

How to Cite:

Moirangthem, S., Salam, C., Meesana, Y., Thongam, J., Chandam, V., & Pandya, D. (2022). Cyber bullying and its impact on youth: A study on the students of Lovely Professional University. *International Journal of Health Sciences*, 6(S2), 8921–8939. <https://doi.org/10.53730/ijhs.v6nS2.7328>

Cyber bullying and its impact on youth: A study on the students of Lovely Professional University

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Abstract---In this current scenario the Internet has been the most reliable source for every age group. But since humans can take any form to achieve their target which sometimes can be negative such as ruining the lives and reputation of others for revenge, jealousy, and hatred, they have also started in Internet which is Cyberbullying and due to Covid-19, the compulsory quarantine and isolation has made half of the citizens unproductive. Thus, spending a day without going outside has been a difficult task therefore the only thing they can do is using the Internet. Speaking of education, the massive transformation from offline to online has changed the scene of learning. Hence, this paper tries to find out the impact of cyber bullying on the students at Lovely Professional University and mainly focus on the psychological impacts the victim faces in nine dimensions/symptoms which are Somatization, Obsessive Compulsion, Interpersonal Sensitivity, Depression, Anxiety, Hostility, Phobic anxiety, Paranoid and Psychoticism and it was conducted on the students studying at Lovely Professional University, Punjab.

Different attributes like legal laws were also included while conducting the survey. There were two survey which was first conducted on 231 respondents of different domains of this university to analyse if they know the legal rights and if anyone of them had encountered cyberbullying personally or if any of them have seen people cyberbullied out of which 58 participants have personally faced cyberbullying and majority of them which are 140 of them have seen people cyberbullied, the victim were again circulated with another survey to analyse the psychological impact and to analyse if their family life, social life, or work life were affected by the incident. The results indicated that some of the students have faced cyberbullying in different ways. By analysing the findings, we found out that most of the victim have faced severe symptoms and it has somehow affected their daily life. This survey will be beneficial for preventing cyberbullying for the coming generations.

Keywords---cyber bullying, LPU, psychological impact, legal law, cybercrime, case study, victim, misuse internet, social media.

Introduction

Bullying is considered as unwanted treatment by using force, abusive words, and violence towards an individual to show superiority over them. It occurs in schools, colleges, workplaces, etc. But, with the development of modern technology, it has also occurred in the online platform and the term is known as cyberbullying. Cyberbullying can be defined as the form of bullying that includes sharing of false information about an individual that causes disgrace or embarrassment. It is a crime, and the victim can take up related actions against the culprit. There are different types of cyberbullying like exclusion which exists with in-person bullying situations, but is also used online to target and bully a victim, harassment which refers to a sustained and constant pattern of hurtful or threatening online messages sent with the intention of doing harm to someone, frapping is when a bully uses your child's social networking accounts to post inappropriate content with their name, masquerading happens when a bully creates a made up profile or identity online with the sole purpose of cyberbullying someone, trickery happens when a bully shares the secrets and private information to a third party or multiple third parties of the victim by befriending them in order to gain their trust, trolling is when a bully will seek out to intentionally upset others by posting inflammatory comments online, cyberstalking which includes monitoring, false accusations, threats, and is often accompanied by offline stalking, outing which is also known as doxing, refers to the act of openly revealing sensitive or personal information about someone without their consent for purposes of embarrassing or humiliating them, dissing refers to the act of a bully spreading cruel information about their target through public posts or private messages to either ruin their reputation or relationships with other people and flaming is the type of online bullying constitutes of posting about or directly sending insults and profanity to their target. Cyberbullying can be a very serious issue and the cause of it can be of various reasons like the bully wants their power to control or harm, and the people being bullied do not have a coping technique to defend themselves, the

