadays and the most targeted people are the young generation.

Cyberbullying can be categorized into different categories and it can be considered as a different form of harassment from each other. When people use technology and the internet, there are many ways that they can be bullied or be bullied [3] . Some of the most common ways cyberbullying happens are:

Harassment: When someone is being harassed online, they are getting a series of mean texts or attempts to contact them from one person or a group of people. People can be bullied through email, texting, calling, and social media. Most of the contact the victim gets will be harmful or frightening.

Doxing: The word doxxing comes from the word Documents that means information [5]. When someone took someone's personal information and spread it through the internet. This has been done a lot for a long time because papers are permanent records of what people have done and said, which can be used against them in powerful ways.

Cyberstalking: cyberstalking indicates the use of the internet, e-mail and other telecommunication media to harass someone or stalk someone [6] [7]. It's a crime in the United States . According to Sherri Gordon , Cyberstalking often falls into four main types: vindictive, composed, intimate, and collective.

Swatting : swatting is more common in the online gaming community like Call of Duty , Counter strike, DOTA [9]. People do it with the intention of panicking others and fear.

Corporate attacks: In the business world, hacks can be used to send a lot of data to a website in order to shut it down and make it useless. Corporate attacks can hurt the public's trust in companies, hurt their reputations, and in some cases even cause them to fail.

Account hacking: Account hacking is another type of cyberbullying and it refers to unauthorized access to another person's account with the intention of harmful activity. It's a criminal activity [10]. This can be especially bad for brands and well-known people.

False profiles: Making a false social media account with the intention of harming anyone or any brand. These accounts are used for 1) to hide the identity of the person who is sending threatening or bullying messages; 2) to impersonate their victim in an attempt to damage their reputation or cause them distress; or 3) to trick the person's friends and family into connecting with a profile that impersonates the victim in order to trick them into engaging with malicious content [11].

Slut shaming: Slut shaming is when someone is called out and labeled as a "slut" for something that they have done in the past or even just how they look. This can be done anonymously online or in person. This form of cyberbullying occurs frequently when one person has been sexting

another person and the photographs or conversations that they have been exchanging become public. Slut shaming is something that occurs more frequently among younger individuals and teenagers, however anyone can be a target of this behavior. It's another hugely offensive cyberbullying since most of the teenagers are spend most of their free time online and they are the victim of this slut shaming [12].

Revenge porn: Revenge porn is the act of posting sexually explicit or otherwise compromised photos of another person onto social media platforms or sharing those images on websites dedicated to revenge porn without first obtaining that person's consent to do so. Images of this kind are typically published online by a former romantic partner, who does so with the intention of embarrassing the target and tarnishing their reputation. The term "sexting" refers to the practice of sending, receiving, or transferring sexually explicit content over electronic devices, such as mobile phones and computers.[3,13].

Cyberbullying has become a real issue worldwide and it is considered as a really significant matter. An experiment conducted in Canadian students by Tanya Beran Qing Li and it says 432 students in grades 7–9 said they had been cyber-harassed. Cyber-harassment is a type of harassment that happens through electronic interactions such as mobile phones and email. More than two-thirds of students (69%) have heard of cyber-harassment. About a quarter of students (21%) have been bullied online more than once, and a small number of students (3%) have admitted to doing it themselves. Also, victims of cyber-harassment said that they felt a lot of bad things, especially anger and sadness, and that they had been harassed in other ways. These results show that more study is needed to figure out how and why teenagers use technology to bother their peers [15] . Another article titled “Cyberbullying: A Review of the Literature on Harassment Through the Internet and Other Electronic Means” summarized different kinds of cyberbullying and differences from traditional systems to nowadays. It also differentiated based on age , gender and cases [16]. A study says 1 in every 4 children in Britain are the victim of cyberbullying [15] . Another study was conducted between Turkish students and results were 35.7% of the students behaved like bullies, and 23.8% of the students behaved like bully victims. Only 5.9% of kids were victims. Boys were more likely than girls to be bullies, victims, or both. When cyberbullying happened, 25% of students said they told their friends and parents about it, and 30.6% said they did something

to stop it, like stopping the harasser [17] . Another article says that Around 14 years of age, when students spend more time on mobile phones and social networking sites, cyberbullying is more likely to occur. According to estimates, between 15% and 35% of adolescents have been the target of cyberbullying, and between 10% and 20% of individuals confess to having engaged in cyberbullying [19]. Majority of the cybercriminals and hackers fall between the age-range of 15-30. Cyberbully victimization ranged from 5- to 55% around the Globe. Of the Cyberbully victims, 27.3 % suffered from any kind of psychiatric disorder which was significant. Victims of Cyberbullying were found 6.4 % among school going students , 5.9 % among adolescents , 21 % and 30 % among middle school students .

PEW Research (U.S.) found that :

1. Personal online harassment has affected 41% of Americans.
2. 35% of all adults had encountered online harassment in some form (2014).
3. 62% of U.S. adults view online harassment and bullying as a significant problem.
4. 70% of women believe that online intimidation is a significant issue.

Cybersmile Research (U.S.) also found that:

1. Facebook was the source of the most harassment for 54.5% of all respondents.
2. 61.1 percent of female respondents had witnessed the most harassment on Facebook.
3. Around 35.7 % of respondents had witnessed online harassment for religion .
4. Almost 40% of all respondents had encountered cyberbullying, harassment, or abuse online.

Another research was conducted by Cybersmile Research to check the statistics in the U.K. And the result was:

1. 29.6% of people ages 25–34 who answered the survey had seen gay abuse online.
2. 31.5% of respondents between the ages of 18 and 24 had seen internet bullying based on religion.
3. 40.6% of the 18–24-year-olds who answered the survey had seen racist abuse online.

4. 55.1% of all respondents said that Facebook was where they had seen the most internet abuse.

