

The Impact of Facebook Cyberbullying on the Mental Health of the Egyptian Youth

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ABSTRACT

This research paper aims at evaluating how cyberbullying on Facebook affects the mental health of the Egyptian youth. A serious problem, cyberbullying has a significant negative effect on young people. Many people are victims of cyberbullying since Facebook is a platform where many strangers congregate to make friends while also being vulnerable to the existence of undesirable ones. It can take on a variety of forms. It could include the publication of insulting remarks, threatening language, and tension sparked by offensive media. (Patchin, 2019)

Young people react very emotionally to what they see on Facebook, which may have a negative impact on their emotions and cause psychological harm, which is a barrier to personality development. The scope of the influence is very broad because online posts can be forwarded indefinitely. The person may not be able to escape the bad impacts of the post as a result. They are unable to escape since the abuse occurs in their private space, like their bedroom. Cyberbullying can cause considerable harm and has numerous negative consequences on young people's psyche. In order to identify the finest safeguards for our sons and daughters, we are attempting to understand how much it influences youth. (Glazzard, 2019)

Keywords: Impact of Facebook, Cyberbullying, Social Media Platforms, Mental Health

تأثير التنمر الإلكتروني بالفيسبوك على الصحة العقلية للشباب المصري.

ملخص البحث

يهدف البحث إلى تقييم تأثير التنمر الإلكتروني على الفيسبوك على الصحة الذهنية و النفسية للشباب المصري و المراهقين. يعد التنمر الإلكتروني مشكلة كبيرة، وله تأثيرات سلبية خطيرة و عديدة خاصة على الشباب و المراهقين. يقع الكثير من الشباب الناشئ ضحايا للتنمر الإلكتروني حيث يعد الفيسبوك منصة الكترونية اجتماعية يتقابل عبرها الكثير من الغرباء و مجهولي الهوية و من الممكن مصادفة الكثير من غير المرغوبين . فللتنمر الإلكتروني أشكال عديدة، و من الممكن أن يصل لحد السباب و التعدي اللفظي ولغة التهديد للفرد و يؤدي الي التوتر النفسي و العاطفي الناجم عن الميديا العنيفة أو العدوانية الغير مناسبة للشباب الناشئ قليل الخبرة في الحياة.

ف نجد ان الشباب هم اكثر من يتفاعلوا ما يرون على صفحات التواصل الاجتماعي خاصة الفيسبوك بصورة عاطفية للغاية وهو ما يؤدي إلى التأثير السلبي على صحتهم الذهنية والنفسية، وهو ما بدوره يعيق منظومة التطور النفسي الطبيعي و السليم لهم. حيث انه هناك تأثير كبير للغاية عندما يتعلق الأمر بالتنمر الإلكتروني، فالشخص قد يصبح عاجزاً عن الهروب من التأثيرات السلبية والأزمات النفسية التي قد مر بها و يعجز عن الهروب من التنمر و سوء المعاملة، لأن ما حدث يتعلق بالتعدي على الحرية الشخصية الخاصة به. من الممكن للتنمر الإلكتروني أن يؤدي إلى الكثير من التأثيرات السلبية على الشباب و المراهقين كالقلق والاكتئاب و التوتر الشديد والانعزالية الممرضة، ولذلك من الضروري أن توفر الأمان النفسي و العاطفي للأبناء وأن نزودهم بأفضل طرق الحماية المتابعة وأن نفهم حجم تأثيرات التنمر الإلكتروني على الشباب عن كثب.

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Introduction

Today's media space is very large and it gets larger with time. Youth have access to the internet widely. They have access to unlimited volumes of media content, devices, computers, gaming systems, and laptops. Social media is considered as a main component of the internet space. It's defined as the digital means which allow persons to communicate in a social manner. The main difference between it and the traditional media (TV) is represented in the fact which tells us that social media provides us with the ability to use and present content not only depend on consumption without any kind of creativity. (GLAZZARD, 2019)

Social media may include many famous websites. Facebook, Instagram, Snapchat, and many more are all considered as social media platforms. Our focus is on the environment related to Facebook and the effects of it on the mental health of youth. Understanding social media (particularly Facebook) is a must in a world depending on social media and using it regularly. (Vogels, 2022)

Eating problems are very apparent between youth as a result of being exposed to Facebook content that shows ideal bodies with certain lifestyles which are hard to adapt to in real life.

Stress, depressions, low self-confidence, pressure, and irritating thoughts are all considered as symptoms of being exposed to edited photos on Facebook or photos that show celebrities who work depending on ideal bodies and get supported by companies and teams which are not available for the traditional person. (Espuela, 2020)

These effects are also associated with cyberbullying because the person can't deal with the huge effect resulting from being exposed to

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electronic bullying. Harassment can be considered as cyberbullying. It includes comments, threats, messages, and many forms that may make the person scared or embarrassed. Hacking is also considered as cyberbullying. It includes hacking a person's profile and acting as if they are the person. The activity may include harm, changing profile settings, and sharing inappropriate stuff. (GLAZZARD, 2019)

Catfishing as a trial to trick someone after creating a fake persona is considered as cyberbullying as well. Tricking the person in this case is for fun and joking which may affect them badly on many levels. Sharing or posting nude photos of someone to embarrass them is considered as cyberbullying. It's a trial to degrade the person or attack their feelings and emotions. This is considered as a crime and can have many bad effects on the psychological environment of the person. (MacDowell, 2020)

Rumors and sharing a digital content about a person attacked physically in reality is considered as cyberbullying as well. This can lead to depression, anxiety, inability to feel safe, stress, loneliness, powerlessness, and sleep disturbances. It can lead to a true trauma which may make the person thinking of suicide in severe and extreme cases. Parents should show support and help youth recover from the problem with all the possible means. Showing support and comfort is very important in these cases. It's important to praise youth in these cases, increase their self-confidence, and help them get rid of all the elements which may cause stress. Blocking the bully is very important and reporting the case needs speed and taking all the possible measures which may help the victim get their rights back. (Byrd, 2019)