bully might have a goal to cause harm to someone or others, and incident of bullying usually happens to the same person by the same group again and again. Thus, cyberbullying can be of various factors, we should also note that cyberbullying is only used when both the victim and predator if of 18 and below and that when both parties are adult it is termed as cyberstalking or cyber harassment. The number of cyberbullying cases has increased widely with the increase of the usage of cell phone and internet, and it can cause a lot of harm to everyone that is involved in the incident whether it's the predator or the victim. Our main focus of study was the victim and the legal law related to cyberbullying and to check the awareness of this cybercrime where we used the random sampling among the students of Lovely Professional University using questionnaire method where the questionnaire was circulated among the students via mail and other social media platforms where we got to know that most of them were aware of the cyberbullying impact and the legal law their resident country have to fight against it but a majority of them had no idea whether there is strict rule against cyberbullying in their university or not, then we brief a bit about the legal laws that can help them fight against cyberbullying, After the first survey was circulated it was found that some of them have faced cyberbullying personally and so as to check the psychological impact of the victim and how their daily life were impacted by the incident, another survey was circulated consisting of two scales which are Brief Symptom Inventory (BSI) and Sheehan Disability Scale (SDS) in which BSI measures the participant on nine symptom dimensions which are somatization, interpersonal sensitivity, depression, anxiety, hostility, phobia anxiety, obsessive compulsion, paranoid ideation and psychoticism. Somatization is a physical symptom which the factor that causes it is often because of psychological distress like how anxiety can make someone feel restless and even vomit or how stress can lead someone to severe headache where a person tends to take it as a physical cause and goes to see a physician, interpersonal sensitivity is the ability to assess or predict others ability, states and traits from non-verbal cues accurately and it can lead to difficulty in initiating and maintaining relationships or expressing's one's feeling when relationship of any form is concern and it can lead to lack of social support or social withdrawal, depression is one of the most common and serious mental illness that negatively effects how someone feels, think and act, it causes feeling of sadness or loss of interest in activities they once used to enjoy, anxiety is a feeling of fear dread or uneasiness and it might cause them to feel restless and tense and have a rapid heartbeat in which somatization is related with feeling anxious as well, there can be many medial causes linked with anxiety as well like heart diseases, diabetes, drug misuse and withdrawal, chronic pain or irritable bowel syndrome and cyberbullying can also be one of the risk factors of causing anxiety, hostility is defined by mistrust, cynicism, and negative beliefs and attributions concerning others (Smith, 2003, pp. 139-172). These characteristics have been identified in several personality constructs, such as Type A behaviour, (high) neuroticism and (low) agreeableness FFM dimensions, and trait anger. Several metanalytical studies have demonstrated a close association between hostility and the development and progression of coronary heart disease (CHD) (Chida & Steptoe, 2009; Friedman & Booth-Kewley, 1987; Miller, Smith, Turner, Guijarro, & Hallet, 1996), phobia anxiety is a strong irrational fear of something which poses little or no danger and it can hamper in the daily life of someone drastically and cyberbullying can be one of the factor causing it, obsessive

compulsion is the behaviour an individual engages in to get rid of the obsessions or distress which are the unwanted, intrusive thoughts, images, or urges that trigger intensely distressing feelings, paranoid ideation is the feeling of suspicion like someone is talking about you badly or someone is spying on you or following you or that the people around you is lying to you and paranoia is characterized by the experience of feeling threatened, persecuted, or conspired against which can be seen in individuals with past trauma like violence and distress like being cyberbullied, psychoticism is a personality type that is prone to take risks might engage in anti-social behaviours, impulsiveness, or non-conformist behaviour and it involves unusual, bizarre thoughts and perceptions. The Sheehan Disability scale measures the disruption in an individual's life on three domains which are school/work life, social life and family life/home responsibilities, days lost and days unproductive, it is used by practitioners and researchers to assess the functional impairment in these three domains.

Indian Context

According to National Crime Records Bureau (NCRB), just 251 cases of defamation or morphing of women's photos and 354 cases of their fake profiles were filed under the Indian Penal Code, Information Technology Act and Indecent Representation of Women (Prohibition) Act in "Crime in India 2020". And in 2020, only nine cases of cyber blackmailing and threatening with a 66.7% conviction rate were completed for court trials in which 393 similar cases are incomplete in courts. Also, 29 cases with conviction rate of 27.6% for cyber stalking and bullying of women and children have been completed in which 1,508 cases are pending in courts. As well as trial of only two cases of creating fake account has been completed whereas 148 cases are pending.

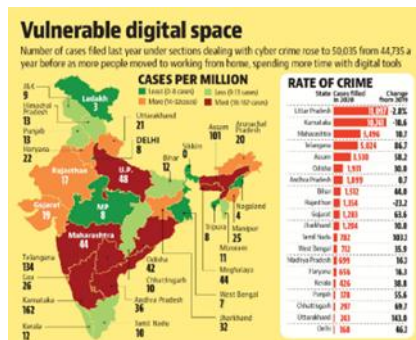


Fig.1: Data showing cybercrime rate from 2019-2020

Note. Chauhan, Chetan (2021, 16 Sept) Cybercrimes registered 11.8% increase last year: NCRB. Hindustan Times. <https://www.hindustantimes.com/india-news/cyber-crimes-registered-11-8-increase-last-year-ncrb-101631731021285.html>

Bois Locker Room¹²³

On 3rd and 4th April of 2020, a scandal became a talking point of nation on social media when a girl from South Delhi began circulating some screenshots of

an Instagram group chat called “Bois Locker Room” containing morphed images of underage girls and conversation on objectifying women and illustrative sexual language.

Under IPC Sections 465 (forgery), 469 (forgery to harm reputation), 509 (insulting the modesty of a woman) and Sections 67 and 67A of the Information Technology Act, 2000, an FIR has been filed by Delhi Police and a 15-year-old juvenile and identified 20 other accused involved in the case were arrested after Delhi Commission for Women (DCW) takes Suo Motto Cognisance and sends a notice to the Delhi Police to look upon into the incident.

After two days i.e., date 6 of 2020, the admin of the group chat was arrested by the Delhi Police who has been investigating the case and the identity remains unrevealed since he was appearing for Class 12 board exam during that year.

And, on 10th of 2020, as per Deputy Commissioner of Police (Cyber Cell) Anyesh Roy stated that a new perspective surfaces on the case when one of the women who circulated the chat put on an act by pretending to be a boy named Siddharth through a fake Snapshot account and suggested a plan to sexually assault herself.

Several data from various survey

According to a study conducted by the Internet security company called McAfee in 2014, stated that some experience of cyberbullying has been encountered by half of Indian youth. According to a survey conducted by Microsoft Global Youth Online Behaviour in 2012, found out that 22% and 65% of Indian children admitted to cyberbullying and being an eyewitness to bullying behaviour respectively.