Whenever we are looking to check the statistics of cyberbullying in India , the result is really shocking and concerning and mostly alarming for us since it's our neighbor country. Statistics say around 85% of children are the victim of cyberbullying and they are facing it mostly in various ways [20]. 45 percent of Indian children say they don't tell their parents about cyberbullying because they don't talk much with their parents. 63% of them had to deal with insults and abuse online, and 59% had to deal with false rumors and talk that hurt their reputation. In the Asia-Pacific area, India has more cyberbullying than Australia and Japan. According to a February 2007 survey of 832 teenagers, 43% of those polled have been cyberbullied [21]. According to Tokunaga's 2010 study, approximately 20-40% of all teenagers had been cyberbullied [22] . According to Microsoft's 'Global Youth Online Behavior Survey' in 2012, which included over 7,600 children aged 8 to 17 from 25 countries, India placed third in terms of cyberbullying incidents (53%) [23]

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During Covid-19 lockdown period cyberbullying also increased at a significant level [20] because most of the people were isolated in the house and they spent lots of time on the internet. Online gaming was one of the reasons for showing more aggression and bullying to others in the lockdown days [24] . Another study says the government is really taking some steps to prevent cyberbullying since the ratio of cyberbullying is very high in educational institutes in India [25] .

Similar to many other nations, Bangladesh has a serious problem with cyberbullying. Cyberbullying has become a common problem impacting young people in Bangladesh as a result of the rise in internet and social media use. In our country cyberbullying can take many different

forms, such as harassing someone online by creating false profiles, sending threatening messages, distributing false information, and revealing private and sensitive information without permission.

A newspaper article was published based on cyberbullying in Bangladesh by The Daily Star, it revealed that about 49% of Bangladeshi school children experience cyberbullying [26] . The risk of cyberbullying has grown significantly in Bangladesh as a result of young people's increased usage of smartphones and internet access, the report points out. According to that study, social media impact, lack of knowledge about online safety, and widespread access to digital devices make Bangladeshi kids more susceptible to cyberbullying.

Another article published by the The business post newspaper and the study was conducted by Cyber Crime Awareness Foundation , they found that more than 50% (50.27%) of kids in Bangladesh are cyberbullied [27] . The study was conducted by the result of about 1,200 kids between the ages of 12 and 18 from different schools across the country [27] .

UNICEF published a report in Dhaka Tribune regarding cyberbullying and they said: at least 32% of children in Bangladesh between the ages of 10 and 17 are at risk of online violence, cyberbullying, and digital abuse [28] . According to the report, almost ten percent of youngsters are being subjected to religious provocations in the form of serious cybercrimes. Furthermore, it was found that older children, namely boys between the ages of 16 and 17, are more likely than any other age group to be exposed to such content [28] .

There is a significant incidence of cyberbullying in Bangladesh. According to the findings of a survey conducted by the Bangladesh Institute of ICT in Development (BIID) and conducted on behalf of the ICT Division titled "Cyberbullying against girls and women over social media." According to the results of this poll, the percentage of people who have been victims of cyberbullying is 80%, and among these victims, 64% of the girls who live in cities and 33% of the girls who live in rural areas get sexually explicit films, messages, and images [29] .

In our country females are the most victims of cyberbullying compared with males [30] . In November of 2020, the Police Cyber Support for Women program was initiated. During the first year, a total of 17,280 women made contact with the unit. One way or another, each and every one of them was a victim of cyberbullying. In Dhaka, the Cyber Crime Investigation section worked on more than 900 separate cases in the previous year. Their research shows that the proportion of male to female victims of cyberbullying is approximately equal. On the other hand, women are more likely to be victims of "sextortion," which is the practice of blackmailing with intimate images or films [30].

The effects of cyberbullying can be catastrophic and long-lasting for the people who are bullied online. According to UNICEF, victims of cyberbullying can experience negative effects not only intellectually but also physically and emotionally. These might include feelings of fear, anger, shame, and exhaustion, as well as physical manifestations such as headaches and stomach problems.

The victims of cyberbullying might suffer serious emotional and psychological repercussions as a result of the behavior. One or more of the potential outcomes is a rise in stress, anxiety, and depression. In many cases, victims see a deterioration in their self-esteem and may withdraw from social interaction as a result. The persistent harassment and negative interactions that take place online can, in some cases, lead to emotions of hopelessness as well as thoughts of hurting oneself or taking one's own life [32] .

Academic achievement might be negatively impacted by cyberbullying as well. It's possible for victims to have trouble concentrating on their schoolwork, which can result in lower grades and a loss of interest in extracurricular activities at school. Their contentment and sense of well-being as a whole may be drastically altered as a result.

The impacts of cyberbullying are not confined to the victims alone, as the article underlines, as the title of the article suggests. People who engage in behaviors that constitute cyberbullying are at risk of experiencing unfavorable effects. They might experience emotions such as guilt, shame, and remorse as a result of their conduct.

A multi-pronged strategy is necessary for both preventing and responding to incidents of cyberbullying. The need for education and raising awareness about the repercussions of cyberbullying cannot be overstated. Strong anti-cyberbullying policies and regulations should be implemented by educational institutions, parents, and internet platforms. The establishment of support networks for victims, the encouragement of responsible behavior online, and the provision of therapy services are all necessary initiatives.

"When someone is cyberbullied, he or she may begin to feel ashamed, nervous, anxious, and insecure about what others say or think about him or her." This might result in distancing from friends and family, negative thoughts and self-talk, feeling guilty about things you did or did not do, or feeling as though you are being judged adversely," according to UNICEF. "Skipping school is another common effect of cyberbullying and can affect the mental health of young people who turn to substances like alcohol and drugs or violent behavior to deal with their psychological and physical pain."

Cyberbullying can even lead to someone committing suicide. Given that the majority of American teenagers are now online at some point during the day, the threat of cyberbullying has never been bigger [31].

The News-Medical.net article titled "The Impact of Cyberbullying on Mental Health" discusses the effects of cyberbullying on the mental health of individuals. They said: When it comes to a person's emotional and psychological well-being, cyberbullying can have devastating effects. Constant harassment and bad encounters online can cause significant stress, anxiety, and dread for victims.

Cyberbullying has been linked to depression. Sadness, helplessness, and a lack of interest in once-enjoyed activities are all possible reactions for victims. Their general disposition and sense of emotional well-being may be adversely affected by the barrage of negative messages.

Cyberbullying can also lower a person's self-esteem. A person's sense of self-worth and confidence might be damaged by the barrage of insults they receive online.

Cyberbullying can sometimes cause victims to withdraw within themselves. Because of their fear, their embarrassment, or their desire to stop being harassed any further, victims may retreat from their social circles. Loneliness and a lack of social support might result from this kind of solitary existence.

Self-injury and thoughts of suicide have been linked to cyberbullying. The pervasiveness of cyberbullying has been linked to increased thoughts of, and even acts of, self-harm and suicide among those who are most vulnerable to its effects [33].

