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Impact of Social Media on Students Cyberbullying Perspective

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Abstract: *Social media is one of the modern-day technologies as it has completely changed the life of a common man. Social media has brought a revolution in society, but it has developed some negative impacts and crime in society. Cyberbullying is one of the threatening crime in modern-day technology. It has the worst impact on our society. The government has made some serious regulation regarding Cyberbullying, but society needs to understand that what exactly Cyberbullying means, how it affects the mental health of the students and what is the main reason behind Cyberbullying in our society. The research study will try to figure out that in what way the university students get targeted by Cyberbullying, what are the negative impacts on the mental health of the students. The research study will find out that how students get targeted on social media. The research study will also show how Cyberbullying has a negative impact on the aim of university students.*

Key Words: Cyberbullying, University Students, Social Media

Introduction

Social media, which are one of the biggest interactive computing, intervene in technology that use to facilitate people to communicate and share information. In the modern-day world, social media is one of the largest using technologies. Social media is used for sharing ideas, information, and entertainment. In this modern-day technology, social media is being the need of human beings. The users of social media are in a wide range. We often observe in our daily life that people in our society are very much attracted to social media (Whittaker & Kowalski, 2015). There is a strong impact of social media on our daily routine. But most importantly, we should know that what social media is.

Social media is a form of electronic communication (such as websites for social networking and microblogging) through which users create online communities to share information, ideas,

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personal messages, and other content (Kowalski, Limber, & McCord, 2019). Social media is the world of networking from one place to another. Social media is technology that has changed the world completely. It is the need of every individual because it makes you updated. Social media, at one end, makes you happy and updated, but there should be some regulation. In this day of technology, regulations are important for the wellbeing of society (Abbasi, Naseem, Shamim, & Qureshi, 2018).

Cyberbullying

Cyberbullying includes the usage of evidence and communication technologies, email, mobile, immediate messaging, Web sites to support thoughtful, frequent, and antagonistic behavior by a single person or group that is planned to harm others (Slonje & Smith, 2008). The following list can elaborate on each form of Cyberbullying. Among Cyberbullying *Flaming* is an important form of Cyberbullying, flaming is an intense argument that normally takes place in chat rooms (Patchin & Hinduja, 2010). Transfer hate, offensive text, vulgar emails directed at an individual or people secretly or to an access group. Among the other form of Cyberbullying, *Harassment* is another important one which constantly means distribution of violent letters. Similarly, *Cyberstalking* pestering embrace terrorizations of damage. *Denigration* means Directing or post of injurious, false, or painful declarations about an individual to other persons. It also includes the transfer of posts damaging, false, or harsh declarations about an individual to new individuals. *Masquerade* Imagining being somebody else besides distributing or post content that marks that individual look corrupt or chairs that human being in possible danger (Patchin & Hinduja, 2010). *Outing and fraud* Conveying or post content about a human being that encompasses complex, humiliating, or uncomfortable info, plus promoting communications or pictures. *Exclusion* stands for Activities that exactly and deliberately reject a human being from a connected collection (Olweus, 2012).

Cyberbullying can happen on blogs. It can take place on any of online on any of the website, pages, groups, emails, online journals. In short, any of the online technology can be part of Cyberbullying, or it can be the effect of Cyberbullying (Kowalski, Limber, & Agatston, 2012). Cyberbullying is a key test for digital media stages open to a huge figure of operators who might not even know one another but are still noticeable to one alternative in those areas. The terminology active trolling is being obtained from the term 'troll', which was initially used to define a mythological horrible and creepy individual. In Cyberbullying, angling is said to be a performance of a deliberately unruly individual on the digital media (Feinberg & Robey, 2009). It is well-defined as making dissonance on the internet by offensive persons through provocative content or irrelevant emails in a connected public. Normally bullying is used to make disturbance or activate a movement in contradiction of an individual or a collection of an organization by distracting the courtesy of other connected consumers. In numerous periods, the opinion raised in bullying is not reality grounded but placed in a technique that the public's trust to be factual (Smith, 2012).