According to a study conducted by Teens, Tweens and Technology in 2015, among Indian respondents of age group 8-16, 81% are active on social media and out of these, 22% have faced cyberbullying which considered as the highest among four countries i.e., Australia, USA, Singapore and India. According to a study conducted by Microsoft Corporation in 2017, India emerges as the third highest of cyberbullying cases in the world.

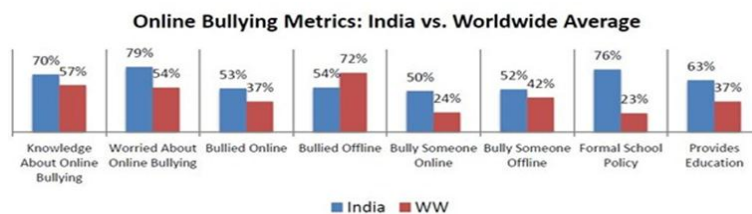


Fig. 2: Chart showing India’s rank in online bullying by Microsoft in 2017

Note. Kaushambi (2017, 29 Sept). Online Bullying Metrics: India vs. Worldwide Average. Trak.in. <https://trak.in/tags/business/2012/06/27/india-3rd-highest-cyber-online-bullying-survey/>

Remedies made by Indian higher authorities are as follows: Due to the change of offline class to online learning during COVID-19, both the educator and learner need to have a secure environment for education. Therefore, after recognizing cyberbullying's impact on academics, mental health, and overall well-being of individuals, NCERT and UNESCO India developed guidelines which contains do's and don'ts to have a safe online learning.

To prevent financial loss from cyber frauds, the Indian Government launched a helpline no. 155260 on 1st April, 2021 which has started operating in seven states and Union territories (Chhattisgarh, Delhi, Madhya Pradesh, Rajasthan, Telangana, Uttarakhand, and Uttar Pradesh) by Indian Cyber Crime Coordination Centre (I4C). On 28th Aug, 2021, the University Grants Commission (UGC) informed all higher educational institutions to make an events calendar and organise cybersecurity-based activities like awareness campaigns, codefest, contests, and workshops on campuses to assist students deal with new-age crimes in the future.

Punjab Context

To look upon the cybercrime cases in Punjab, a State level cyber-Crime Investigation Cell has been established at Phase-4, S.A.S Nagar of Mohali district by Punjab Police which is presently headed by Inspector General of Police. Their respective duties are carried out under the direction of ADGP Crime along with the complete guidance and control of the DGP, Punjab. Mobile forensics labs, well-prepared cyber forensic labs and the new Social Media Monitoring Lab are all included in this cell. Additionally, in order to register Cyber Crime cases of serious nature, a notified Cyber Crime Police Station is also set up within the jurisdiction of the entire State of Punjab, under various provisions of Information Technology Act and other associated laws.⁴

In a case related to fake account creation of higher officials of the government, Punjab Police arrested six cyber criminals from the state of Madhya Pradesh and Rajasthan. The criminals pretended to be the victim and tricked innocents by requesting cash from them. Also, some bank employees were also secretly involved in the crime through bank related requirements. Under Indian Penal Code (IPC) 170, 419, 420, 506, 120-B and Information Technology (IT) Act 66, 66-C, 66-D, the case was registered at Police Station State Cyber Crime.⁵

According to a survey conducted in five urban schools of Punjab, children who have experienced cyberbullying show less parental and peer attachment than children who have not experienced cyberbullying.⁶ On February 26, 2022, a student of a reputed Private University in Punjab was arrested for circulating sexually explicit image modified image of faculty members by Cyber Crime Wing of Punjab Police. While interrogating the criminal, he revealed that during webinar and other educational related sessions, many sexual contents has been uploaded.⁷

For harassing a woman to upload her personal images to the online platform, a man from Punjab was arrested by Delhi Police. According to the police officer, the accused began to gain her trust, took screenshot during video calls, demanded

cash and physical relationship which in turn leads to the harassment.⁸ Social media has been a great digital channel to connect celebrities with their fans. Nevertheless, cyberbullying can take place on any digital platform if the perpetrators want to bring down the target's image in the eyes of the public. Therefore, in January of 2020, Punjabi Actress Sonam Bajwa faced cyber-attack when fake chats started to generate in her name. Later, the actress shared all the screenshots by criticizing the fake users.⁹

As per cases received at Punjab Police Station and state cybercrime cell, 262 FIRs, 304 FIRs, 367, 538 and 589 were reported in the year of 2017, 2018, 2019 and 538 in 2020 and 2021 were reported respectively.¹⁰ Also, through the Helpline No. 1930, around 48 minor complaints about rude comments, pornography, fake accounts, apart from cyber threats and frauds were received daily in 2021 and out of 17,520 registered complaints, 7,618 were proceeded for investigation and 57 have been changed into FIRs. 10

ACTION AGAINST SOCIAL MEDIA				
Platforms	Notices issued	Pages reported	Pages blocked	Still active
Facebook	63	545	415	130
YouTube	60	179	164	15
Instagram	5	47	25	22
Twitter	2	40	404	4
Service providers	99	501	46	39
Ministry of IT	8	19	16	3
Telegram	5	11	11	0
WhatsApp	7	16	nil	16
NIEI*	16	86	86	0
TikTok	4	5	5	0
Total	289	1,816	1,587	229

* NATIONAL INTERNET EXCHANGE OF INDIA

Fig.3: Record of action against social media

Note. Singh, Jupinderjit (2022, 13 April). Action against social media. THE TRIBUNE. <https://www.tribuneindia.com/news/punjab/cybercrime-cell-in-infancy-cases-double-in-4-years-385831>

Laws to prevent cyberbullying¹¹¹²

As cyberbullying rapidly increases at a large scale, the Indian Government has also established several laws to prevent it.