The mental health effects of cyberbullying are discussed, and the importance of preventive and intervention techniques is highlighted. Methods include public education, new regulations, victim assistance programs, and encouraging appropriate online conduct.

Another article "Cyberbullying: The Psychological Effects on Teens" on PsychCentral goes into detail about the mental health consequences of cyberbullying for young people. They found Teens who are cyberbullied often experience severe mental health consequences. Those who experience it generally feel a heightened sense of tension, anxiety, and sadness. Extreme emotional anguish can be brought on by the persistent hostile and threatening atmosphere that can develop online as a result of continual harassment and unpleasant interactions [34] . Teens who are targets of cyberbullying may end up with a distorted view of themselves. The cruel remarks and attacks on their persona can cause individuals to lose faith in themselves and question their value. Cyberbullying has also been linked to lower grades in school. The mental and physical stress of

bullying can make it difficult to focus on schoolwork and participate actively in class. Because of this, academic performance may suffer, and students may lose interest in learning.

According to "The Impact of Cyberbullying on Mental Health," one of the common results of cyberbullying is social isolation. As a result of their humiliation or fear of continued harassment, victims may retreat from their usual social circles. Loneliness and a lack of social support can result from this kind of isolation [35] .

Since there is no federal law that addresses cyberbullying specifically, the issue is often dealt with at the state level in the United States. However, while dealing with cases of cyberbullying, various federal laws and legal concepts may come into play. However, cyberbullying does not have a specific legal definition in California. Cyberbullying is illegal in California and is punishable by Section 653.2 of the state's penal code. A misdemeanor charge may be filed against anyone who is found guilty of the following. County jail time of up to one year and/or a \$1,000 fine, or both, may be imposed as punishment [36] . Apart from that in the USA different states have different types of law to prevent this Cyberbullying.

In India, there are no statutes that explicitly protect victims of cyberbullying. On the other hand, cyberbullying is addressed in Section 67 of the Information Technology Act. If you publish or transmit pornographic material online, you might face up to five years in prison and a fine of up to Rs. 10 million (about \$150,000) [37] .

The cyberbullying laws in India also include the following provisions:

- Section 507 of the Indian Penal Code:

- Section 66 E of IT Act

In the United Kingdom (UK) Both physical and online bullying lack clear definitions as criminal acts [38,39]. However, cyberbullying offenders can be held accountable under criminal and civil law include:

1. Protection from Harassment Act 1997
2. Criminal Justice and Public Order Act 1994
3. Malicious Communications Act 1988
4. Communications Act 2003
5. Defamation Act 2013

There is a growing concern for cyber harassment in Bangladesh, which has led to the passage of many legislation that aim to address this problem. One of the primary pieces of legislation that criminalizes various forms of cyber harassment is the Digital Security Act of 2018, which includes provisions criminalizing online defamation, online hate speech, and the dissemination of false information [40,41].

The Digital Security Act of 2018 (DS Act), the Pornography Control Act of 2012 (PC Act), and the Information and Communication Technology Act of 2006 (ICT Act) are all statutes that victims of cyber harassment in Bangladesh can seek protection under. Disclosure of personal or private information is punishable by imprisonment, a fine, or both under Section 63 of the ICT Act. Section 25 of the DS Act protects an individual against the transmission or publication of offensive, misleading, or threatening material regarding them through any digital medium, whereas Section 24 penalizes and establishes sanctions for identity fraud. A victim of defamation is shielded by Section 29 of the DS Act. Pornographic materials of any kind are now unlawful to own, distribute, or view according to section 8 of the PC Act. The distribution of such materials on the internet for the purpose of blackmail has also been made illegal. The security of those using digital platforms can be guaranteed with the help of these rules if they are enforced properly. In order to realize our vision of a "Digital Bangladesh," we must create a secure online environment for all users.

Research Background

Cyberbullying is also known as cyberharassment or online bullying. It has become very common, especially among young adults and adolescents as the digital sphere has expanded and technology has advanced. Bangladesh's internet penetration rate stood at 31.5 percent of the total population at the start of 2022 which was 18 percent of total population in October 2012. Around the world the rate of internet users is 62.5 percent of total population, which was 34.2 percent of total population in 2012. Victims of cyberbullying experience such effects like mental health issues, poor academic performance, a desire to drop out of school, and even suicidal ideation. This cyberbullying also creates mental health issues, vast stress and anxiety, depression, acting out violently, and low self-esteem. Most articles about cyberbullying were published in The United States, England, Canada, China, Japan etc. However, there has been fewer to no such studies carried out regarding the Prevalence of cyberbullying and its associated factors among young adults and adolescents in Bangladesh.

The present study will be conducted to assess the Knowledge, most commonly reported symptoms, impairments affecting educational activities and interpersonal relationships towards Cyberbullying.

Research Question

What are the effects of cyberbullying and associated factors among young adults and adolescents in Bangladesh.

Research Methodology

Research Objectives

To identify the cyberbullying victim and its effects among young people in different divisions