While bullying may be amusing for individuals, it can have severe physical and mental costs for its sufferers. In many recognized circumstances, the fatalities have hurt from unhappiness, loss of confidence and disturbance due to unjustified publicity and subsequent community repercussion ([Whittaker & Kowalski, 2015](#)). Powerless to contest back in contradiction of slur movements, numerous such sufferers choose to go into separation and remove their social media accounts. In a polarized civilization like ours, community view shaped by elves can adjust troops in a technique that can even convert dangerous for some individuals. While it is harmless to say that bullying has occurred subsequently the beginning of connected societies, its influence has enlarged diverse over the ages with the arrival of Facebook Instagram, WhatsApp and Twitter. Bullying is not only an issue in countries like Pakistan wherever places for disagreement have contracted over period; it is also a matter in the established countries ([Langos, 2012](#)).

In country like Pakistan, console fighters are fervently troublemaking online connection in places, making clatter and giving new way to a continuing argument. In Pakistan females have been a major target of bullying, particularly those involved in any social activity. Democratic Commission for Human Development details said that every second female human rights activist in the country bear grim intimidations and warnings on digital media ([Slonje, Smith, & Frisén, 2013](#)). The details said that common of dangers tackled by females connected contain bullying and sexual harassment by via false social media accounts, abuse and thieving of personal info, and trolling. Around eighty five out of a hundred of the females plotted below the study confirmed that exploitation was frequently thrown by apparently fake accounts ([Hoff & Mitchell, 2009](#)). The query of secrecy is one of the main discussions nearby bullying. Are elves so frank because they continue nameless? The delicate skill of sub tweeting.

A private research center has exposed that ninety two out of each hundreds of digital media users decide that the connected situation agrees persons to be more serious of one another, associated with their disconnected involvements ([Vandebosch & Van Cleemput, 2009](#)). The query of secrecy is one of the chief discussions regarding bullying according to the private research center. Are social media individuals frank because they endure unidentified? Do they have the right to remain so? These are some of the queries that have been elevated at numerous stages. Is it significant to end internet secrecy or at least safeguard that every connected façade is connected back to a real individual? These are some of the main anxieties connecting to connected places ([Brewer & Kerslake, 2015](#)).

Pakistan has been ranked on the 22nd number for reporting bullying according to the research. Bullying is all about the abnormal behavior of a person towards others for the sake of desires, demands, race, sexual harassment, physical torture, etc. for this purpose; the national response Centre for crimes has been introduced in Pakistan where sufferers can go for the help. They just give the details of a person and FIA tries to reach the culprits out and gives them punishment for their wrong deeds. Every student needs to protect their selves in a way where no one can harm their dignity.

Impact of Social Media and Bullying

It creates a strong impact on a person which is affecting from that content. The impact can be mentally, physically, culturally, socially, or on the faith of an individual ([Sabella, Patchin, & Hinduja, 2013](#)). Many cases have been examined regarding the negative use of social media. It can be called bullying. According to the Oxford Dictionary “The use of strength or power to frighten or hurt weaker people” is called bullying. It is one of the most negative elements in our society which mostly starts from the schools and then it became bigger and much bigger as time passes. Most parents and teachers try to protect their children from bullying because it leaves a severe impact on a person's mental and physical health. As in the advancement of technology the negative concept of bullying also takes place on social media which is affecting people. The bullying on social media can be of any kind and many types ([Menesini & Nocentini, 2009](#)). It can directly affect you based on culture or religion. When we talk about university going students in Pakistan then we can easily examine that major amount of people are using social media as a platform of sharing different kind of content. It defines that most of the students are affected by bullying on social media. Bullying on social media can be intentional and can be unintentionally because a large number of audiences can see the post and material you have shared. There are also threats of the users of social media which are affecting from bullying. We will examine that on which level the bullying affects the users of social media ([Nocentini et al., 2010](#)).