It's important to tell the parents or the guardian about all the details which may help in solving the problem and decreasing the bad effects resulting from it. Faking profiles is something very common in the world we are living in. Fake profiles can be created to hide the real identity with the intention to practice cyberbullying or harm someone. The process of faking profiles starts with the intention to hide the true identity and develops to send threats and messages which may harm a certain person. (Pabian, 2019)

A psychologist or a psychiatrist may be needed in severe cases. Avoiding friends, drop in grades, avoiding phone, expressing dark emotions, lack of focus, thoughts of suicide, pessimism, weakness, and skipping school are all considered as changes in the behavior of young

men and young women if they are victims of cyberbullying. Cyberbullying can really lead to suicide. It's very dangerous because it becomes very dark when the person can't really deal with what is happening to them. (Patchin, 2022)

Research Significance

The significance of the study is concentrated in the following points:

- 1- Facebook represents an integral part in our lives and affects youth greatly, that's why we should analyze its effects.
- 2- Social media (mainly Facebook) usage has increased widely during the last years and this leads to a lot of effects on the society and youth. We should analyze these effects and give them a lot of our attention.
- 3- This study could be useful to those who want to discover the negative and positive effects related to Facebook.
- 4- Facebook affects the psychology of youth and can lead to a lot of major changes concerning their lives. We need to understand these effects to help them be better and progress well.
- 5- Cyberbullying is considered as a major part of our study. We are trying to dissect it and understand the different aspects of it.
- 6- This study aims at finding the best ways to deal with Facebook and tries to help youth understand the different aspects of social media (mainly Facebook).
- 7- This study could assist researchers who want to investigate new aspects in regards to issues related to the psychological effects of being exposed to the content of Facebook.

Research Objectives:

- 1- To introduce the different aspects of Facebook.
- 2- To assess the way youth deal with Facebook and how they interact with it.
- 3- To define Cyberbullying and the major threats that Facebook can lead to.
- 4- To examine the effects of Facebook on the mental health of youth.
- 5- To asset youth find the best way to interact with Facebook without being affected badly by it.
- 6- To analyze the negative and positive effects of being exposed to social media.

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Background:

Numerous studies support the growing prevalence of diagnosable mental disorder concerns. This surge was related to the widespread use of social media platforms, with Facebook unquestionably ranking as a prominent one. The most widely used social media platforms among teenagers are Facebook, YouTube, Instagram, and Snapchat. Facebook is regarded as a social media network that simply and swiftly adjusts to the needs of young people. They become susceptible to the benefits and dangers of the new technological techniques and applications. (Glazzard, 2019)

Despite the hazards we're discussing, Facebook can also be used for a variety of crucial purposes. It supports the sense of independence, aids in the development of peer relationships, and encourages youth to engage in conversation with others. It supports the idea of independence, fosters peer relationships, encourages acceptable speech, respects people of all hues, and allows for unrestricted interaction between young people. (Magson, 2020)

Our Focus is related to Cyberbullying. It's is a serious issue that has a big impact on young people. Because Facebook is a place where many strangers get together to establish friends while also being susceptible to the existence of unwanted ones, many people are subject to cyberbullying. It can take many different shapes. It may involve the publication of offensive remarks, threats directed towards others, and tension brought on by offensive films or images. Youth respond very emotionally with what they see on Facebook, and this may have a significant negative impact on their emotions and lead to psychological injury, which is a barrier to personality development. (Macdowell, 2020)

Due to the fact that internet posts can be shared endlessly, the scale of the influence is very large. This can make it impossible for the person to flee the post's negative effects. Because the abuse takes place in a person's intimate area, such a bedroom, they are unable to flee. Facebook had also been linked to issues with body image. Users worry a lot about their bodies, especially after spending a lot of time on Facebook. Youth are significantly impacted by the ideal body image that is presented on the internet. (Pabian, 2019)

Research Design

Theoretical Framework:

In today's world, the emergence of social media (Facebook) encouraged adolescents to interact with each other greatly, but this led to many negative and few positive effects on their mental health. This study adopts the Media Ecology Theory as its core theoretical framework that tries to understand the different connections between people and social media and how social media cultivates our minds. (Gumpili, 2020)

Media Ecology Theory

Media Ecology Theory (MET) aims to realize the social impact of technology and communication (McLuhan, 1964). MET claims that media act directly to shape and form culture. Media ecology, or the study of how media and communication processes affect human feeling, perception, value, and understanding, is focused around communication studies (Parameswaran, 2008). While Marshall McLuhan (1964) understood the effect of technologies including radios, clocks, movies, television, and games. (Sun, 2020)

He concentrated on defining the relation between technology and members of a certain culture. He noted that electronic media have revolutionized society, and society had quickly become reliant on these communication technologies. McLuhan felt that it was impossible to find a society unaffected by electronic media and social media. (Zhong, 2020)

As society has evolved, its technology has also evolved. From the first books published to the internet, society has both been influenced by, and in turn affected, media. The rules of media set forth by MET – obsolescence, enhancement, reversal and retrieval – show how technology affects communication through the development. MET concentrates on the idea that society cannot escape the effect of technology and that technology will forever remain central to almost every deed in modern life. (Bentivena, 2020)

The influence of media technology on society is the major concept of MET, upheld by 3 main assumptions: media is infused into every action and act in our society, media fixes our perceptions and organizes our experience, and ties the world together, We cannot escape the presence of media in our lives as it is omnipresent in our realities of day-to-day life. Media directly influences us, as they are powerful in our view of the world. Media turns the world into a “global village,” where media can tie anyone around the world into a single cultural, social, economic, and political system (Parameswaran, 2008). As a result, we are able to receive info quickly. (Artier, 2020)

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Instead of presuming that the message can only be understood by understanding the content on its own, media studies remind us that the medium of communication can be the meaning of the message (McLuhan 1964). Information technologies and new/social media structures are political in and of themselves if we apply this idea to the viewpoint and recognize that technology "shapes the processes of producing, finding, and reproducing" information. As a result of this non-neutrality, the technology's structural features are crucial to take into account in the research when analyzing who and what determines how new media appears and functions. (Klinger and Svensson 2016)