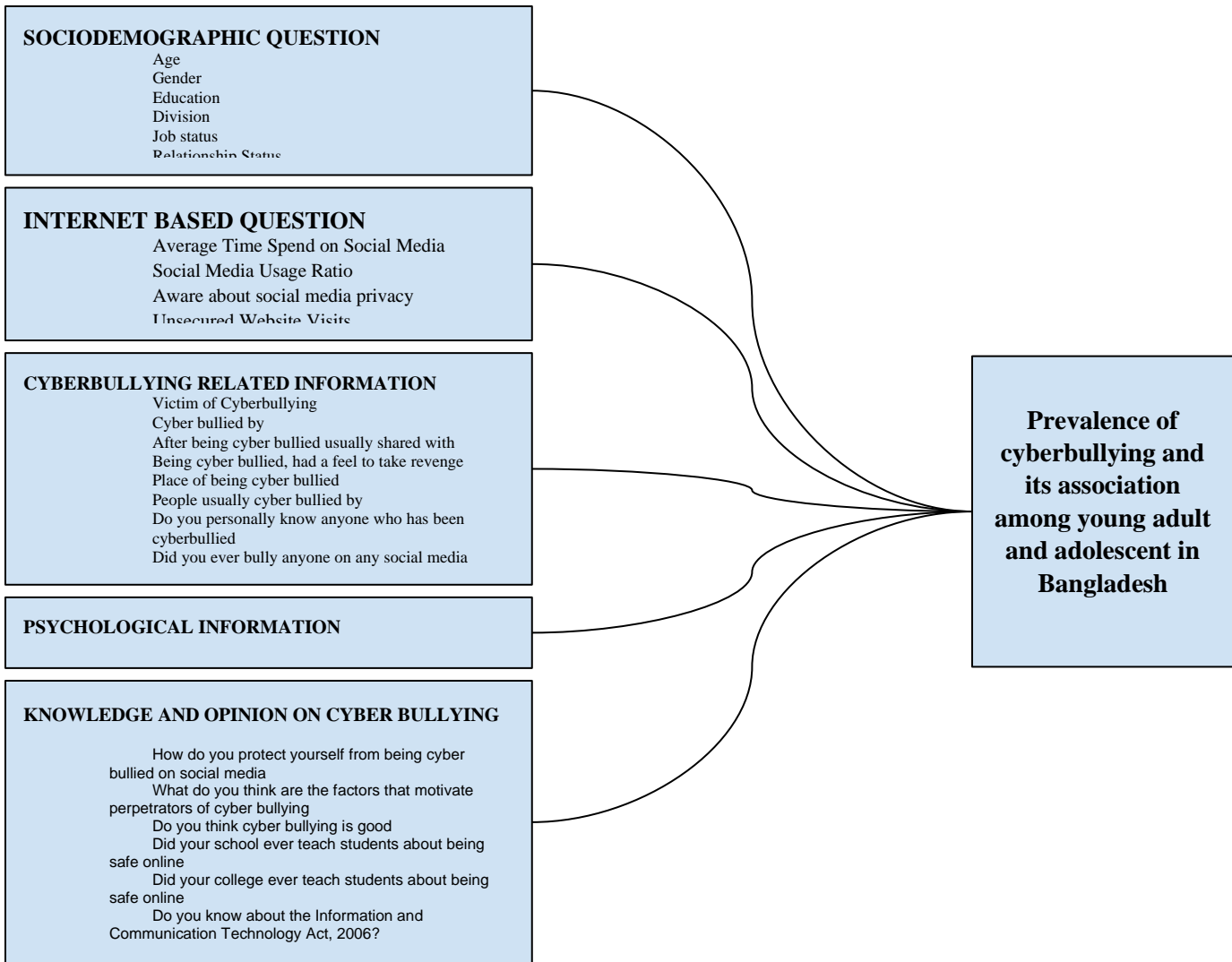
- To identify the cyberbullying victim and its effects among young people in different divisions of Bangladesh
- To find the prevalence of Cyberbullying among the study participants
- To explore the socio demographic factors of the respondents
- To identify the outcome of Cyberbullying

Conceptual Framework

Conceptual Framework

Independent Variables

Dependent Variables



Research Design

The study was conducted through a cross sectional study

Study setting

In Bangladesh there are 169.4 million people and among them different age groups are available. Some of them belong to the young age group and some of them belong to the adolescent age group. In our country there are 8 divisions and for our data collections we took the response from these different divisions through an online survey from a preformed group of Prothom alo named Kishore Alo .Respondent aged from 16-30 years from different division & district of Bangladesh. . Kishor alo is a popular young magazine that works with young and adolescent age group people.

Study Duration

This study duration was 4 months. It was from January 2023 to April 2023.

Data sources

Data for this study was primary data which was collected from the community through an online survey. For sampling or data collection, different divisions were selected by the help of Kishor Alo and respondents were from Dhaka, Chittagong, Rajshahi, Khulna, Barisal, Sylhet, Rangpur, Mymensingh division. There was an online survey that was conducted by those participants and they answered those questions or the survey.

Population and sample

The target population was the Young adult and adolescent aged from 16-30 years from Kishore Alo facebook group members in different divisions of Bangladesh.

Sample size

Target population of the study was young people of 16 to 30 years of age group from Kishore Alo facebook group in different divisions of Bangladesh.

Sampling technique : Non Random sampling

Data collection procedure

Data was collected through a pretested, self-administered questionnaire through a google form. A questionnaire was developed based on cyberbullying and its effect on young and adolescents. Their detailed information on age group, knowledge on cyberbullying, scenario of cyberbullying and victim history was included.

The google form was provided through various social media platforms (Facebook, Messenger, WhatsApp, Email, etc.). The google form was provided in the Kishor Alo facebook groups. To upload the google form in Kishor Alo. We took consent from the admin of this group. By the help of the authority and admin panel we collected the data from the participants. Participants were selected conveniently according to inclusion and exclusion criteria.

Data analysis plan

Microsoft Excel was used to compile the data, then the data was transferred to the SPSS, which was then analyzed with the SPSS 25 version for various descriptive statistics and univariate analysis. P-values lower than 0.05 were regarded as statistically significant.

Ethical Clearance

1. Consent was taken from the respondents.
2. None other than the investigators of this study and representatives of the National Institutes of Health have access to the records.
3. Respondent's right to refuse and withdraw from the study at time was accepted.
4. Confidentiality of the respondent was maintained.

Data Management

After collecting the data it was secured with password into a laptop and also in a flash drive. Then the data was entered into the Microsoft Excel for analysis. Several social media platforms were used to enable access to the Google form. The university Facebook groups had the link to the Google form. To upload the google form in the university group we took the consent from the admin of those groups. By the help of the authority and admin panel we collected the data from the participants. Every participants ensured the google form submission by entering their own email Id. Without email they would not be able to perform the survey. the data was collected anonymously. After receiving the data we coded the google form. Personal information was coded by using a unique ID during the data entry. The data was preserved in a secure place. PI/CO PI can only access the data. So there was no personal information during data entry. So, it did not hamper any privacy of any participants.

Quality Control

At each stage of the investigation, the study team adhered to procedures and guidelines to maintain the accuracy, reliability, and integrity of the data. This comprises methods for preventing errors from entering datasets, applying security measures before data collection, and setting up protocols while using data in a study. The use of uniform data formats and measurement standards, stringent

data handling and analysis methods, the selection of data collection and storage tools that support data consistency.

Inclusion & Exclusion Criteria

Inclusion Criteria

- ❖ Different types of internet users aged from 16-30 years who faced cyberbullying in different stages of life and also, they know about cyberbullying from Kishore Alo facebook group in different divisions of Bangladesh.

Exclusion Criteria

- ❖ Those who don't know or haven't any idea regarding cyber bullying. Also, those who aren't interested to answer on that particular topic.