- i. Information Technology Act, 2000—Passed by the Indian Government and amended in 2008, IT Act 2000 deals with cybercrime. Even though cyberbullying leaves a long-lasting effect on the victim, still, the criminal of cyberbullying has not presented in this act. Nevertheless, to prevent cyberbullying, few sections have been mentioned under this Act:
 - Section 66(D): This Section states that punishment will be given by imprisonment of up to 3 years or a fine of ₹1 Lakh for anonymously cheating someone by depicting someone else's image through an online platform.
 - Section 66 (E): The section states that punishment will be given by imprisonment of up to 3 years or fine of up to ₹3 Lakhs for intentionally violating privacy of others by circulating private images.

- Section 67: This section states that punishment will be given by imprisonment of five years and fine of up to ₹10 lakhs for circulating or sending offensive material through an online platform.
- ii. Indian Penal Code, 1860-In accordance with Indian Penal Code 1860, also recognised as the authorized criminal code of India, there has been no detailed service stated for cyber-bullying under it. But, in order to tackle cyberbullying, some sections have been provided under this code:
- a. Section 354(C): Under this Section, punishment will be given by imprisonment that may be of 1- 3 years for capturing a woman's images without her consent or permission when she is in her private space. And, if the accused continues the crime even after the period, then he shall be imprisoned for 3-7 years.
 - b. Section 354(D): Under this Section, punishment will be given by imprisonment for up to three years for stalking or monitoring daily activities of someone without their knowledge with an intention of harming or to hurting them.
 - c. Section 499: Under this Section, punishment will be given for defaming someone through an online platform.
 - d. Section 507: Under this section, punishment will be given by imprisonment for up to two years for anonymously threatening someone in the form of criminal intimidation.
 - e. Section 509: Under this Section, punishment will be given by imprisonment that may last up to 1 year and with/without fine for trying to abuse the modesty of a woman through an online platform.

Review of Literature

Cyberbullying has been encountered by approximately 9.2% of 630 teenagers and further, suggested an awareness campaign among children and adolescents, instruction programmes especially for teachers, discussion on internet safety and orientation with students, amendment of present cyber laws and launching portals through which to report cybercrime.¹³(Maheshwari and Rhea, one year alone cyberbullying of Indian women and teenagers rose by 36%, 16 March). Numerous vulnerable victims of cyberbullying not recognising what they have encountered is also a form of bullying has been the biggest problem so far and also by abusing its unidentified or distantly mediated communications, cyberbullying is a way for disturbed people (Nishant Singh, one year alone cyberbullying of Indian women and teenagers rose by 36%, 16 March). The importance of being aware of risks associated with connecting to the internet should be sensitized to parents and students especially for the children, in order to maintain their innocence and also encourage curiosity in learning in a positive way.¹⁴(Directorate of Education, sensitise students, parents about cyber threats, online bullying: Delhi govt to schools, 2021, 24 February). Sextortion cases have been increased by getting into online relationships during the COVID-19 lockdown. He also requested to have parental control in all the devices to guarantee safety for children.¹⁵¹⁶(Vineet Kumar, Shocking: Indian kids are the most cyberbullied in the world, 2022, 20 February). Women can report to cyber police in each district and also, they can reach out to their commission if they need help. She recommended the women to be cautious in the online platform