The idea of media ecology examines how media and communication technologies affect and change human nature. It is a notion that looks for connections between people and the media because the media is so crucial to how people interact with their surroundings. Media ecology was defined by Postman (2000) as a systematic process that examines how media (communication) impacts human feeling, perception, value, and knowledge as well as how human interactions with media increase the likelihood that humans will survive. According to Postman, technology is a means by which media develops in society. (Sun, 2020)

According to the notion, all messages and media are equally effective unless a strong force is introduced that has an impact on people's behaviour and society. Equalizing the sensory balance through hearing, smell, touch, sight, and taste demonstrates its influence. The sensory equilibrium is disturbed by technology developments that improve human faculties and senses. This disruption results in the creation of a new society and new technologies for human use. (Paul, 2018)

The role of communication in media from the Stone Age to the Wooden Age and up to the current technology age was stressed by media ecology theory. According to McLuhan (1996), the medium we use to communicate determines the kind of message we send. Consequently, there is a continuous interaction between the employment of technology in communication and the media. As an illustration, the decision to communicate via phone rather than text depends on the technology chosen to transmit the message. Media ecology, according to Postman (2008), is the interplay of media and people with the goal of employing technology to maintain a balance in societal culture. (Zhong, 2020)

The fundamental tenet of media ecology theory is that technology regulates and shapes almost all human endeavors, including communication, perception, emotion, and comprehension. According to the thesis, there are four epochs in which society is defined by the media:

the tribal era, the literate age, the print era, and the electronic era. According to the Media Ecology Association (2000), the following assumptions underpin media ecology theory. Every deed and activity in society is influenced by the media, which also organizes our experiences and fixes our perceptions. The media also holds the globe together and strengthens its actions, transforming it into a global community. (Bentivena, 2020)

The senses of hearing, feeling, testing, and smelling were more important than the human capacity for imagery during the tribal era, according to McLuhan (1996). Hearing was believed in throughout this time period, which causes most individuals to act on what they hear in society. After this period came the literary era, also known as the visual era, during which the sense of sight became extremely important. As a result of humans being able to read and write, which led to the birth of the alphabet, hearing alone lost its significance during this time period and was replaced by seeing. (Paul, 2018)

Because of the development of the printing press, the mass production of goods is the focus of the print age. People were able to create identical text resources in many copies throughout this time period, such as books, giving rise to printed publications that people could purchase and read. Libraries were established and maintained throughout this time period as society's literacy rate began to rise. The technological era brings instant communication and real-time auditory and visual feedback to society. Technology today facilitates a culture of communication among individuals that is crucial to the communication process. Technology evolved become a vehicle for getting the message to its target. (Adaeze, 2018)

Media were divided into hot and cool media by McLuhan. Hot media in communication calls for very little (low) involvement from the audience. Radio, photography, pornography, and public lectures are a few examples of such media. While cold media, such as seminars, television shows, cartoons, etc., require a high level of audience interaction due to the engaging nature of the information delivery. (Sun, 2020)

Methodological Steps:

1- Stating the problem and finding the best solutions

Cyberbullying is a serious issue that has a big impact on young people. Because Facebook is a place where many strangers get together to establish friends while also being susceptible to the existence of

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unwanted ones, many people are subject to cyberbullying. It can take many different shapes. It may involve the publication of offensive remarks, threats directed towards others, and tension brought on by offensive films or images. Youth respond very emotionally with what they see on Facebook, and this may have a significant negative impact on their emotions and lead to psychological injury, which is a barrier to personality development. Due to the fact that internet posts can be shared endlessly, the scale of the influence is very large. (Glazzard, 2019)

2- Collecting Sample:

The Main Characteristics of Our Sample:

- Our sample is represented by the Egyptian youth (250).
- They are late adolescents (16-39). I chose youth aged (16-39) because this period is very critical in the life of youth and they are affected by many behaviors, words, and interactions in life and online. They are curious and want to know more about life so they may interact with any anonymous one without taking the right precautions.
- All of them are social media users who use the internet (Facebook) for many purposes.
- A probability sample (random) is chosen.

3- Research Questions:

The study in hands try to answer the following questions:

- What are the different aspects and activities of Facebook?
- What are the negative effects of Facebook on the mental health and minds of adolescents?
- Are there any good effects of using social media?
- How do adolescents interact to cyberbullying and how dangerous is it on their emotional and mental health?

4- Data Collection:

We will create a questionnaire (a survey) to understand more about cyberbullying and ask youth about their experience. We are trying to know how much cyberbullying affects youth and how to find the best

ways to protect our sons and daughters. We depend on a questionnaire which is used as the data collection tool for the survey. (Quantitative)

5- Data Analysis:

Statistical analysis was done by SPSS v26 (IBM Inc., Chicago, IL, USA). Quantitative variables were presented as mean and standard deviation (SD). Qualitative variables were presented as frequency and percentage (%).

6- Findings and Analysis

Results

Table 1: Demographic data of the participants

N=255		
Age (years)	16-23	81 (31.76%)
	24-31	168 (65.88%)
	32-39	6 (2.35%)
Gender	Male	112 (43.92%)
	Female	143 (56.08%)
Education	High school student	2 (0.78%)
	University student	61 (23.92%)
	Graduate	68 (26.67%)
	Post-graduate	124 (48.63%)
Marital status	Single	205 (80.39%)
	Married	49 (19.22%)

The age was 16 to 23 years in 81 (31.76%) participants , 24 to 31 years in 168 (65.88%) participants and 32 to 39 years in 6 (2.35%) participants.

There were 112 (43.92%) male and 143 (56.08%) female.

The education was high school student in 2 (0.78%) participants, university student in 61 (23.92%) participants, graduate in 68 (26.67%) participant and post-graduate in 124 (48.63%) participants.

Marital status was single in 205 (80.39%) participants and married in 49 (19.22%) participants.