Results

This was a descriptive type of cross sectional study conducted

Table 1: Socio Demographic analysis of the respondents

Variables			Percentage (%)	Frequency
Cyberbullied in last 1 year	Yes		43.8	219
	No		56.2	281
Socio Demographic factors	Sex	Male	53.6	268
		Female	46	230
		Others	4	2

	Age	16-20	24.70	128
		21-25	54.66	270
		26-30	20.65	102
	Education	Secondary	7.88	39
		Higher secondary	22.42	115
		Graduation	52.12	258
		Post Graduation	17.58	88
	Division	Dhaka	48.00	240
		Chittagong	41.80	209
		Others	10.20	51
	Job status	Employed	22.20	111
		Unemployed	77.80	389
	Relationship status	Married	12.20	61
		Unmarried	76.20	381
		Others	11.60	58
Personal Smart Device	Yes		98.80	494
	No		1.2	6
Social media activity time (Hours)	Leisure activity		56	2.50
	Work		44	2.69
Social media privacy awareness	Yes		88.80	444
	No		11.20	56
Cyberbullied by	Classmates/Friends		7.80	39
	Random Online Friends		40.60	203
	Relatives		2.80	14
	Others		48.80	244
Revenge tendency	Yes		20.60	103
	No		79.40	397
Place of being cyberbullied	University		27.80	139
	College		46.60	233
	School		7.40	37
	Others		18.20	91
Cyberbullied by (Sex)	Male		48.60	243
	Female		6.40	32
	Both		45.0	225
Knowledge during school period regarding online safety	Yes		39.40	197
	No		60.60	303

Knowledge during College period regarding online safety	Yes	48.20	241
	No	51.80	259
Relationship with parents	Bad	0.60	3
	Average	9.80	49
	Good	22.20	111
	Very Good	37.80	189
	Excellent	29.60	148
Knowledge about ICT Act, 2006	Yes	44.6	223
	No	55.4	277
Severity of Depression	Minimal or No Depression	34.2	171
	Mild to Moderate Depression	47.8	239
	Severe Depression	18.0	90

From this section we got some basic information of respondents based on the general questions like gender, age, university , locations and their jobs. From the demographic section we can see that most of the respondents were male and that is around 54% and female is 46%. We can also see that most of the respondents belong to the 21-25 years age group. This age group refers to adolescence and young adulthood. Most of the respondents were university students. Since we are living in the digital era, most of the respondents have a personal electronic device like smartphone, laptop or tablet. This percentage is absolutely surprising because 98.8% of people have their personal electronic device and by that they can easily have access to the internet.

Then we asked our respondents some internet related questions. We found that everyday a person spends around 5 hours on the internet or social media for their work or for their recreation purpose. From the survey we found they spend around 2.50 hours on the internet for their rescreation and 2.6 hours for their work . In our generation we are too much dependent on facebook and that's why around 34% of respondents are too much involved with facebook. Though people also use other social media like whatsapp, snapchat, tiktok , twitter and the total percentage of these platforms are 46% including these platforms. But one result was surprising because almost 89% of people are aware about cyber security even though they visit unsecure websites. Even though this number was huge among respondents, we found 48.20% of people visit these unsecure websites frequently

Later we asked participants some cyberbullying related questions. We asked them basic information regarding cyberbullying and what they know about it. Also we asked them their experience regarding cyberbullying, how they are bullied and with whom they shared their bullying history. From the response we can see around 84% of people know about cyberbullying that means they know what is called cyberbullying and when bullying is recognised as cyberbullying and some of the kinds of cyberbullying. We also found that around 42% of people are the victims of cyberbullying and most of them are bullied by their online friends. We also noticed some tendency that the majority of cyber-bullied people haven't shared their incident with others and they tried to keep it secret. Most of the people are bullied by the man.

Again we asked participants regarding their physiological information, mainly about their relationship with their parents. It's a good sign that the majority percentage have a very good relationship with their parents. Having a good relationship with parents is better because children will have the access to share everything with their parents. When they will be bullied by anyone

Lastly we asked our participants knowledge about cyberbullying and their opinion regarding cyberbullying. We found that most of them use a strong password in social media in order to protect them, this number is around 90%. Revenge is a major tendency for cyberbullying because when a person is cyberbullied then we become trigger and as a result he/she becomes trigger to take revenge. It's a good sign that most of the people consider cyberbullying as a bad practice or they aren't supporting it. Schools & colleges need to be concerned to teach them about cyberbullying because we found that most of the students didn't get any lesson about cyberbullying in their schools and colleges. Our government acted as a law to prevent cyberbullying and it is known as "Information and Communication Technology Act, 2006" but surprisingly most of the respondents don't know about this law and the amount of this number is more than 55%.

Table 2: Socio Demographic analysis of those who faced cyberbullying in last 1 year

Variables		Percentage (%)	Frequency	
Cyberbullied in last 1 year	Yes	43.8	219	
Socio Demographic factors	Sex	Male Female	36.2 63.9	79 140
	Age	16-20	24.65	54
		21-25	45.2	99
		26-30	30.13	66
	Education	Secondary	1.82	4
		Higher secondary	29.68	65
		Graduation	40.63	89
Post Graduation		27.85	61	
Division	Dhaka	42.009	92	
	Chittagong	52.05	114	
	Others	5.93	13	
Job status	Employed	70.20	154	
	Unemployed	29.80	65	
Relationship status	Married	17.80	39	
	Unmarried	62.6	137	
	Others	19.63	43	
Personal Smart Device	Yes	95.9	210	
	No	4.28	9	
Social media activity time (Hours)	Leisure activity	56	2.50	
	Work	44	2.69	
Social media privacy awareness	Yes	94.06	206	
	No	5.93	13	
Cyberbullied by	Classmates/Friends	9.5	21	
	Random Online Friends	79.90	175	
	Relatives	5.02	11	
	Others	5.5	12	
Revenge tendency	Yes	59.4	130	
	No	40.6	89	
Place of being cyberbullied	University	36.1	79	
	College	41.6	91	
	School	9.13	20	
	Others	13.24	29	

Cyberbullied by (Sex)	Male	51.6	113
	Female	7.8	17
	Both	40.63	89
Knowledge during school period regarding online safety	Yes	57.9	127
	No	42.1	92
Knowledge during College period regarding online safety	Yes	51.1	112
	No	48.9	107
Relationship with parents	Bad	1.7	3
	Average	15.52	34
	Good	24.20	53
	Very Good	28.8	63
	Excellent	30.13	66
Knowledge about ICT Act, 2006	Yes	59.4	130
	No	40.6	89
Severity of Depression	Minimal or No Depression	34.2	171
	Mild to Moderate Depression	47.8	239
	Severe Depression	18.0	90

We showed the relation between the number of cyberbullied people and their depression level. We found that around 44% of people faced cyberbullying in the last 1 year and among them almost 32% faced mild depression. This value is really alarming for our generation because still day by day it is increasing and lots of people are the sufferers of cyberbullying and it leads them to depression. Also there are other factors that we found that also leads our youth & adolescents into depression. It can be mild or severe, but it doesn't matter because ultimately it can lead them to many harmful activities or it can be the reason for killing their mental happiness.

