

Cyberbullying among Teenagers: The Contribution of Social Media in Increasing Bullying Cases in UINSU Laboratory Madrasah Aliyah

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Abstract: This study aims to identify and analyze the contribution of social media to the increase in cyberbullying cases among students at Madrasah Aliyah Laboratory UINSU. Cyberbullying has become an increasingly concerning issue in the digital era, particularly within educational environments. This research explores how social media, as a platform for adolescent interaction, facilitates online bullying and its impact on students' psychological well-being, social relationships, and academic performance. The research employs a mixed-methods approach, incorporating both quantitative and qualitative methodologies. Data collection was conducted through questionnaires distributed to students to obtain quantitative data regarding the frequency and types of cyberbullying they experienced or witnessed on social media. Additionally, in-depth interviews were conducted with teachers, counselors, and several victims of cyberbullying to gather qualitative data on the psychological and social impacts of such incidents. The collected data were analyzed using descriptive statistical analysis for the quantitative data and thematic analysis for the qualitative data. The analysis sought to identify patterns of cyberbullying, the social media platforms most commonly used as tools for bullying, and the effects experienced by the victims. Preliminary findings indicate that social media platforms such as Instagram and WhatsApp are the primary tools for cyberbullying among students at Madrasah Aliyah Laboratory UINSU. The most frequently reported forms of cyberbullying include hate comments, rumor spreading, and physical shaming (body-shaming). Moreover, victims of cyberbullying tend to experience a decrease in self-confidence, declining academic performance, and symptoms of anxiety and depression. School intervention and digital literacy among students are identified as crucial factors that need to be improved to reduce the incidence of cyberbullying in this school.

Keywords: Era Cyberbullying, Social Media, Teenagers, Madrasah Aliyah, Psychological Impact, Education.

Introduction

The improvement of data innovation has made an advanced period that influences nearly all angles of life, counting social interaction among young people. In this period, social media has risen as one of the most stages utilized to communicate, share data, and construct social systems broadly and right away (Breitsohl dkk., 2022). On the one hand, social media gives comfort in collaboration without impediments of space and time; be that as it may, on the other hand, this stage too has negative impacts, one of which is the marvel of cyberbullying. Cyberbullying, or online bullying, may be a shape of terrorizing behavior carried out

through computerized media, such as despise comments, spreading rumors, to physical insuperable (body-shaming) (Chan, 2024). This wonder is getting to be progressively broad at the side the expanding utilize of social media, particularly among young people who are the biggest clients of these stages.

The affect of cyberbullying on young people cannot be disregarded. Different casualties of cyberbullying tend to involvement diminished mental wellbeing, such as uneasiness, discouragement, and diminished self-confidence (Cretu & Morandau, 2024). In addition, cyberbullying too incorporates a negative affect on the social and academic aspects of casualties, such

as diminished inspiration to memorize, diminished scholastic accomplishment, and harmed social connections with peers (Johansson & Englund, 2021). In more serious cases, the mental affect of cyberbullying can energize youngsters to commit unsafe acts, counting self-harm. This condition raises concerns particularly in instructive situations, since understudies ought to be in an environment that underpins their positive improvement, both scholastically and mentally (Francisco dkk., 2022).

At Madrasah Aliyah Laboratorium of the State Islamic College of North Sumatra (UINSU), cyberbullying has too ended up an progressively stressing wonder. This instructive institution, which is based on ethical and devout values, faces challenges in overcoming negative behavior that emerges among understudies as a result of the utilize of social media. Social media such as Instagram and WhatsApp are regularly utilized as online bullying apparatuses among understudies. Through these stages, understudies can effectively transfer comments or messages that disparage their companions, spread rumors, or commit physical mishandle. These cases are progressively troublesome to control since the nature of social media is troublesome for schools to specifically administer, and frequently happens exterior of school hours.

This condition requires a orderly exertion to get it the designs and components causing cyberbullying through social media among understudies. In expansion, a profound understanding of the impacts felt by casualties is additionally required, as well as procedures that can be executed by schools to decrease the number of cyberbullying (Chen dkk., 2023). To reply this require, this think about points to distinguish and analyze the commitment of social media to the increment in cyberbullying cases among understudies at Madrasah Aliyah Laboratorium UINSU. This ponder employments a blended strategies approach including quantitative and subjective investigation. Quantitative information were gotten through surveys conveyed to understudies to decide the recurrence and sorts of cyberbullying they experienced or seen on social media. In the interim, subjective information were

gotten through in-depth interviews with a few casualties, instructors, and counselors to get it the mental and social impacts felt by casualties.