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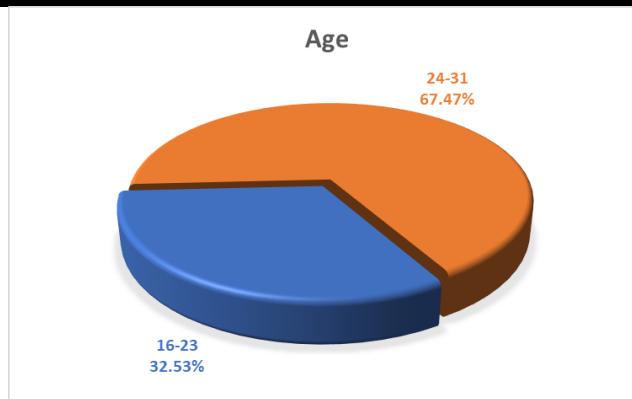


Figure 1: Age of the participants

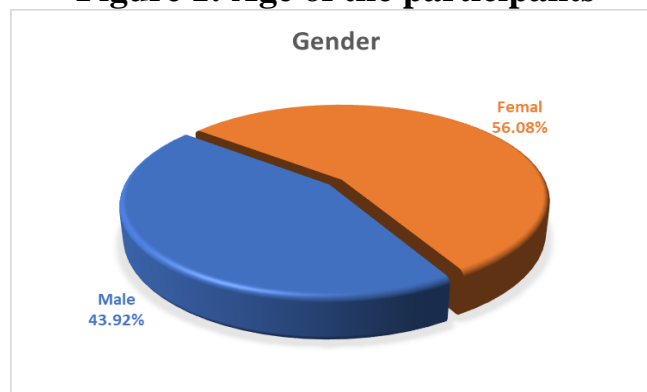


Figure 2: Gender of the participants

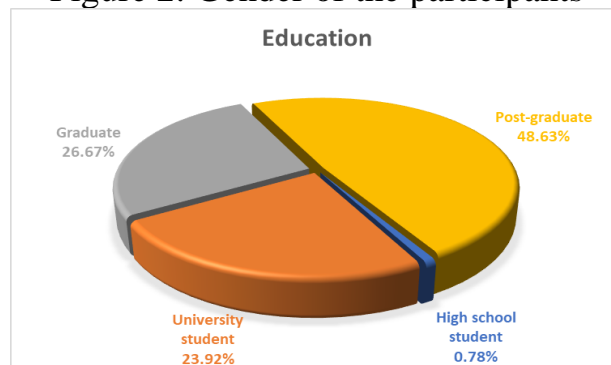


Figure 3: Education of the participants

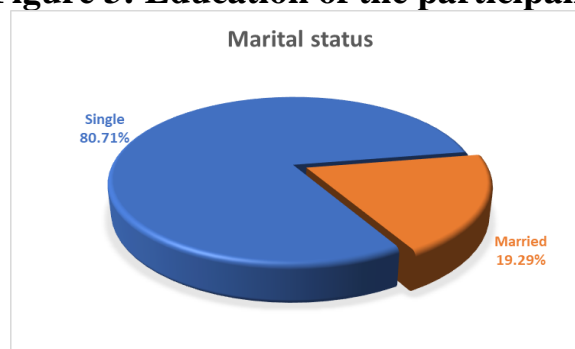


Figure 4: Marital status of the participants

Table 2: Questionnaire of cyberbullying of the participants

N=255		
In the last three years, how many times have you experienced cyberbullying	1-5 times	205 (80.39%)
	5-10 times	36 (14.12%)
	More than 10	14 (5.49%)
Have you witnessed cyberbullying occurring to someone else	Yes	182 (71.37%)
	No	60 (23.53%)
	Not sure	13 (5.1%)
Do you think cyberbullying is on rise	Agree	179 (70.2%)
	Don't agree	55 (21.57%)
	Not sure	21 (8.24%)
Does the community you live in takes cyberbullying seriously	Yes	108 (42.35%)
	No	125 (49.02%)
	Don't know	22 (8.63%)

In the last three years, times experienced cyberbullying was 1-5 times in 205 (80.39%) participants and 5-10 times in 36 (14.12%) participants.

182 (71.37%) participants witnessed cyberbullying occurring to someone else and 12 (4.71%) participants not sure. 179 (70.2%) participants agree that cyberbullying is on rise and 55 (21.57%) participants not sure.

108 (42.35%) participants there community took cyberbullying seriously and 22 (8.63%) participants didn't know.

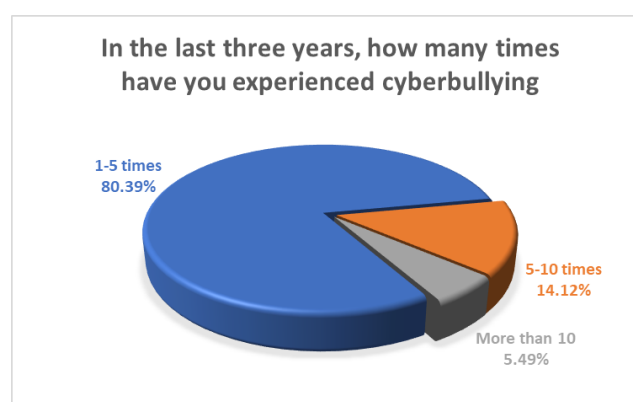


Figure 5: How many times have you experienced cyberbullying of the participants?

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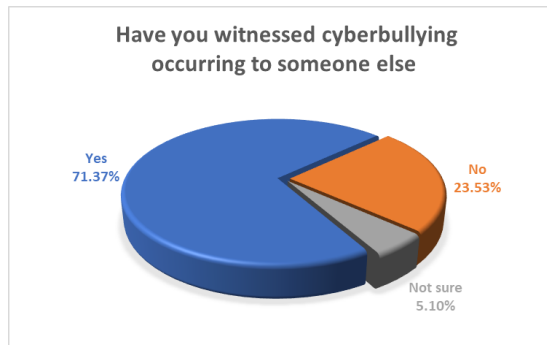


Figure 6: Have you witnessed cyberbullying occurring to someone else?

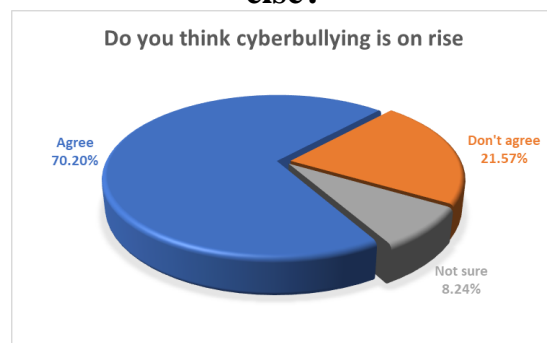


Figure 7: Do you think cyberbullying is on rise?