Also we tried to show this depression based on gender scenarios. We found that females feel cyberbullying most of the time in cyberbullying situations rather than men. We saw those who faced cyberbullying in the past year, around 64% are females and 36% are male. Also those who are cyberbullied most of them are university students. Respondents from Chittagong divisions faced more cyberbullying compared with Dhaka divisions respondents.

We tried to find out the relation between depression severity with cyberbullying from the respondents. We find that most of them feel mild depression due to cyberbullying. Some of them also feel severe and moderately severe depression due to depression and this number was almost 20 % from the respondents and around 48% respondents faced Mild to moderate depression due to cyberbullying. .

We also asked our respondents regarding ICT act 2006 , surprisingly respondents from Dhaka divisions number are higher that they don't know regarding this ICT act, then comes chittagong divisions. Another important note is that around 60% of those who are cyberbullied know about ICT act 2006.

Discussion:

Family is also important to prevent cyberbullying since every child takes their first lesson in families. Family can play an important role to control cyberbullying [43] and Psychosocial Adjustment. Some suggestions for how families can take action to stop cyberbullying:

Maintain an open line of communication with your kids. Inspire them to talk about their triumphs and tribulations in the digital realm, and provide a secure place for them to do so.

Define the parameters within which users can behave responsibly while using the internet. Emphasize that cyberbullying is not acceptable and that all people deserve to be treated with kindness and compassion. Establish limitations on technology use, such as how much time can be spent on screens and what kind of content is acceptable.

Educate children on the dangers of cyberbullying and the importance of teaching them digital literacy and internet safety. Instill in them the values of privacy, reporting cyberbullying, and responsible use of technology. Teach children to think critically about what they encounter online so that they may make informed decisions about what to do and what not to do.

Keep an eye on what your kids are up to online and familiarize yourself with the sites they frequent. Make it a habit to frequently review their accounts, communications, and online activity for evidence of cyberbullying. However, a balance must be found between keeping tabs on them and giving them their space. Maintain confidence by being forthright about your monitoring procedures.

Teach kids to use technology safely and to use caution before posting or sharing anything online. Drive home the value of empathy and remind them to think about how their words and deeds could affect those around them. Instruct students to treat others with kindness and respect in their virtual contacts.

Foster offline pursuits and direct social engagement by getting your kids involved in things like hobbies, athletics, and community service. Reducing the possibility of cyberbullying can be accomplished in part by encouraging face-to-face interactions and the development of healthy connections outside of the digital arena.

Show others how it's done by acting responsibly and politely when using the internet. Kindness, empathy, and ethical technology use are all traits that children can pick up through watching their parents' acts.

Learn as much as you can about the newest developments in the online world and where you may find help for them. Learn how to protect your privacy, how to report cyberbullying, and where to find help if anyone needs it. Consult school counselors, mental health specialists, or local groups focused on online safety if your child is experiencing or engaging in cyberbullying.

School is the first place where people are introduced to the real world and here they mix with different types of people from different places. Most teenagers have experienced cyberbullying, which typically takes the form of name calling and the spreading of rumors [42] . School administrators, teachers, students, and parents all have a role to play in preventing cyberbullying in the classroom. Here are some steps that institutions can take to protect cyberbullying:

- Schools should create and uphold policies that make it quite clear that cyberbullying will not be tolerated on their campuses. The standards in place should define unacceptable online conduct and spell out the repercussions for those who engage in cyberbullying.
- Schools should offer initiatives to raise kids' consciousness about the dangers of cyberbullying and its effects. Teaching about online ethics, digital citizenship, empathy, and security can be accomplished through a variety of means, including classroom discussions, seminars, and presentations.
- Preventing cyberbullying requires schools to create a welcoming environment for all students. Schools can encourage positive character traits like compassion, empathy, and tolerance through various programs and activities. Reducing instances of cyberbullying can also be aided by encouraging constructive interactions and discouraging bullying conduct in the real world.
- School curricula should include lessons on digital literacy topics such as analyzing and evaluating online content, keeping personal information secure, and dealing with cyberbullying. Students will be better prepared to make ethical decisions in the digital age if they are given the tools to do so.
- It is crucial to set up reliable methods for reporting cases of cyberbullying. Students should feel comfortable reporting any unsafe situations they encounter at school to designated adults or reporting systems. Students should feel safe coming forward if they know their identities will be protected and their information will remain confidential.
- Work together with parents: Educators and parents should coordinate efforts to combat cyberbullying. Parents can be more equipped to help their children if they have access to information and training on the topic. The timely identification and resolution of cyberbullying events can be aided by clear lines of communication between parents, teachers, and administration.

- Schools can maintain tabs on what their pupils are up to on the internet while on school time by using monitoring software. Such monitoring can help identify possible cases of cyberbullying and allow for response while yet respecting privacy concerns.
- Students who are involved in cyberbullying situations, either as victims or perpetrators, should have access to counseling services or referral mechanisms at their schools. Victims can benefit from counseling to deal with the emotional fallout, and intervention programs can work to eliminate the underlying factors that contribute to bullying.

The entire community/society must work together to stop cyberbullying because society is an important part to prevent cyberbullying. Society can be a platform to know about cyberbullying and it can be a great way to stop it. Here are some steps that communities can do to stop cyberbullying from happening:

Raise awareness: Educating people about the dangers of cyberbullying is a crucial step in halting this growing problem. Parents, teachers, students, community leaders, and lawmakers can all be educated and involved in public campaigns, conferences, seminars, and educational initiatives. Raising people's consciousness about cyberbullying helps them recognize the problem and motivates them to take action.

Foster a culture of empathy and compassion online and offline by encouraging their practice. Preventing cyberbullying can be aided by encouraging people to treat others with kindness, compassion, and understanding when communicating online. Supportive and welcoming digital communities can be fostered through social media campaigns, online platforms, and local initiatives that encourage positive user behavior.