The comes about of this ponder are anticipated to supply in-depth experiences into cyberbullying patterns among understudies, the foremost habitually utilized social media stages, and the foremost common shapes of bullying. In expansion, this ponder is additionally anticipated to supply valuable suggestions for schools in taking preventive measures, such as progressing students' computerized education and reinforcing the part of counselors in handling cyberbullying cases. Hence, this consider not as it were centers on understanding the wonder of cyberbullying, but moreover on endeavors to make a secure and conducive school environment for students' mental and social improvement.

Methods

Study Area

The location of this research was conducted at the Madrasah Aliyah Laboratorium UINSU Medan, Sumatera Utara.



Figure.1 Madrasah Aliyah Laboratorium UINSU

Procedures

Research Design

This mixed method allows researchers to collect quantitative data through questionnaires as well as qualitative data through interviews. This design helps researchers to explore aspects of the frequency, patterns, and types of cyberbullying

statistically while understanding the deeper social and psychological impacts on victims.

Population and Sample

The population of this study was students of Madrasah Aliyah Laboratorium UINSU, where there are a number of students who actively use social media. The sample for quantitative data was randomly selected from the student population to fill out a questionnaire related to their experiences with cyberbullying. For qualitative data, the sample was determined purposively, consisting of several students who were victims of cyberbullying, teachers, and counselors who had a deep understanding of cyberbullying cases in this school.

Data Collection

Quantitative Data: Quantitative data was collected using a questionnaire distributed to students. This questionnaire was designed to measure the frequency of cyberbullying, the types of bullying experienced (such as bodyshaming or spreading rumors), and the social media platforms most often used in online bullying. Questions in the questionnaire use a Likert scale to obtain data that can be analyzed statistically.

Qualitative Data: Qualitative data were collected through indepth interviews with several students who had experienced cyberbullying, teachers who knew about this phenomenon, and school counselors. These interviews aimed to further understand the psychological and social impacts of cyberbullying, such as the effects on students' selfconfidence, social relationships, and academic achievement. Interviews were conducted in a semistructured manner, allowing respondents to explore their experiences and views more freely.

Research Instruments

Questionnaire: This instrument was used to measure and collect quantitative data on various aspects of cyberbullying, such as the type, frequency, and social media used. This questionnaire has been tested for validity and reliability to ensure the accuracy and consistency of the data obtained.

Interview Guidelines: This semistructured interview instrument was used to direct indepth interviews with openended questions that allowed for deeper exploration of the impact of cyberbullying on students' psychological and social conditions.

Data Analysis

Quantitative Data Analysis: Quantitative data were analyzed using descriptive statistical methods to determine the distribution and frequency of cyberbullying. This analysis provides an overview of how often cyberbullying occurs, the types of cyberbullying that are common, and the most frequently used social media platforms.

Qualitative Data Analysis: Qualitative data were analyzed using thematic analysis, where researchers identified themes that emerged from the interview results. This process involved organizing the data into several main themes such as psychological impact, social relationships, and decreased academic achievement, so that an indepth picture of the experiences of students who are victims of cyberbullying can be obtained.

Results and Discussion

This study involved 150 students of Madrasah Aliyah Laboratorium UINSU, all of whom filled out a questionnaire regarding their experiences related to cyberbullying on social media. Of the total respondents, 120 students (80%) reported having committed or been involved in cyberbullying, while 30 students (20%) stated that they had never been involved in such acts. These data indicate that cyberbullying is a fairly common phenomenon among students, with the majority of students having experience being involved as perpetrators or witnesses of cyberbullying.

Results -1

1. Frequency and Types of Cyberbullying that Occur on Social Media

From the quantitative data obtained through the questionnaire, various types of cyberbullying that most often occur among students can be identified. The following is a table that summarizes the types

of cyberbullying and the percentage of each incident:

Table.1 Frequency and Types of Cyberbullying that Occur on Social Media

Types of Cyberbullying	Percentage%
1. Hate Comments	45%
2. Spreading Rumors	30%
3. Body-Shaming	20%
4. Private Message Harassment	5%

Most students reported receiving or witnessing hate comments and spreading rumors through social media, with Instagram and WhatsApp being the main platforms for this practice. Body-shaming was also reported quite frequently, especially regarding students' physical appearance being used as a source of ridicule.