and to realised that people they know can also harm them. (Rekha Sharma, 'Significant' increase in cybercrime against women during lockdown: Experts, 2020, 3 May). Since bullying spreads more rapidly in cyberspace than the physical world, a collective effort is needed by educating the children about it.¹⁶(Fatema Agarkar, Shocking: Indian kids are the most cyberbullied in the world, 2022, 20 February). Cyberbullying can have severe effects on individuals, and it should be stopped so as to prevent unwanted crime by showing the youngsters the available preventive measures like showing them that it is the most exceedingly bad thing and proper awareness should be provided and there are many services and policies to stop bullying as well. (Sundus Munir et, al, Cyberbullying in individuals: implications for psychological health, 2019, March). Psychological effect on victims is the most disturbing factor which has an extremely detrimental effect on dignity and consecutively leads to fear of judgement and self-consciousness in every step they take, including their own gestures.¹⁷ (Centre for Social Research, The Menace of Cyberbullying & Its Effects on the Mental Health of Adolescents., 2020, 28 Oct).In order to prevent any situation from danger, the parents, teachers and psychologist should know and work on the emotions and behavior of the victim child since it is the early sign of cyberbullying.¹⁸(Aarti Tolia, Cyberbullying: Psychological Effect on Children, 2016).With the change in daily routine because of COVID-19, bullying or abuse among child peers in the online space which results in weak physical health and mental health problems has been common so digital consciousness, information on online trends and control of body gestures must be encouraged.¹⁹ (SanikaAthavale, Cyberbullying leading to rise in mental health issues among teens, say doctors, 2022, 20 March).But because kids and teens are mostly vulnerable and highly susceptible since they are still in the phase of regulating their emotions and responses to social conversations.²⁰ (Cyberbullying: The Psychological Effects on Teens) Cyberbullying tends to have a negative effect on confidence that makes people to question their thoughts including self-respect which is both mentally and physically and for adolescents, it surely gives rise to self-injury, loneliness and self-destruction.²¹ (Shruti S, Online Lives, Offline Mental Health, 2016, 23 Nov). Teenagers with more use of social media have a high possibility of facing cyberbullying, insomnia and absence of physical activity that will harm their mental health and cause psychological distress.²² (G.S. Mudur, Teen social media harm stems from bullying, 2019, 18 Aug). Predisposed adolescents who have encountered cyberbullying and belonged to impoverished families exhibit symptoms of depression and post-traumatic stress disorder (PTSD), and it even worsen the depressive symptoms than other indicators.²³ (The impact of cyberbullying on mental health and how to deal with online abuse, 2020, 24 Jan). Irrespective of age, several psychological effects of cyberbullying can be disturbing to victims and undoubtedly nobody is comfortable with the shock caused by it.

Significance of the Study

It has been a well-known fact that cyberbullying is more dangerous than the real-world bullying and cyberbullying has largely affected the innocents in every possible way. So, this study aims to evaluate the psychological on gender and legal knowledge of cyberbullying and ways to prevent cyberbullying.

Objectives

1. To study cyberbullying and its effects on youth.
2. To discuss the policies and laws for cyber bullying in India.
3. To assess the mean difference in School/Work Life, Social Life and Home/Family Responsibilities with respect to Gender and age.
4. To assess the mean difference in BSI and SDS with respect to Gender and age
5. To assess the relationship between BSI & SDS.

Research Methodology

Participants

Students at Lovely Professional University, Punjab were chosen as the respondents irrespective of domains, department, gender, etc.

Measures

There were series of survey where the participants were asked about the general information like their name, contact information for further survey, their gender, and their level of survey. Then, they were asked certain questions relating to respondent's opinion on cyberbullying and if any of the respondents have faced cyberbullying or any of them have seen people being cyberbullied. The other part of questionnaire consisted of legal laws against cyberbullying to check if people were aware of the law to fight against cyberbullying after which there was another follow up survey for the participants who faced cyberbullying personally, we used Brief Symptom Inventory and Sheehan Disability Scale.

The Brief Symptom Inventory (BSI) was developed by Derogatis, L. in 1975 and it consists of 53 items covering nine symptom dimensions: Somatization, Obsession-Compulsion, Interpersonal Sensitivity, Depression, Anxiety, Hostility, Phobic anxiety, Paranoid ideation, and Psychoticism; and three global indices of distress: Global Severity Index, Positive Symptom Distress Index, and Positive Symptom Total. The global indices measure current or past level of symptomatology, intensity of symptoms, and number of reported symptoms, respectively. The Sheehan Disability Scale (SDS) is used by researchers and practicing individual to assess the functional impairment in three domains: work/school, social and family life.

Procedure

With the help of literature review, two surveys of close ended questions were designed and circulated through online survey method. The first survey consisted of general information, the opinion of the participants, the number of people who has faced cyberbullying personally, who has seen people getting cyberbullied and to see if people were aware of the legal laws that can fight against cyberbullying. It was circulated for 27 days i.e., 14th Feb 2022- 12th March 2022 and a total of 231 respondents were obtained. The second survey was circulated for 3 days i.e., 21st March 2022- 23rd March 2022. For this survey, only respondents who have

faced cyberbullying were chosen as the respondents to evaluate the psychological impact using Brief Symptom Inventory (BSI) and Sheehan Disability Scale.

Interpretation of data and findings

Table No.1: Description of respondents N= 231

Category	Subcategory	Percentage
Gender	Female	56.28
	Male	42.86
	Others	0.87
Level	UG	79.65
	PG	12.99
	Others	7.36

According to the above given table, 56.28%, 42.86% and 0.87 % belong to the female, male and other gender, respectively. And, they are enrolled in UG (79.65%), PG (12.99%) and others (7.36%) levels.