Society should offer help to cyberbullying victims and encourage bystanders to step in when they see it happening. Methods for doing so include providing victims with anonymous reporting options, counseling and mental health services, and hotlines and other networks devoted to

combating cyberbullying. To counteract cyberbullying as a community, onlookers should be encouraged to speak up and lend their support to victims.

Promoting safe technology use is critical in the fight against cyberbullying. Digital literacy, netiquette, and social media responsibility should be emphasized. Individuals can better protect themselves and others from cyberbullying if they are educated on privacy settings, reporting systems, and safe online practices.

Society may push for anti-cyberbullying regulations and laws by speaking out against the phenomenon. It's vital to lobby for legislation and regulations that do a thorough job of defining cyberbullying, penalizing offenders, and helping victims. The community can also push for cyberbullying education programs to be integrated into K-12 curriculums and for internet safety policies to be mandated at the national level.

Encourage cooperation: In order to effectively combat cyberbullying, a number of different parties, including educational institutions, families, nonprofits, government agencies, and social media sites, must work together. By convening these groups, encouraging collaborations, and providing funding for anti-cyberbullying activities, society can facilitate and promote cooperative efforts to combat the problem.

Media coverage of cyberbullying issues should be encouraged to be accurate and balanced. Media sources should not sensationalize cyberbullying cases but rather inform the public, discuss methods of prevention, and highlight examples of effective responses. Fair and accurate reporting has the power to influence public opinion and inspire people to take constructive action.

Awareness rising is the most important to stop cyberbullying. Whenever awareness will be spreaded in school, college, university & society then it will be easier to prevent this cyberbullying. Some proven strategies for getting the word out and inspiring people to do something against cyberbullying are listed below.

Institutionalize school-wide anti-cyberbullying education initiatives. Students can be taught about cyberbullying, online safety, and the value of empathy and respect in digital interactions through specific classes, workshops, and awareness campaigns.

Encourage parental participation by hosting workshops, seminars, and parent-teacher associations that inform and equip parents to combat cyberbullying and its effects on their children. Promote responsible technology usage and open conversation about online experiences by getting parents involved.

To combat cyberbullying, community members should work together with nonprofits, government agencies, and other groups to launch awareness-raising programs. This can be done in a variety of ways, including holding awareness events, distributing educational materials, and making use of existing community resources like libraries, community centers, and online forums.

Partner with public figures, celebrities, and social media influencers who can help raise awareness of the issue of cyberbullying through the use of their own platforms. Inspire people to talk about their own struggles, offer advice on how to avoid them, and spread good vibes among their followers on social media.

Make use of online and social media efforts to spread your message to more people. To counteract cyberbullying, people need to create hashtags, post educational content, and urge others to share their own experiences, strategies, and advice. Participate in online discussion forums and provide thoughtful responses to comments, questions, and reports of cyberbullying.

To improve the security of their platforms and encourage responsible use, IT companies should collaborate with social media sites and other online service providers. In order to stop and deal with cyberbullying, you should advise them to set up reporting methods, content moderation, and user education tools.

Collaboration with educational institutions to embed cyberbullying awareness and prevention programs into existing curricula. Students can be engaged in discussions about online safety and

responsible digital citizenship through the use of guest speakers, workshops, and interactive activities.

Campaigns in the media Have campaigns in the media released across many channels such as television, radio, print, and the internet. Stories, interviews, and PSAs that discuss the negative effects of cyberbullying, offer advice for avoiding it, and inspire others to speak out against it.

Data collection and dissemination: Back studies that investigate cyberbullying to learn more about its scope, effects, and most effective methods of prevention. Promote evidence-based policies and initiatives through disseminating research results to the general public, academic institutions, and policymakers.

Conclusion & Recommendations

Conclusions

The problem of cyberbullying is a serious one that can have a devastating effect on those who are bullied online. Depression, anxiety, low self-esteem, and even suicidal thoughts are all potential outcomes of this condition. Cyberbullies have access to a wide variety of tools at their disposal, which they can use to harass their victims. Some of these tools include sending hurtful text messages, publishing embarrassing photos or videos online, and spreading rumors.

According to research, one out of every five tweens has been cyberbullied, and 59% of teens have been harassed online. And the prevalence of online bullying does not appear to be decreasing. Cyberbullying got worse as the COVID-19 outbreak went on. During stay-at-home orders, cyberbullying went up 70%, and online game platforms became 40% more dangerous.

In our research we also found that around 40% of people are the victims of cyberbullying and among them almost 25% are High school going kids. So obviously it has a huge negative effect on them. Most of the respondents are cyberbullied by Random Online Friends.

Youths might have profoundly detrimental impacts as a result of cyberbullying, which can have an influence on their mental health as well as their emotional and social well-being. Struggle and Anguish Emotionally, Low Self-Esteem, Depression, Isolation and Withdrawal, Academic Decline, Physiological Concerns Regarding the Body, Physiological Concerns Regarding the Body, Suicidal Ideation, Negative Impact on Relationships, Fear of Technology and Online Spaces are the most common effects of cyberbullying on youths.

Cyberbullying is closely associated with depression. It is the cause of depression because the persistent experience of cruel and bad encounters when using the internet might bring on feelings of worthlessness, loneliness, and hopelessness. The emotional anguish that is brought on by cyberbullying can have a substantial influence on a person's mental health and well-being, and it can even play a role in the development of depression. On the other hand, people who are struggling with depression can be more susceptible to being bullied online. Depression can make a person feel socially isolated and lower their self-esteem, both of which make them easier targets for bullies, including those who use the internet. It's possible that depressed children and adolescents are less inclined to seek help or report episodes of cyberbullying, which only serves to perpetuate the cycle of victimization.

Recommendations

Since cyberbullying has a huge negative effect on everyone, obviously we should be careful to protect cyberbullying. Since most of the youths are being victims from social media so obviously we should be careful of social media posting and need to monitor it.