2. Most Frequently Used Social Media Platforms for Cyberbullying

As part of the study, respondents were asked to name the social media platforms they most frequently use and experience as a means of cyberbullying. The following graph shows the results obtained:

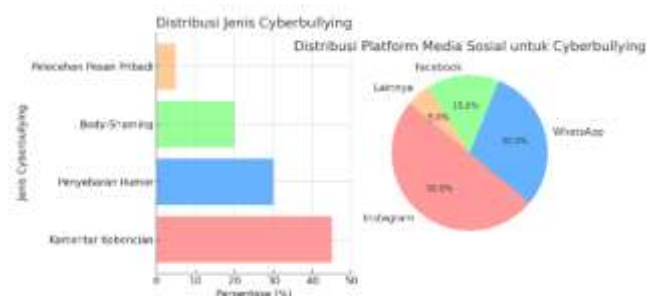


Figure 2. (Diagram) Most Frequently Used Social Media Platforms for Cyberbullying

Based on the graph above, Instagram is the most dominant platform with 50% of students citing it as the main medium for cyberbullying, followed by WhatsApp (30%), Facebook (15%), and other platforms (5%). This shows that platforms that provide anonymity features or ease of sharing publications widely tend to be used more often as a means of cyberbullying among students.

3. The Impact of Cyberbullying on Students' Psychological and Social Well-being

Interview data showed that the main impacts of cyberbullying on students include decreased self-confidence, increased anxiety, and symptoms of depression. Many victims reported that the cyberbullying experience caused them to feel anxious, especially when having to interact socially or attend school. Some students even felt the need to avoid certain social settings for fear of being the target of teasing or negative comments.

Discussion

The comes about of this ponder affirm that social media plays a critical part in expanding cases of cyberbullying among understudies. With a tall rate of understudies who have been included in cyberbullying, either as culprits or witnesses, it is evident that intelligent on social media carry critical dangers to students' mental wellbeing and social well-being. Based on the recurrence information of cyberbullying, it is known that the foremost common sorts are abhor comments and spreading rumors. This shows a design of utilizing social media to spread negative perceptions or control the notoriety of others, which frequently contains a negative affect on the self-image of understudies who are casualties.

This finding is reliable with past writing(Johansson & Englund, 2021), which appears that social media stages encourage bullying behavior through highlights that permit for open comments or moment sharing of substance. The open nature and wide availability of stages such as Instagram and WhatsApp permit negative messages to spread rapidly, which regularly causes passionate trouble for casualties.

The mental affect of cyberbullying, as communicated by understudies in interviews, shows that fear and uneasiness are common reactions to the risk of cyberbullying they involvement. When a student is the target of bodyshaming or spreading rumors, this may influence self-esteem and compound uneasiness side effects(Sheanoda & Bussey, 2021). These comes about are in line with inquire about appearing that cyberbullying features a negative affect on mental wellbeing, activating indications of sadness, and indeed driving to social confinement in a few cases. A few understudies

met conceded to having trouble concentrating on their thinks about due to the emotional stress they felt as a result of cyberbullying. In other words, scholarly accomplishment is additionally one viewpoint that's adversely influenced, since this terrible encounter makes mental obstructions that decrease students' inspiration to memorize.

In terms of social media stages, these discoveries appear that Instagram and WhatsApp are the two most habitually utilized stages for cyberbullying. This proposes that highlights such as private messages and open comment spaces on these stages permit culprits to communicate terrorizing effectively and now and then namelessly. The secrecy given by social media regularly brings down ethical obstructions for culprits, making them feel more liberated to comment or spread negative substance.

By and large, the comes about of this consider highlight the require for school mediations and the improvement of advanced proficiency among understudies. Schools can give preparing on web morals and the impacts of cyberbullying, as well as construct a secure and reliable detailing framework to assist casualties. In expansion, school counselors have an critical part in giving mental bolster for understudies who are casualties of cyberbullying, as well as making a difference understudies construct way better social abilities to manage with social weights on social media.

Conclusions

This ponder concludes that social media incorporates a critical commitment to the increment in cyberbullying cases among understudies at Madrasah Aliyah Laboratorium UINSU. The sorts of cyberbullying that regularly happen incorporate despise comments, spreading rumors, and physical insults (bodyslaming), with Instagram and WhatsApp as the most stages. The negative affect of cyberbullying amplifies to the mental, social, and scholastic angles of understudies, so preventive measures including advanced proficiency instruction and mental back in schools are required. Proposals for schools incorporate expanding mindfulness of the threats

of cyberbullying, computerized education programs for understudies, and preparing school counselors in taking care of cyberbullying cases. Hence, it is trusted that students can utilize social media more capably and get a school environment that's secure from online bullying.

Conflict of Interest: The author declares that there is no conflict of interest related to the writing of this article. All research processes, data analysis, and interpretation of results were conducted objectively and without influence from interested parties. This study was conducted solely for academic purposes and provides useful insights in understanding the phenomenon of cyberbullying among students.

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