In Pakistan, students suffer a lot on behalf of bullying. Sometimes, students involved in this black but the ratio of affecting students is strong. If talking about the girls, then there is no conflict that girls are being harassed by the random males on social media, and teachers also often involved in it ([Rafi, 2019](#)). Good Academic record is now connected to the pictures of girls demanded by the teachers, texts and the list goes on. An ordinary girl who is sitting at home also suffers from the hands of the male if she had a relationship. The boy started to torture and teases them for irrelevant demands and money. Similarly, males' students suffer from these types of situations as well when it comes to torture via social media or in institutes too ([Musharraf & Anis-ul-Haque, 2018](#)). Bullying is not only about physical torture or harassment but it is a mental torture given by a person to person. In schools and universities, dozens of students are being bullied and harassed by the teachers for irrelevant things. This is the turn where things get out of the hand and society face consequences by hearing the worse news of suicides by students on Television. According to the previous studies girls have been the main target of Cyberbullying. The harassment via social media is the major problem regarding Cyberbullying ([Bhat & Ragan, 2013](#)). The cyber affects are also way too severe.

Awareness against Cyberbullying

In countrywide, it is important to spread awareness about cybercrime and harassment among students and other public. These evil things can destroy not only a single personality but it can set the entire home on fire. Numerous campaigns, workshops, and other informative dialogues can change the scenario among students which can change the environment for Cyberbullying.

The meaningful campaigns not only give confidence to students, but they can raise their voices against wrong acts and culprits as well. Cyberbullying has grown as a main problematic crime in Pakistan in current years. It has developed an ordinary involvement as thousands of undeveloped persons obtain unwelcome libelous, abusive, and undesirable mails and commentaries on their digital media pages. The English newspaper of Pakistan Express Tribune showed a study in 2013 and it specified that 75% connected users were males a representation of male dominant on the Internet. Unhappily, fresh females in Pakistan appearance connected aggravation from males and this subject has intensified to superior distances in recent eras in amount to digital media practice. Pakistani female's existence marginalized on the digital media have also developed fatalities of misogyny and insincerity by males. Regardless of emerging and established countries, connected bullying is a quandary being experiential universally. In a nation like ours where expertise occupies previous than it owes SOPs, a mushroom development of connected bullying has discolored the standing of many new females. Threatening, slandering and extorting females finished fake id's tip to mental sadness in females, who end up neutralizing their digital media ID's. The upcoming future of internet and digital media in Pakistan would be muted and will be cyber offenders not remained restricted through regulations. The participation of few genuine private administrations' foremost these roots to defend the holiness and confidentiality of females is a crisis instant in Pakistan.

Literature Review

A literature review is simply defined as the summary of every variable of a research topic that has a background story, information, and complete detail that evaluate the existing topic and it informs the invigilators more than his/her previous knowledge. It is also known as the secondary source of basic information. These parts of the thesis encompass literature about the history of social media and how Cyberbullying affects the mind of university students. Social Media is a platform where people connect throughout the world ([Bayar & Uçanok, 2012](#)). They share their ideas, plans, perception, and most importantly cultural diversity. Social media has a vast network of applications such as Facebook, what Sapp, twitter, LinkedIn and Instagram, etc. Facebook and Twitter are the most renowned social sites for mass media. The era of social media began in 1996 and it was a kick-off for social media. Two-thirds of American adult Internet consumers used social networking sites as of December 2012. Facebook was the most emerging site for information and entertainment for the entire world due to its attractive features and icons. Online media is the most powerful media nowadays ([Peter & Petermann, 2018](#)). Everybody has access to the social media due to the convenience of its availability. Before the arrival of social media, people had a passive response to electronic media. When something is on air from television or radio, people cannot give their feedback on the spot. But after the birth of social media, it made people vigilant and they started the role of watchdogs for every perception and interpretation by any popular and non-popular stuff. Social media can reach a person on the heights of success by making people viral and similarly, it loses the dignity of a person by making people a social stigma ([Alim, 2017](#)). Social media has a lot of advantages and disadvantages but disadvantages became

dominant over the advantages of social media. Cybercrimes took place in the entire world and these are the most dangerous crime of the world where a person can easily lose their integrity. It is too easy to hack the complete profile of a person or take over the computer or mobile phones. Social media is also used for the largest business sites, political stances, and entertainment, etc. Bullying is another dangerous factor that not took only people lives but also makes them crazy and mad for their whole life (Ali & Syed, 2020). It is a social app that started in 2004 by Mark Zuckerberg. Facebook is an American virtual social media networking service based in Menlo Park, California, and a flagship service of the namesake company. It is the most popular site for people where they get information about the globe and entertain through different pages and stuff. Facebook messenger is free of cost by most of the mobile networks and uses on a positive and negative side both.