Some strategies are suggested to prevent cyberbullying

- Parents should know the definition of cyberbullying, the several ways it can manifest itself, and the extent to which it can affect their children's emotional and psychological health.
- Parents should talk to their kids about their time online, including any incidents of cyberbullying, in an open and honest manner. Children are more likely to talk about their problems if they feel they can do so in a setting free from criticism.
- Parents should teach their children to keep personal stuff personal and for sharing social media consent need to be careful
- Work with teachers and other school staff to solve cyberbullying problems and make sure youths and adolescents have a safe place to learn.
- If cyberbullying has had a significant impact on a child's well-being, finding assistance from a mental health expert is critical in order to provide proper support and coping skills.
- Peers, mentors, and trustworthy adults can occasionally publicly act to favorably affect a situation in which nasty or hurtful comments about a child are posted. To try to change the conversation in a good direction, public intervention can involve posting nice comments about the person being bullied. It might also be useful to communicate your worry to the youngster who is bullying as well as the target of the bullying. If feasible, attempt to discover whether those involved require more professional assistance, such as communicating with a guidance counselor or a mental health expert.
- Laws against cyberbullying should be strict and need to be victim friendly .

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Appendix

Prevalence of cyberbullying and its associated factors among young adult and adolescent in Bangladesh

Department of public Health

Independent University, Bangladesh

Guideline Questionnaire for interview of

Prevalence of cyberbullying and its associated factors among young adults and adolescents in Bangladesh

Informed Consent

Hello, Assalam-u-alaikum / Adab. I am Dr. Naimur Rahman and I am from Independent University, Bangladesh. I would like to request you to take part in a project on Prevalence of cyberbullying and its associated factors among young adult and adolescent in Bangladesh: A Descriptive Cross Sectional study to Explore the scenario of cyberbullying in our society and how it affects our young and adults and some other associated factors that are related with cyberbullying.

Cyberbullying is also known as cyberharassment or online bullying. It has become very common, especially among young adult and adolescent as the digital sphere has expanded and technology has advanced. In Bangladesh's internet penetration rate stood at 31.5 percent of the total population at the start of 2022 which was 18 percent of total population in October 2012. Around the world the rate of internet users is 62.5 percent of total population, which was 34.2 percent of total population in 2012. Victims of cyberbullying experience such effects like mental health issues, poor academic performance, a desire to drop out of school, and even suicidal ideation. This cyberbullying also creates mental health issues, vast stress and anxiety, depression, acting out violently, and low self-esteem. There are many reasons of cyber bullying.

This research is part of my course requirement to complete my Master of Public Health at Independent University, Bangladesh (IUB).

The survey will take approximately 05-10 minutes, and your cooperation will be highly appreciated.

Please note that participating in this survey is completely voluntary.

Kindly read all the questions carefully before answering. You may skip answering any questions or may choose to withdraw from the survey at any point. Participating in the survey will be indicative of your consent.

Name of the Interviewer: Dr. Md. Naimur Rahman

Signature with Date:

Questionnaire

Survey about Cyber bullying

Part 1: Sociodemographic Question

1. What is your Name?

2. What is your age?

3. Gender (select one)

Male

Female

Others

4. What is your educational status?

Secondary

Higher Secondary

Undergraduate

Post graduate

5. Which division do you live in now?

6. Are you currently doing any job? (Select one)

Yes

No

7. Relationship status (select one)

Unmarried

Married

Divorced

Widow/widowed

In a relationship

Trying to get into a relationship

Others

Part 2: Internet based information

1. Do you have a personal smartphone or laptop or tablet or other such devices? (Select one)

Yes

No

2. How many hours on average, you browse the internet per day? (Please only write in numbers e.g., 2 hours)

3. How many hours, on average, do you spend on social media per day for work? (Please only write in numbers e.g., 2 hours)

4. How many hours, on average, do you spend on social media per day for leisure activity? (Please only write in numbers e.g., 2 hours)

5. Which of the following social media do you use most? (You can select multiple options)

Fb

Instagram

Tok-tok

LinkedIn

Others

6. Do you know how to set up a privacy setting before using any social media?

Yes

No

7. Do you visit websites that are not secured? (Select one)

Yes

No

I don't know about this

Part 3: Cyberbullying related information

1. Do you know about cyberbullying? (Select one)

Yes

No

2. In the last one year, have you been cyberbullied?

Yes

No

3. If you are being cyberbullied, then, who did this to you? (You can select multiple options)

Random friends from online

Classmates

College

Family members

Relatives

Others

4. If you were being cyberbullied, how were you cyberbullied?

Negative comments

Sharing of images (e.g., pictures or screenshot) or text messages without your consent

Receiving mean comments on a post or having a direct/indirect post written about you

being prank called

sharing of your photos without permission

Others (please explain) (optional)

5. If you are being cyberbullied, who did you share this information with? (you can select multiple options)

Father

Mother

Siblings

Friend

Colleague

Teacher

Police

Did not share with anyone

6. If you were cyberbullied, did you ever feel like taking revenge?

Yes

No

7. If you are being cyberbullied, how long in days or months or years were you cyber bullied for?

8. If you are being cyberbullied, were you ever bullied during your time in School/College/University? (Can choose multiple options)

School

College

University

No

9. If you are being cyberbullied, were you cyber bullied by males or females?

Males

Females

Both

10. Do you personally know anyone who has been cyberbullied?

Yes

No

11. Did you ever bully anyone on any social media?

Yes

No

12. What do you think can be done to prevent cyberbullying? Please write your opinion (Optional)

Part 4: Psychological information

1. On a scale of 5, with 5 being the highest, how would you describe your relationship with your father? (1-2-3-4-5)

5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
Excellent	Very Good	Good	Average	Bad

2. On a scale of 5, with 5 being the highest, how would you describe your relationship with your mother? (1-2-3-4-5)

5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
Excellent	Very Good	Good	Average	Bad

Knowledge and opinion on cyberbullying

1. Which of the following is applicable to you?

- You use a secured password
- You do not share your personal information with anyone

2. What do you think are the 3 factors that motivate perpetrators of cyberbullying?

- Revenge.
- Victim-Blaming.
- Boredom.
- Peer Pressure.
- Groupthink.

Power Hunger.

Daring

Lack of Empathy.

3. Do you think cyberbullying is good?

Yes

No

4. Did your school ever teach students about being safe online?

Yes

No

5. Did your college ever teach students about being safe online?

Yes

No

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Please select one Ans for one single question)

select one Ans for one single question)	Not at all	Sever al days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
2. Feeling down, depressed, or hopeless	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>

3. Trouble falling or staying asleep, or sleeping too much	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4. Feeling tired or having little energy	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
5. Poor appetite or overeating	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
7. Trouble concentrating on things, such as reading the newspaper or watching television	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
9. Thoughts that you would be better off dead or of hurting yourself in some way	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>