Table No. 2: Respondents' opinion of cyberbullying

Questions		Percentage
1. Do you consider cyberbullying as a serious issue?	Yes	95.67
	No	4.33
2. Have you ever faced cyberbullying personally?	Yes	25.11
	No	74.89
3. If yes, then in what ways?	Exclusion	1.80
	Harassment	10.43
	Fraping	2.16
	Masquerading	2.52
	Trickery	4.68
	Trolling	7.19
	Cyberstalking	11.15
	Outing	3.96
	None	56.12
4. Has someone you know faced cyberbullying?	Yes	60.61
	No	39.39
5. If yes, then how do you feel?	Good	0.00
	Bad	80.95
	I don't feel anything	19.05
6. If you face cyberbullying, then from whom will you ask for help?	Parents	6.06
	Teachers	0.00
	Friends	11.69
	Law	8.66
	All of the above	66.23
	I don't know	7.36

When asked about the student's opinion of cyberbullying, 95.67% considered it as a serious problem and 4.33 considered it as not serious. 25.11 % have faced cyberbullying personally. These students have experienced cyberbullying in various ways – Exclusion (1.80%), harassment (10.43%), fraping (2.16%), masquerading (2.52%), trickery (4.68%), trolling (7.19%), cyberstalking (11.15%) and outing (3.96%), 60.61% of the students have known someone who have faced cyberbullying, which none of them felt good, 80.95% feels bad and 19.05 doesn't feel anything, and most of the respondents which is 66.23% of them responded that they will ask parents, teacher, friends law and other social support available if they face cyberbullying out of which 6.06% of them will refer to their parents for help, 11.69% will refer to their friends, 8.66% of them will refer to law and 7.36% don't know who they will refer to.

Table No. 3: Awareness of legal laws

Questions		Percentage
1. Are you aware of the laws against cyberbullying in India?	Yes	50.65
	No	30.30
	No Idea	19.05
2. Do you know any of the following laws?	IT Act. 2006	13.41
	IPC Section 354A (Sexual harassment and punishment for sexual harassment)	23.29
	IPC Section 354D (Stalking)	10.59
	IPC Section 499 & Section 500 (Defamation and Punishment for defamation)	12.94
	IPC Section 507 (Criminal intimidation by an anonymous communication)	8.47
	IPC Section 509 (Word, gesture or act intended to insult the modesty of a woman)	9.88
	None	21.41
3. Does your university authority have a strict rule against cyberbullying?	Yes	48.92
	No	4.33
	No Idea	46.75
4. If you're victim of cyberbullying, then have you ever used any of the laws?	Yes	7.36
	No	19.48
	I've not faced till now	73.16
5. Do you think these laws are enough to prevent cyberbullying?	Yes	9.96
	No	33.77
	Maybe	56.28

Majority of the respondents (50.65%) are aware of the legal laws for cyberbullying in India and only 7.36% of them have used it. For the question of Lovely Professional University, 46.75% of the students did not know that the university has strict laws against cyberbullying. The reason could be less cases of

cyberbullying inside the campus. There should be an upliftment of the existing laws and zero tolerance policy of cyberbullying inside the campus to have a safe cyber environment.

Many students expressed that these laws are not enough to tackle cyberbullying so there is an urgent need for seminars, awareness, and workshops to increase the legal knowledge and also to use them effectively in the future

Table No. 4: Descriptions of respondents with respect to age of the participants who have faced cyberbullying personally

Age	Frequency	Percent
19- 25	35	87.5
26-30	5	12.5
Total	40	100.0

The finds show that majority 35 (87.5%) of respondents are between the age group of 19-25 years of age. However only 5 (12.5%) are between the age group of 26-30 years of age respectively.

Table No. 5: Descriptions of respondents with respect to gender of the participants who have faced cyber bullying personally

Gender	Frequency	Percent
Female	26	65
Male	14	33
Total	40	100.0

The finds show that majority 26 (65%) of respondents are female, and 14 (33%) are male respectively.

Table No.6: Mean difference in School/Work Life, Social Life, Home/Family responsibilities, Somatization, Obsessive Compulsion, Interpersonal Sensitivity, Depression, Anxiety, Hostility, Hostility, Phobic Anxiety, Paranoid Ideation, Psychoticism, and the other items of BSI with respect to Gender

	Gender	N	Mean	Std. Dev	Df	t-value	Sig
School/Work Life	Female	26	1.42	1.90	38	-2.09	.044
	Male	14	3.36	3.99			
Social Life	Female	26	1.96	2.52	38	-1.49	.14
	Male	14	3.50	4.03			
Home/Family Responsibilities	Female	26	1.00	1.02	38	-1.20	.24
	Male	14	1.79	3.05			
Somatization	Female	26	8.73	6.33	38	1.54	.13
	Male	14	5.64	5.44			
Obsessive Compulsion	Female	26	9.65	5.69	38	.11	.91
	Male	14	9.43	7.09			
Interpersonal Sensitivity	Female	26	6.27	4.15	38	.57	.57
	Male	14	5.43	4.93			
Depression	Female	26	7.69	5.26	38	.38	.71
	Male	14	7.00	5.95			

Anxiety	Female	26	9.00	5.08	38	.75	.46
	Male	14	7.43	8.19			
Hostility	Female	26	6.30	4.12	38	.41	.69
	Male	14	5.71	4.92			
Phobic Anxiety	Female	26	6.85	4.70	38	.93	.36
	Male	14	5.36	5.01			
Paranoid Ideation	Female	26	7.30	3.99	38	-.03	.98
	Male	14	7.36	6.32			
Psychoticism	Female	26	6.46	3.57	38	-.03	.98
	Male	14	6.50	5.37			
Others	Female	26	4.27	3.16	38	.23	.82
	Male	14	4.00	4.22			