Facebook Messenger is a messaging app created by Facebook on August 9, 2011. Before that, it was known as Facebook chat but It wasn't declared as an app. Facebook messenger is providing its services in 111 languages, according to recent research. By the time Facebook Messenger has evolved and changed its technicalities just to give a better experience to the users. The messenger has become one of the app and medium that has increased Cyberbullying (Chakraborty, Zhang, & Ramesh, 2018). By the time the messenger has produced some strict regulations for the users but eventually, it has become a medium that has increased Cyberbullying. It is a social application widely used for photo sharing and video sharing purposes all around the world. It is the most usable social application where people connect by making their accounts. It can be used for business and blogging purposes for the audience but the most common purpose of Instagram has a really good and fantastic feature for photos and videos and with boomerangs and song filters. It is led by Kevin Systrom and Mike Krieger.

Twitter is a social networking service. It is also known as microblogging service. It was founded on March 2006. Twitter is also known as the most efficient and professional microblogging service. The words capacity on twitter is very much limited. Twitter has also sought the attention of the world due to its conspiracies.

Previous Study Regarding Cyber Bullying in Pakistan

A study was conducted in 2008 on Cyberbullying where a researcher tried to figure out that what exactly happened when a student gets bullied, he also tried to explore that why a cyber-bullied victim tried to hide the case, why he does not raise his voice. The data was collected from the student of 7th grade. Total number of populations of that research was 269. Researcher tried to figure out all these issues regarding Cyberbullying. The finding of the research was quite interesting because a larger number of students do nothing if they get bullied online. There were some other factors involved in the particular scenario. According to study, almost 35% of people tried to help their best friend in these issues. The overall message of that particular research was that most of students hide, they feel insecure, and the fear of isolation and depression make them uncomfortable.

National and international scholars have notified that Cyberbullying is a severe psychological

problem. The deterrence of Cyberbullying is the main and the most important need of the society but for its prevention we need to make an effort to know that how it affects the mind of young students, why they suffer from this social negativity and how we can prevent it. The study was conducted from a student in Pakistan (Islamabad). Study focused on cyber victims, cyber bullies, and cyber bullies/ victim. The researcher conducted a cross sectional study in different universities of Islamabad and Rawalpindi in 2016. The researcher chose a sample of 508 participants in which 348 females and 160 males were being the part of the research. According to the findings of the research, 67% of students were being involved in Cyberbullying. Nearly 25% marked themselves as cyber victim. Just about 39% of students testified that they have been involved in dual role, both cyber victim and as cyber bullies. The pervasiveness rate of Cyberbullying is high between university students and persons engaged in Cyberbullying have a complex level of psychopathology and poor well-being in evaluation to those not involved.

In 2016 a regulation was passed by assembly that aided out in transporting the cyber offenders in the authority of law. A lawyer named Anousha Rehman clarified on manifold times how decent figure of lives were demolished due to misappropriation of digital media and that how vital it was to propagate this regulation. In spite of the regulation has been passed, community consciousness about this specific regulation is revealing. Rare private organizations identified the essential to conscious and release community (mainly females) from connected bullying. Digital Rights Foundation is one most important organization that mechanisms to generate community mindfulness, particularly females, on defensive their digital media id's and record their honest criticisms in contradiction of connected bullying. A study conducted in 2016, to find the statistics of females who were bullied connected. This investigation was done in seventeen main institution of higher education of Pakistan, in all the capital cities of the province. The answers were surprising as 34% of defendants (all females) self-confessed that they had confronted bullying on the digital while 55% approved that they distinguished about other females being bullied on internet. When requested persons who stated to Federal Investigative agency FIA for connected bullies, 47% replied that it was very obliging and their cases were correctly inspected. Though, 53% were of the view that reportage process wants to be more progressive and exact as it is not of much help. Astonishingly, 72% of cultured females didn't have information about the being of any regulation in contradiction of connected bullying. Later is the portion where administration and private organizations' need to work abundantly.