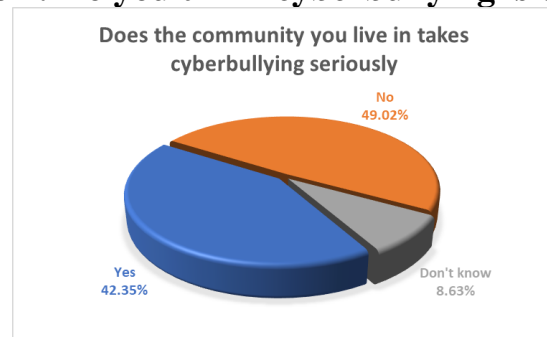


Figure 8: Does the community you live in takes cyberbullying seriously?

Table 3: The effect of cyberbullying

		N=254
Most frequently, the incidences are reported by	Victim	71 (27.84%)
	Victim's friend	152 (59.61%)
	Parents	32 (12.55%)
Most frequently, cyberbullying occurs with	Internet messages	129 (50.59%)
	Profile pages	109 (42.75%)
	E-mails	16 (6.27%)

What do you think a person may feel when they are bullied	Sad and embarrassed	122 (47.84%)
	Scared and helpless	108 (42.35%)
	Not caring	25 (9.8%)
How does cyberbullying affect the behavior of the cyberbullied person	They avoid socializing	96 (37.65%)
	They become depressed and aggressive	134 (52.55%)
	They may commit suicide	25 (9.8%)
Can cyberbullying affect the mental health of the cyberbullied on the long run	Not necessarily	53 (20.78%)
	It can affect the mentality for so long	154 (60.39%)
	It can lead to suicide	48 (18.82%)

Most frequently, the incidences was reported by victim in 71 (27.84%) participants, victim's friend in 152 (59.61%) participants and parents in 32 (12.55%) participants. Most frequently, cyberbullying occurred with internet messages in 129 (50.59%) participants, profile pages in 109 (42.75%) participants and E-mails in 16 (6.27%) participants. 122 (47.84%) participants were sad and embarrassed when they were bullied, 108 (42.35%) participants were scared and helpless and 25 (9.8%) participants did't caring.

96 (37.65%) participants avoid socializing, 96 (37.65%) participants became depressed and aggressive and 25 (9.8%) committed suicide.154 (60.39%) participants cyberbullying affected the mentality for so long, 48 (18.82%) participants committed suicide and 53 (20.78%) participants was not necessarily

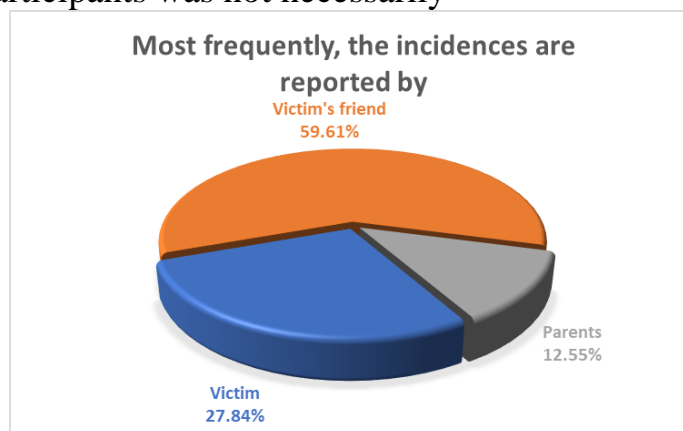


Figure 9: Most frequently, the incidences are reported by

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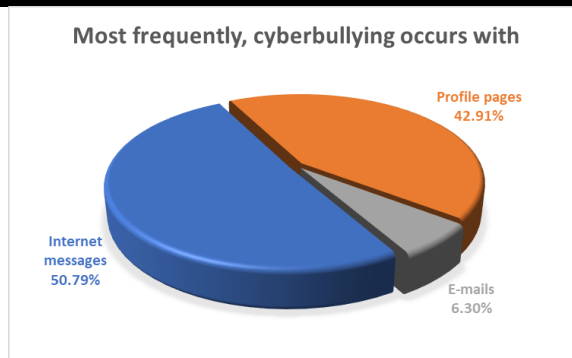


Figure 10: Most frequently, cyberbullying occurs with



Figure 11: What do you think a person may feel when they are bullied

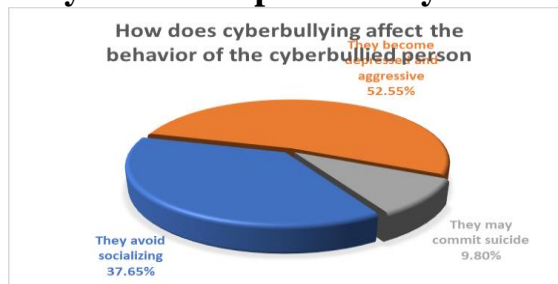


Figure 12: How does cyberbullying affect the behavior of the cyberbullied person

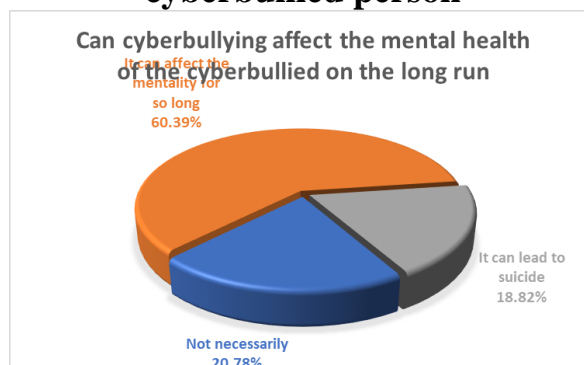


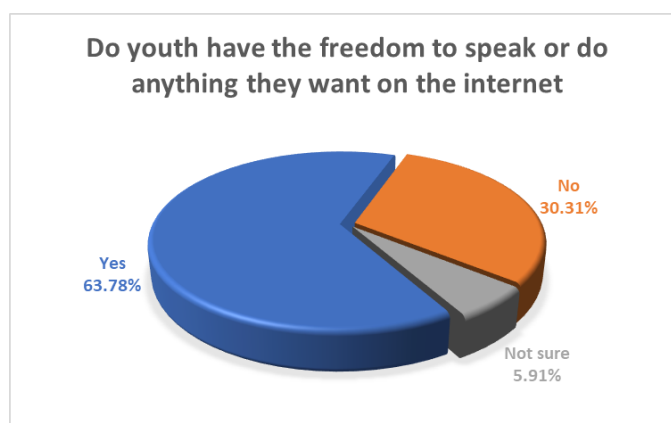
Figure 13: Can cyberbullying affect the mental health of the cyberbullied on the long run