The finding from the above table infers that there are no significant mean differences in School/Work Life, Social Life, Home/Family responsibilities, Somatization, Obsessive Compulsion, Interpersonal Sensitivity, Depression, Anxiety, Hostility, Hostility, Phobic Anxiety, Paranoid Ideation, Psychoticism, and the other items of Brief Symptom Inventory (BSI) and Sheehan Disability Scale (SDS) with respect to gender. Further the findings unveiled that male respondent are having higher disruption in School/Work Life than female respondents (Female, M= 1.42, S.D =1.90; Male, M=3.36 S. D=3.99). it is also unveiled that male respondent are having higher disruptions in social life than female respondents (Female, M=1.96, S.D =2.52; Male M=3.50, S.D = 4.03), it is also found that male respondent are having higher disruption in home/family responsibilities than female respondents (Female, M= 1.00, S.D=1.02; Male, M= 1.79, S.D =3.05). It is revealed that female respondent has higher symptom of somatization than male respondents (Female, M= 8.73, S.D =6.33; Male, M=5.64, S.D =5.44), it is found that female respondents have higher symptom obsessive compulsion compared to male respondent (Female, M= 9.65, S.D =5.69; Male, M= 9.43, S.D =7.09), it is also unveiled that female have higher symptom of interpersonal sensitivity as compared to male respondents (Female, M= 6.27, S.D =4.15; Male, M=5.43, S.D =4.93), it is also revealed that female respondent have higher depression symptoms as compared to male respondents (Female, M= 7.69, S.D =5.26; Male, M= 7.00, S.D =5.95), it is also found that female have higher anxiety symptoms as compared to male respondents (Female, M= 9.00, S.D =5.08; Male, M= 7.43, S.D = 8.19), it is also found that female have higher hostility symptom as compared to male respondents (Female, M= 6.30, S.D =4.12; Male, M=5.71, S.D =4.92), it is seen there is not much difference between the female and male respondent on the symptom of paranoid ideation (Female, M= 7.30, S.D =3.99; Male, M= 7.36, S.D =6.32), it is also revealed that female respondents has a bit higher symptom of Psychoticism as compared to male respondents (Female, M= 6.46, S.D =3.57; Male, M= 6.50, S.D =5.37) and it is found that in the other items of Brief Symptom Inventory (BSI), female have a bit higher symptom as compared to male respondents (Female, M= 4.27, S.D =3.16; Male, M=4.00, S.D =4.22).

Table No.7: Mean difference in Brief Symptom Inventory (BSI) and Sheehan Disability Scale(SDS) with respect to Gender

Gender	N	Mean	Std. Deviation	df	t-value	Sig
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BSI	Female	26	72.54	40.82	38	.58	.57
	Male	14	63.86	52.66			
SDS	Female	26	4.38	4.92	38	-1.75	.09
	Male	14	8.64	10.48			

The finding from the above table infers that there are no significant mean differences in Brief Symptom Inventory (BSI) and Seehan Disability Scale (SDS) with respect to gender. Further the findings unveiled that female respondents are having higher BSI than male respondents (Female, M= 72.54, S.D =40.82; Male M=63.86 S. D=52.66), it is also unveiled that male are having higher SDS than female respondents (Female, M=4.38, S.D =4.92; Male, M= 8.64, S.D = 10.48).

Table No.8: Mean difference in School/Work Life, Social Life, Home/Family responsibilities, Somatization, Obsessive Compulsion, Interpersonal Sensitivity, Depression, Anxiety, Hostility, Hostility, Phobic Anxiety, Paranoid Ideation, Psychoticism, and the other items of BSI and SDS with respect to Age

	N	Mean	Std. Deviation	F	Sig.
Work/ School Life	40	2.10	2.92	.63	.78
Social Life	40	2.50	3.17	.42	.93
Home/Family Responsibilities	40	1.28	1.99	.26	.99
Somatization	40	7.65	6.14	1.15	.36
Obsessive Compulsion	40	9.57	6.13	.81	.63
Interpersonal Sensitivity	40	5.97	4.39	.98	.49
Depression	40	7.45	5.44	.45	.91
Anxiety	40	8.45	6.28	1.02	.46
Hostility	40	6.10	4.36	1.03	.45
Phobic Anxiety	40	6.32	4.80	.68	.74
Paranoid Ideation	40	7.32	4.84	.76	.67
Psychoticism	40	6.47	4.22	.89	.55
Others	40	4.17	3.51	.38	.95
SDS	40	5.87	7.51	.46	.91

The finding from the above table infers that there are no significant mean differences in School/Work Life, Social Life, Home/Family responsibilities, Somatization, Obsessive Compulsion, Interpersonal Sensitivity, Depression, Anxiety, Hostility, Hostility, Phobic Anxiety, Paranoid Ideation, Psychoticism, and the other items of BSI and SDS with respect to age. It is unveiled that in the findings of school/work life (M= 2.10, S.D = 2.91, F= 0.63), social life (M= 2.50, S.D = 3.17, F= 0.42) and home/family responsibilities (M=1.28, S.D =1.99, F= 0.26). Further the finding also confirmed that somatization was also not significantly different with respect to age (M= 7.65, S.D = 6.14, F= 1.15), it is also revealed that obsessive compulsion was not significantly different (M= 9.57, S.D =6.13, F= 0.81), it is again revealed that interpersonal sensitivity is also not significantly different (M= 5.97, S.D =4.39, F= 0.98), it is also found that depression is not significantly different as well (M= 7.45, S.D =5.44, F= 0.45), it is