Theoretical Framework

In this framework, five most essential areas can be critically analyzed, Education, Opinions, Actions, environment and attitude. These five important areas can be critically analyzed and then we can get to know about the level of depression, anxiety, fear of isolation and how a cyber-victim can overcome all these psychological. These five important areas can be critically analyzed and then we can get to know about the level of depression, anxiety, fear of isolation and how a cyber-victim can overcome all these psychological issues. The role of media is also very essential in this

regard. The opinions made by media and other institutions can make a big difference in making of opinion and beliefs. The one other part that should be focused is the applied theory will be focusing on the consequences of the impact of Cyberbullying on students. The dynamic systems philosophy, originating from discipline of science, delivers a hypothetical agenda for this research. In this view, all humanoid organizations have appeared from the mixture of the communication of its shares. A scheme's view proposes that the vital excellence of a part or constituent of an arrangement exist in its association with and influence to the entire community. The organization's assessment, consequently, spreads the study into Cyberbullying outside investigative the Cyberbullying target person communication. Investigative Cyberbullying strains the examination of the interface among its mechanisms (e.g., cyberbullies, cyber fatalities, aristocracies, educators, and managers somewhat than just concentrating on any individual in isolation.

Spiral of Silence Theory

This theory was initially projected by German political scientist Elisabeth Noelle Neumann in 1974, the theory Spiral of silence is the terminology intended to mention to the tendency of persons to continue silent when they sense that their opinions are in disagreement to the common view on a topic. The theory postulates that they continue silent for a few reasons.

Fear of Isolation

when the crowd or community understands that the person has a different opinion from the others status quo.

Fear of Reprisal or more Extreme Isolation

In the intellect that expression said belief might central to a harmful value outside that of meager anxiety of isolation (loss of a job).

For this model to be credible it trusts on the impression that in an assumed condition we all own a sort of instinctive way of deliberate what the usual view occurs to be. The spiral is shaped or armor-plated when somebody in the apparent view mainstream expresses out positively in sustenance of the popular view, henceforth the minority instigates to be further and more dissociated from a place where they are relaxed to say their belief and instigate to involvement of the said worries. The spiral result is practiced insomuch as this starts a descending spiral where doubts repeatedly shape within the lesser view holder; henceforth the lesser view is never expressed. The media shows a significant part in this procedure, particularly in verbalizing or perceptually speaking the mainstream view.

Research Questions

RQ 1: How bullying via social media affects the student?

RQ 2: Does bullying via social media affects the public?

Hypothesis

H1: Cyberbullying has a strong impact on students than the public.

H2: Cyberbullying effects on the aims of students.

Research Methodology

The methodology used in the current research is the quantitative analysis of four reputed public sector universities such as COMSATS Islamabad, International Islamic University Islamabad, Bahria University and Federal Urdu University of Islamabad by selecting 50 students from each university for data collection and analysis. As we know that, Cyberbullying is the most common issue faced by most students and other people in Pakistan. To examine the ratio of victimized students of Cyberbullying, a survey has been conducted among students where a researcher observed by going through an online survey. The online survey was conducted through Google form.

Results

According to the statistics data from 128 female students and 75 male students were collected. The table identifies the total number of statistics with their age percentage. In research purpose these table shows the credibility of your study which plays a vital role in any of the research studies. The age factor was really important in this research because social media is the modern tool used from every single person. So according to the statistics the most common age was 22 and the most infrequent age was 17 and 31. In research studies the sample data is an essential part of the study which shows, from where the research data is collected from. The table identifies that the data is collected from public sector universities of Islamabad. The data of four universities were being targeted. The public sector universities of Islamabad and more specifically those students who are the part of social sciences. The data was collected from Google form. It was an important part of research survey to know which form of social media people use mostly. According to the result student community mostly uses all the social media sites. The statistics showed that 37.4 percent student use all the social media apps. According to the result, the audience of twitter is rare, mostly student use whatsapp which is highest with 33.3 percentage.

Data Collected from Students

First the researcher was interested to know does students know the meaning of Cyberbullying or not, the result depicted that students was having great knowledge about Cyberbullying.

