



CYBER BULLYING: PREVENTION AND ITS IMPACT ON SOCIETY

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Abstract:

Cyberbullying is a form of bullying that occurs through digital devices such as social media platforms, emails, text messages, and online forums. This research paper aims to examine the prevention strategies and the impact of cyberbullying on society. The paper discusses the different forms of cyberbullying, its prevalence, and the ways to prevent it. The paper also explores the negative impacts of cyberbullying on individuals and society as a whole. The findings suggest that cyberbullying prevention measures can significantly reduce its prevalence and negative impact on society.

Keywords: Cyber Bullying, Social Media, Harassment, Crime, Depression

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Introduction:

Cyberbullying or cyber harassment is one of the very fast growing crime in India which is brutally impacting the victim in many ways like victim mentally get disturbed, which leads to depression, they start making distance from the society and unwillingly they choose to end their life, in fact we can say one who bullies is the murderer. There are various mediums such as social media platforms like Instagram, Facebook etc. through which crime is being held, specially this is happening with girls and the culprits are the boys in many cases and they are just ruining the others' lives. In this technological era we are more connected with people through social media, where some are known and some are unknown to us. Social media is a platform where we post personal photos, videos and we also share our routines, and all those posts are seen by everyone. The bully can create a fake account by the victim's name and can use her/his personal photos which are posted by them and can also circulate it to harm their social reputation. Various rules-

regulations & Acts have been taken out by the government to keep a control over this crime.

Forms of Cyberbullying:

Cyberbullying can take various forms, including posting hurtful comments or rumors, spreading embarrassing pictures or videos, creating fake profiles to harass, and sending threatening messages or emails. Cyberbullies use anonymity to hide behind their screens and harass their victims without fear of being caught. The effects of cyberbullying can be devastating, leading to emotional distress, social isolation, and even physical harm.

Cyberbullying is a form of harassment that occurs online, and can take many forms. Here are some common forms of cyberbullying:

- **Harassment:** This includes sending threatening or abusive messages, posting humiliating comments or images, or creating fake accounts to harass someone online.
- **Impersonation:** This involves creating fake social media profiles or email accounts to impersonate



someone else and post hurtful comments or images.

- **Cyberstalking:** This is when someone repeatedly sends unwanted messages or makes unwanted contact with someone online, causing them fear or distress.
- **Outing and doxing:** This involves sharing someone's personal information or private photos online without their consent.
- **Exclusion:** This involves intentionally leaving someone out of online conversations or activities, or spreading rumors or gossip about them to damage their reputation.
- **Trolling:** This involves posting provocative or offensive messages or comments online to provoke a response or stir up conflict.
- **Sexting:** This involves sending or sharing sexually explicit messages or images without someone's consent.

All of these forms of cyberbullying can be damaging to a person's mental health and well-being, and it's important to recognize and address them if they occur.

Cyberbullying in India:

India is emerging as the global capital of cyberbullying. Here are a few finding that raise concerns about this menace.

- A survey conducted by Microsoft Corporation in 2012, across 25 countries ranked India third in the number of online bullying cases reported.
- According to the 2014 study conducted by the Internet security company, McAfee, "Half of the youth in India have had some experience with cyberbullying."

Some incidents of cyberbullying in India:

Here are a few cyberbullying incidents that happened in India:

- A student in Kerala was severely trolled for selling fish to raise money to meet her educational expenses and feed her family.

- A school student in Delhi was stalked and invited to go on a date by someone who became her online friend just a month ago.
- A law student from Kerala was harassed for posting a poem about taboos attached to menstruation.

Prevention Strategies:

Preventing cyberbullying requires a concerted effort from all stakeholders, including parents, educators, and policymakers. The following are some of the strategies that can be implemented to prevent cyberbullying:

1. Education and Awareness

One of the most effective ways to prevent cyberbullying is through education and awareness. Educating children, parents, and teachers about the dangers and impact of cyberbullying can help prevent it from occurring in the first place. This education should include information on how to identify cyberbullying, how to report it, and how to seek help.

2. Parental Monitoring

Parents have a crucial role in preventing cyberbullying. By monitoring their children's internet and social media activity, parents can identify potential cyberbullying situations and take action to prevent it. Parents should also educate their children on the appropriate use of technology and the importance of treating others with respect.

3. School-Based Interventions

Schools should implement policies and procedures to prevent and address cyberbullying. This can include incorporating cyberbullying education into the curriculum, creating a safe reporting system, and providing support to victims.

4. Social Media Regulation

Social media platforms should have strict policies against cyberbullying and should take swift action against offenders. They should also have measures in place to prevent anonymous or fake accounts, which can be used for cyberbullying.

Impact on Society:

Cyberbullying can have severe negative consequences for both individuals and society as a whole. The following are some of the impacts of cyberbullying on society:

1. Mental and Emotional Health

Cyberbullying can have severe impacts on the mental and emotional health of victims. Victims of cyberbullying are at higher risk of developing anxiety, depression, and suicidal thoughts. Cyberbullying can also lead to low self-esteem, social isolation, and decreased academic performance.

2. Social Media Addiction

Cyberbullying can also contribute to social media addiction. Victims of cyberbullying may feel compelled to constantly check their social media accounts, leading to an unhealthy reliance on social media for validation and approval.

3. Decreased Productivity

Cyberbullying can also have an impact on productivity in the workplace or school. Victims may be distracted by negative comments or messages, leading to decreased focus and productivity.



Laws against Cyber Bullying:

1. Cyber Stalking of Women:

the sections 354A and 354D of the IPC provides punishment for cyber bullying and cyber stalking against women. Cyber-stalking of women was recognised as an offence, subsequent to the insertion of section 354D in the IPC through the Criminal Law (Amendment) Act, 2013.

2. Online Sexual Harassment:

With effect from February 3, 2013, Section 354A was inserted in the IPC to penalise the offence of sexual harassment.

3. Fake Facebook Profiles:

When the creation of a fake Facebook profile is accompanied by the uploading of vulgar or obscene

photos of the victim on to such profile, Section 354A (Sexual harassment and punishment for sexual harassment), Section 354D (Stalking), Section 499 read with Section 500 (Defamation and Punishment for defamation), Section 507 (Criminal intimidation by an anonymous communication) and Section 509 (Word, gesture or act intended to insult the modesty of a woman) of IPC may apply.

Conclusion:

In conclusion, cyberbullying is a growing concern in today's digital age, and it requires a concerted effort from all stakeholders to prevent it. Prevention strategies such as education, monitoring, reporting, and enforcing consequences can significantly reduce cyberbullying's prevalence. Cyberbullying can have severe negative



consequences for both individuals and society as a whole, and it is essential to take the necessary steps to prevent it.

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