Table 4: Reasons for cyberbullying and talking about cyberbullying

		N=255
What is the most common reason for cyberbullying	Revenge	54 (21.18%)
	Making fun of people	157 (61.57%)
	Hate or jealousy	44 (17.25%)
Do youth have the freedom to speak or do anything they want on the internet	Yes	162 (63.53%)
	No	77 (30.2%)
	Not sure	15 (5.88%)
Do you think youth can tell a trusted person easily about being cyberbullies	Yes	144 (56.47%)
	No	89 (34.9%)
	Not sure	21 (8.24%)

Revenge was the most common reason for cyberbullying in 54 (21.18%) participants, Made fun of people in 157 (61.57%) participants and hate or jealousy in 44 (17.25%) participants. 162 (63.53%) participants had the freedom to speak or do anything they want on the internet and 15 (5.88%) participants not sure. 144 (56.47%) participants could tell a trusted person easily about being cyberbullies and 21 (8.24%) participants not sure.

Figure 14: What is the most common reason for cyberbullying?



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Figure 15: Do youth have the freedom to speak or do anything they want on the internet?

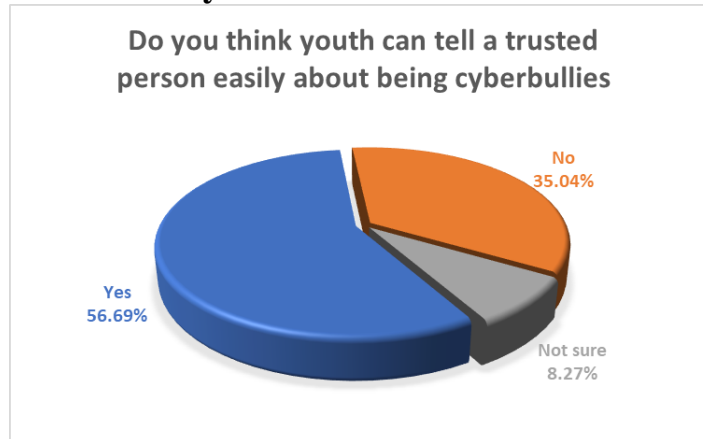


Figure 16: Do you think youth can tell a trusted person easily about being cyberbullies?

Table 5: How can college help increase awareness about cyberbullying?

N=255		
Launch awareness	Strongly agree	188 (73.73%)
	Agree	60 (23.53%)
	Neutral	4 (1.57%)
	Disagree	2 (0.78%)
Introduce curriculums Including information about cyberbullying	Strongly agree	48 (18.82%)
	Agree	172 (67.45%)
	Neutral	15 (5.88%)
	Disagree	3 (1.18%)
	Strongly disagree	15 (5.88%)
Encourage youth to attend counseling sessions	Strongly agree	57 (22.35%)
	Agree	164 (64.31%)
	Neutral	15 (5.88%)
	Disagree	16 (6.27%)
	Strongly disagree	1 (0.39%)

The college awareness about cyberbullying through launch awareness was strongly agree in 188 (73.73%) participants, agree in 60 (23.53%) participants and neutral in 4 (1.57%) participants.

The college awareness about cyberbullying through introduce curriculums Including information about cyberbullying was strongly agree in 48 (18.82%) participants, agree in 172 (67.45%) participants and neutral in 15 (5.88%) participants. The college awareness about cyberbullying through encourage youth to attend counseling sessions was strongly agree in 57 (22.35%) participants, agree in 164 (64.31%) participants and neutral in 15 (5.88%) participants.

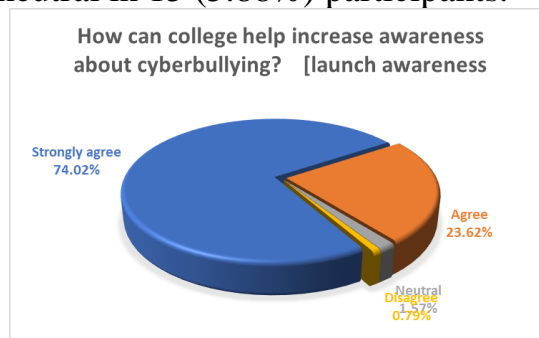


Figure 17: Launch awareness

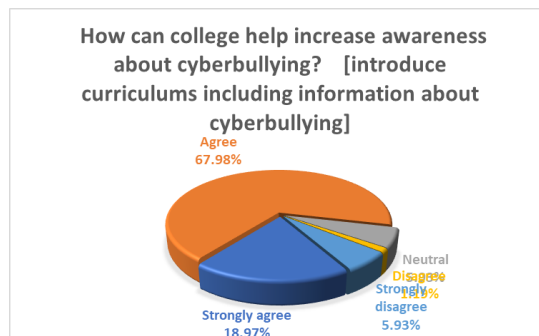


Figure 18: Introduce curriculums including information about cyberbullying

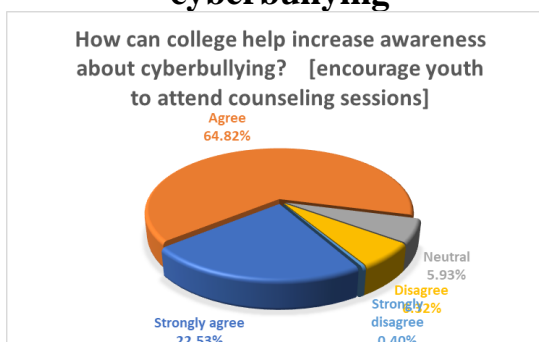


Figure 19: Encourage youth to attend counseling sessions

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Table 6: How can parents help their sons and daughters protect themselves from cyberbullying?