1. What does social media bullying means?

Table 1

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	.5	.5	.5
All of them	118	57.8	57.8	58.3
To make people mentally Upset	46	22.5	22.5	80.9
To make people unconfident	12	5.9	5.9	86.8
To trap People	27	13.2	13.2	100.0
total	204	100.0	100.0	

The response of this has been very interesting because most of the student community think that all the given options became the reason of Cyberbullying. According to the statistics more than half percent of community think that Cyberbullying means to trap people, to make them unconfident, and to make them mentally ill. 57.8 percent of the population thinks that all the given reasons are the meaning of Cyberbullying.

According to the statistics a major number of students don't know that weather they have every faced Cyberbullying. 28.9 percent of students marked that, maybe they have faced Cyberbullying. 32.8 percent of students marked that they don't have faced Cyberbullying. And a major number of students, 38.2 percent said that they have faced Cyberbullying.

Another important variable of this research was to know which type of new media is consumed by the students. There were multiple options given to the students and also students were given chance to write about other digital apps too. A major number of audience choose Facebook as the most dangerous social media site regarding bullying. According to the statistics 63.7 percent of population marked Facebook as a site used for bullying. To gauge the effect of bullying on the mental health of youth, it was asked does bullying affect the mental health of youth.

According to the statistics a large number of populations think that Cyberbullying affects the mind of young individual in modern day. Nearly 88.7 percent of population think that yes it affects the mental health of youth. Only 2.0 percent of population think that it does not affects the mental health, and only 9.3 percent of population think that maybe it affects the mind of youth. It was also included to know that what student thinks that what kind of Cyberbullying effect was most prominent through social media.

Table 2

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid anxiety	42	20.6	20.6	20.6
Depression	117	57.4	57.4	77.9
Loss of confidence	27	13.2	13.2	91.2
None of these	18	8.8	8.8	100.0
total	204	100.0	100.0	

This is most important question of the process; According to the statistics 57.4 percent of population agrees that social media and Cyberbullying become the reason of depression. More than 57.4 percent of students marked that yes social media and Cyberbullying become the reason of depression. Almost 20.6 percent of population agrees that social media and Cyberbullying become the reason of anxiety and 13.2 percent of students think that it becomes the reason of loss of confidence.

According to the statistics anxiety become the main root of social media bullying in youth. More than half percent of population agrees that yes it has become the root of bullying. Appropriately 51.0 percent students agree that anxiety is become the main root of Cyberbullying. Only 26 percent of population becomes neutral in this scenario whereas 15.2 percent strongly agree with statement.

According to the statistics half percent of population agree with the statement that depression is the main root of Cyberbullying. Over 50.5 percent of population agrees that yes, it is the main root of Cyberbullying. Just 23 percent of people strongly agree whereas 16.7 percent of people become neutral at this situation.

2. Is social media bullying losing the confidence of youth?

Table 3

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Maybe	57	27.9	27.9	27.9
No	15	7.4	7.4	35.3
Yes	132	64.7	64.7	100.0
Total	204	100.0	100.0	

According to the statistics 64.7 percent of population agrees that social media bullying losing the confidence of youth. Just about 7.4 percent people don't agree with the given statement, whereas 27.9 percent of students think that maybe it becomes the reason of loss of confidence.

3. Is social media bullying pushes youth towards suicide and other wrongdoings?

Table 4

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Agree	107	52.5	52.5	52.5
Disagree	8	3.9	3.9	56.4
Neutral	45	22.1	22.1	78.4
Strongly agree	41	20.1	20.1	98.5
Strongly disagree	3	1.5	1.5	100.0
total	204	100.0	100.0	

According to the statistics 52.5 percent population agree that social media pushes towards suicide and wrong doing. Exactly 22.1 percent of population becomes neutral in this scenario, whereas 20.1 percent of population strongly agrees with the given statement. Closely 3.9 percent of population disagrees and 1.5 percent strongly disagrees with the given statement.

4. Who become the victims of social media bullying the most?

Table 5

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid All of Above	138	67.6	67.6	67.6
Public	30	14.7	14.7	82.4
University Students	36	17.6	17.6	100.0
Total	204	100.0	100.0	

This was really important regarding the research perspective because it was important to find out that does it only affect the mind of students or not. According to the statistics 67.6 percent of population agrees that yes Cyberbullying affects the overall public, whereas 14.7 percent of population thinks that it affects only public and 17.6 percent of population agree that it affects only student community.