unveiled that anxiety is also not significantly different ($M = 8.45$, $S.D = 6.28$, $F=1.02$), it is also revealed that hostility is not significantly different ($M= 6.10$, $S.D =4.36$, $F=1.03$), it is again found that phobic anxiety is also not significantly different ($M= 6.32$, $S.D =4.80$, $F= 0.68$), it is also seen that paranoid ideation is not significantly different as well ($M= 7.32$, $S.D =4.84$, $F= 0.76$), there is also no significant difference in psychoticism ($M= 6.47$, $S.D =4.22$, $F= 0.89$) and the other items of Brief Symptom Inventory (BSI) has no significant difference as well ($M= 4.17$, $S.D =3.51$, $F= 0.38$). There was also no significant difference with respect to age on Sheehan Disability Scale ($M= 5.87$, $S.D =7.51$, $F= 0.46$).

Table No. 9: Relationship between (Brief Symptom Inventory) BSI & Sheehan Disability Scale (SDS)

	BSI	SDS
<i>Bsi</i>	<i>1</i>	<i>.602**</i>

** . Correlation is significant at the 0.01 level (2-tailed).

The findings from the table show there is strong and positive relationship between BSI and SDS $r=0.602$. There for is revealed that BSI and SDS are significantly correlated with one another. That means if BSI is high SDS will be high too and vice versa.

Discussion and Conclusion

The main objective of the paper was to examine and analyse the psychological impact and legal knowledge of cyberbullying on the students of Lovely Professional University, Punjab. According to the findings from the first survey, we can conclude that the majority of the participants belong to the female followed by male and then other gender, respectively. And majority of them were enrolled in Undergraduate (UG), followed by Postgraduate (PG) and then other available college degree levels. When asked about the student's opinion of cyberbullying a significant majority of them took it as a serious problem and opted for various ways in which they have encountered such as exclusion, harassment, fraping, masquerading, trickery, trolling, cyberstalking and outing. For the question of the strict anti-bullying laws inside the university campus, most students do not know about it which shows the need for uplifting and amending the present existing laws. Different legal laws such as IT Act, 2006, IPC Section 354A (Sexual harassment and punishment for sexual harassment), IPC Section 354D (Stalking), IPC Section 499 & Section 500 (Defamation and Punishment for defamation), IPC Section 507 (Criminal intimidation by an anonymous communication) and IPC Section 509 (Word, gesture or act intended to insult the modesty of a woman) were used to identify their legal knowledge and almost all of them expressed that these laws are not sufficient to prevent cyberbullying.

And, from the second survey, the findings show that the majority of respondents are between the age group of 19-25 years of age and the least being the age group of 26-30 years of age respectively and with respect to gender majority of the victims were female with the least being male participants. From the above tables infers that there are no significant mean differences in School/Work Life, Social Life, Home/Family responsibilities, Somatization, Obsessive Compulsion,

Interpersonal Sensitivity, Depression, Anxiety, Hostility, Hostility, Phobic Anxiety, Paranoid Ideation, Psychoticism, and the other items of Brief Symptom Inventory (BSI) and Seehan Disability Scale (SDS) with respect to gender. Further the findings revealed that male respondents are having higher disruption in School/Work Life, Social Life and Home/Family responsibilities than female respondents. It is again revealed that female respondent has higher symptom of somatization, depression, anxiety, obsessive compulsion, interpersonal sensitivity, hostility, psychoticism, and other items of Brief Symptom Inventory (BSI) compared to male respondents in which there was no significant difference in the symptoms of paranoid ideation. The finding also shows that there are no significant mean differences in Brief Symptom Inventory (BSI) and Seehan Disability Scale (SDS) with respect to gender. Further the findings revealed that female respondents are having higher BSI than male respondents, it is also unveiled that male are having higher SDS than female respondents. The finding also infers that there are no significant mean differences in School/Work Life, Social Life, Home/Family responsibilities, Somatization, Obsessive Compulsion, Interpersonal Sensitivity, Depression, Anxiety, Hostility, Hostility, Phobic Anxiety, Paranoid Ideation, Psychoticism, and the other items of BSI and SDS with respect to age. The findings also show that there is a strong and positive relationship between BSI and SDS and it is revealed that BSI and SDS are significantly correlated with one another. That means if BSI is high SDS will be high too and vice versa.

Therefore, with the equal efforts of the Indian Government and citizens to stop cyberbullying, there should be an upliftment of strict laws and zero tolerance policy against it. Amendment of the present existing laws by the concerned authorities will help in having a safe digital space. It may be a huge task to make all the citizens aware of cyberbullying, but keeping in the mind that prevention is better than cure, the eradication of this issue should be completed as early as possible.

Suggestions

1. Zero tolerance policy against cyberbullying.
2. Regular seminars and workshops.
3. Plays and dramas to boost knowledge.
4. Mental support for the victims.
5. Strong password should be set up in all the accounts.
6. Personal information should be kept private.
7. Requests from unknown people must not be accepted.
8. Always keep the location off.
9. Logging out from other devices should be mandatory.
10. Any cyberbullying related case should be reported to the cybercrime cell as soon as possible.

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