		N=254
They can talk to them about it	Strongly agree	181 (70.98%)
	Agree	71 (27.84%)
	Neutral	2 (0.78%)
	Disagree	1 (0.39%)
They can block certain websites	Strongly agree	23 (9.02%)
	Agree	153 (60%)
	Neutral	66 (25.88%)
	Disagree	4 (1.57%)
They should teach them socialize wisely	Strongly agree	52 (20.39%)
	Agree	168 (65.88%)
	Neutral	24 (9.41%)
	Disagree	9 (3.53%)
	Strongly disagree	1 (0.39%)

Parents helped their sons and daughters to protect themselves from cyberbullying through talk to them about it was strongly agree in 181 (70.98%) participants, agree in 71 (27.84%) participants and neutral in 2 (0.78%) participants.

Parents helped their sons and daughters to protect themselves from cyberbullying through block certain websites was strongly agree in 23 (9.02%) participants, agree in 153 (60%) participants and neutral in 66 (25.88%) participants. Parents helped their sons and daughters to protect themselves from cyberbullying through teach them socialize wisely was strongly agree in 52 (20.39%) participants, agree in 168 (65.88%) participants and neutral in 24 (9.41%) participants.

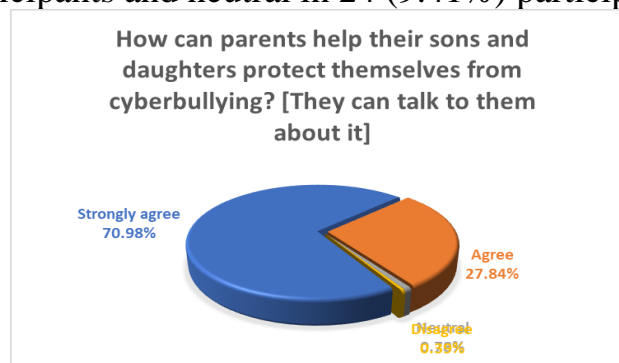


Figure 20: They can talk to them about it

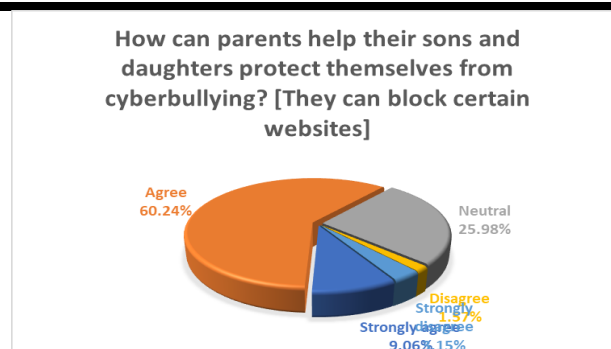


Figure 21: They can block certain websites

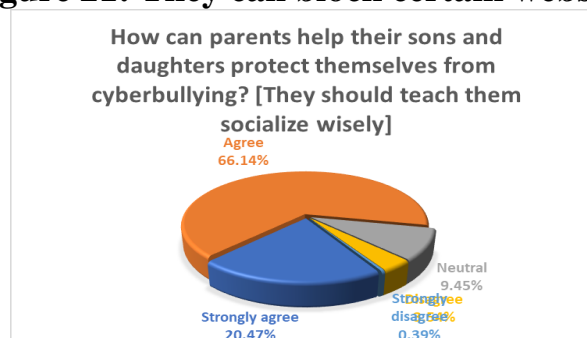


Figure 22: They should teach them socialize wisely

Table 7: Have you ever received advice on how to stay safe online? and Do you think cyberbullying should be considered a crime?

		N=255
Have you ever received advice on how to stay safe online	Parents told them	51 (20%)
	One of their friends told them	137 (53.73%)
	Received advice from media	67 (26.27%)
Do you think cyberbullying should be considered a crime	Yes	106 (41.57%)
	No	69 (27.06%)
	According to the circumstances of the incident	80 (31.37%)

There were 51 (20%) participants parents told them advice on how to stay safe online, 137 (53.73%) participants one of their friends told them and 67 (26.27%) participants received advice from media. There were 106 (41.57%) participants though that cyberbullying should be considered a crime and 80 (31.37%) participants according to the circumstances of the incident.

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Figure 23: Have you ever received advice on how to stay safe online?

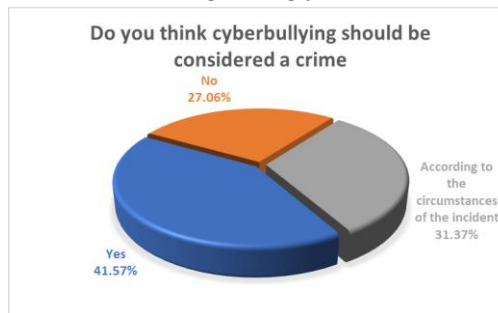


Figure 24: Do you think cyberbullying should be considered a crime?

7- Discussion

The results of the study are consistent with the results of the study presented by (Sameer Hinduja and Justin Patchin, 2022), as they reached the fact that bullying doesn't exist in real life only but it extends to the internet causing more devastating effects. These effects can do harm to the mental health of youth and prevent them from living a completely normal life. The study titled: Cyberbullying offending among US youth, proved that cyberbullying is a serious issue that makes the lives of youth hard and devastating. Our study proves the same and tells us that cyberbullying has emotional and mental effects that hinder the lives of youth worldwide.

The results of the study are consistent with the study presented by Gunathillake and Perera in 2020, as they proved that social anxiety and aggression are caused by cyberbullying. The results of this study show that adult cyberbullying is highly correlated with sadness and violence. In light of these findings, it is essential to identify and treat the underlying psychological and behavioral disorders of cyberbullying perpetrators in order to reduce the likelihood of this behavior occurring in the future. Our study tries to understand the cyberbullying person as well in order to stop the bad behaviors or decrease them at least.