Findings and Conclusion

Cyberbullying was not new concept in modern day world but rule and regulation for Cyberbullying has not being implemented yet. My whole work revolves around two important phenomena, one is the impact of social media on students and the other is the psychological effects of Cyberbullying on the student's community. A major number of students marked that yes, they have been affected from Cyberbullying in their lives. A large number of audiences believe that yes social media and Cyberbullying cause depression and anxiety and at the higher scale. The other concept that has higher impact on students is that Cyberbullying pushes students towards suicide and wrong doing. In Pakistan the recent cases of Cyberbullying hits the social media sensation. Umer Khan the social media star was bullied by different group of women. After a long investigation from government institution, he was cleared from that, so there was being many cases of Cyberbullying in our daily lives, we need to regulate the proper regulation. The one important research question was that how we can prevent Cyberbullying. So the only way to prevent Cyberbullying is to regulate the proper laws regarding social media and all digital platform, moreover we need to generate proper awareness campaign to regulate those laws between people. According to the findings and statistics a large number of students marked that yes girls become the victim of Cyberbullying and it affects the mental health of students.

The one main important part in this regard is that the clash between the opinion and actions between two individuals can lead towards Cyberbullying. According to the data half of students do nothing if get cyber bullied which is the most shocking part because in 2008 a research study

was conducted and researcher find the same thing which means in this time frame only a few percent of students make their way to find the solution of this issue.

The other part that is also very crucial is that public is also affecting from bullying via social media. The mental stress and the fear of isolation make a person uncomfortable and unhealthy. In a unbending civilization like ours, social standards and idea of honor reduce enormous problem in aggressive cases in contradiction of active bullying. The offenders thus endure many a period and connected bullying leftover a extremely under stated crime. There are plenty examples when bullies were detained and disciplined after the declaration of this bill. A lecturer of University of Karachi was detained after the prey obtainable evidences of him existence complicated in connected bullying. Likewise, few woman faculty memberships of National College of Arts Rawalpindi carried up proofs of connected bullying in contradiction of executive director of the campus. He was then requested to step down from the stake of the director upon inquiry. Temporarily, in the ruckus of active bullying, woman rights campaigners in Pakistan claim that fatalities should choose due lawful procedure with considerable and palpable indications rather than criticizing males in overall and looking for help from digital media operators. For them, the tendency of nameless allegations could delegitimize the long fight in contradiction of active aggravation. One personification is of Sharmeen Obaid Chinoy's case previous time when she removed her sister's substance to twitter in its place of struggling it lawfully.

After reviewing many of the research paper and journals the researcher is at the point that Cyberbullying is affecting the lives of individual and most of them are female who are getting targeted by fake accounts on Facebook, Instagram and many of other online platforms. People are getting a lot of business and views on digital media. At one side of the coin social media is at its very best in generating the business but on the other side social media has emerged as tool of generating Cyberbullying. It is affecting the mental health of students. The one major research finding is that above 80% of young individual spoil their lives after getting bullied on digital media which is at its very worst. Most of the females are the part of this research which means the ratio of women is more than the ratio of men in spoiling their career after getting bullied on social media.

Cyberbullying and Mental Health

It is obvious that social media became the source of mental health and it is becoming the reason for depression, anxiety, and mental illness due to its wrong influential. Character association started through social media apps such as Facebook and twitter by giving opinions about other people without examining other side pictures. The usage of social media is becoming the actual reason for depression and anxiety in youth. It compels youth to take strict steps against their life when they get depressed from their problems giving them by other people. Problems include harassing males and females and bully them for their wrong demands. It is a concerning issue in almost every country but the real concern is that nobody is giving attention to this issue. It engulfs

people lives after leading them to the height of the depression. It is the most dangerous state of a human where he is unable to think anything. There are various types of bullying such as physical bullying, Cyberbullying, prejudicial bullying, sexual bullying, social bullying, etc. Cyberbullying involves the youth where hackers and other people bully males and females and ask for their demands which in result become the reason of their depressing lives. According to the news report a large number of youths are getting depressed from social media and digital media. The news on the digital sites is also the main reason behind this mental health issues.

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