At the same time, in a study titled: Cyberbullying on social media platforms among university students in the United Arab Emirates. The following results were found. The majority (91%) of participants in the study who were polled felt that cyberbullying, a kind of online harassment, occurs on social media platforms. Seventy-two percent of respondents firmly agreed that teenagers between the ages of 14 and 18 were particularly vulnerable to cyberbullying. 12 percent of respondents said that youngsters under the age of 14 were the primary targets of cyberbullying, (Ghada M. Abaido, 2020). These results agree with our results as they show that cyberbullying is a kind of harassment or a way to mock others and make fun of them. Our results tell us that making fun of people is a major reason for the happening of cyberbullying.

Moreover, in a study titled: Cyberbullying: Roles of school psychologists and school counselors in addressing a pervasive social justice issue. The following results were found. In particular among the most vulnerable populations, school psychologists and school counsellors can work as social justice agents in schools to stop cyberbullying. In the past ten years, society as a whole and schools as microcosms of society have seen an alarming rise in cyberbullying, a new type of bullying. For the safety and well-being of students and the school community, school psychologists and counsellors must actively promote prevention, intervention, and more effective policies (Salman Elbedour, Salihah Alqahtani, Ibrahim El Shekih, Joseph Bawalsah, Beverly Booker, and Fidel Turner, Feb 2020). This study agrees with our results that focus on the importance of counseling sessions, parental guidance, and launching campaigns that may help youth to understand the world around them in a better way.

Meanwhile, in a study titled: What are the characteristics of cyberbullying victims and perpetrators among South Korean students and how do their experiences change? The following results were reached. Cyberbullying is less common among female students, kids who have a high sense of self-worth, and students who have greater parental and social support. Cyberbullying victimization risk is increased by victimization experience, and cyberbullying perpetration risk is increased by perpetration experience. Based on personal and social support characteristics, adolescents encounter diverse types of cyberbullying victimisation and perpetration (Changmin Yoo, Department of Social Welfare, Hannam University, 70, Hannam-ro, Daedeok-gu, Daejeon, Republic of Korea, May 2020). This is

correlated with our results that focus on the importance of parental guidance, social wisdom, and different kinds of support but it show that cyberbullying between females is less common. Guidance and support may help youth know how to differentiate between the different behaviors of people and understand them well to protect themselves. It's a matter of self-control supported by parental guidance, sessions, campaigns, and social wisdom.

8- Conclusion

Cyberbullying is a serious issue that has a big impact on young people. Because Facebook is a place where many strangers get together to establish friends while also being susceptible to the existence of unwanted ones, many people are subject to cyberbullying. It can take many different shapes. It may involve the publication of offensive remarks, threats directed towards others, and tension brought on by offensive films or images. Youth respond very emotionally with what they see on Facebook, and this may have a significant negative impact on their emotions and lead to psychological injury, which is a barrier to personality development. (Pabian, 2019)

Cyberbullying can lead to anxiety, depression, loneliness, social exclusion, and many kinds of phobias. It has many bad effects on the mental health of the victim. Facebook is considered as a double-edged weapon and interacting with strangers can lead to many problems. Cyberbullying represents the biggest problem one can face on Facebook without any doubt. That's why we should teach the new generations how to be in the safe side and how to get the best out of it while ignoring all the roads that can lead to problems or dangers. (Pabian, 2019)

Psychologists, counselors, artificial intelligence specialists, and computers experts should collaborate together and form certain guidelines that may help youth spend a safe time on Facebook. Professionalism is needed in this case, and collecting the most professional psychologists, counselors, artificial intelligence specialists, and computers experts is very important. (Puukko, 2020)

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Appendix

Questions of the Survey:

- Our sample is represented by Egyptian youth
- Sample size: 255
- They are late adolescents (16-39).
- All of them are social media users who use the internet for many purposes.

- The questions are:

1- In the last three years, how many times have you experienced cyberbullying?

(1-5 times – 5-10 times – more than 10)

2- Have you witnessed cyberbullying occurring to someone else?
(Yes – no – not sure)

3- Do you think cyberbullying is on rise?
(Agree- Don't agree- not sure)

4- Does the community you live in takes cyberbullying seriously?
(Yes – No – I don't know)

5- Most frequently, the incidences are reported by
(The victim – the victim's friend – the parents)

6- Most frequently, cyberbullying occurs with
(Internet messages – profile pages – e-mails)

7- What do you think a person may feel when they are bullied?
(Sad and embarrassed – scared and helpless – not caring)

8- How does cyberbullying affect the behavior of the cyberbullied person?
(They avoid socializing – They become depressed and aggressive – They may commit suicide)

9- Can cyberbullying affect the mental health of the cyberbullied on the long run?

(Not necessarily – It can affect the mentality for so long – It can lead to suicide)

10-What is the most common reason for cyberbullying?
(Revenge – making fun of people – hate or jealousy)

11-Do youth have the freedom to speak or do anything they want on the internet?

(Yes – no – not sure)

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12-Do you think youth can tell a trusted person easily about being cyberbullied?

(Yes – no – unsure)

13-How can college help increase awareness about cyberbullying?

	<i>strongly agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>strongly disagree</i>
Launch awareness campaigns					
introduce curriculums including information about cyberbullying					
encourage youth to attend counseling sessions					

14-How can parents help their sons and daughters protect themselves from cyberbullying?

	<i>strongly agree</i>	<i>agree</i>	<i>neutral</i>	<i>disagree</i>	<i>strongly disagree</i>
They can talk to them about it					
They can block certain websites					
They should teach them socialize wisely					

15-Have you ever received advice on how to stay safe online?

(My parents told me – one of my friends told me – I received advice from media)

16- Do you think cyberbullying should be considered a crime?

(Yes – No – according to the circumstances of the incident)

17-*Personal Information:*

Age

16 - 23	24 - 31	32 - 39
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Gender

Female	Male
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Education Level

High school student	University student	Graduate	Post-graduate
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Marital Status

Single	Married
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