Cyberbullying Behaviors and Impact to Adolescence in Indonesia

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ABSTRACT

Technological advances are currently growing rapidly; internet is more easily accessible to everyone. The use of the Internet has become a basic need for people, especially teenagers in Indonesia. However, it also gives a bad impact such as cyberbullying, which experienced by most teenagers who use the internet. The objective of this study are to identify cyberbullying behaviors and analyze the impacts toward both bulliers and victims. The method used in this research is study of literature by reviewing from books, articles and Scientific's journals related to cyberbullying in adolescence. The result shown that internet consumption in Indonesia mostly are teenager in age 15-19 years old, based on We Are Social and Hootsuite research in 2017 the growth of internet users Indonesia reached 51% per year that is the highest number in the world. According to various studies related to cyberbullying behavior not only affects the victim but it also gives negative impact to those who bullied others. Victims can get a bad mental health and also affects to their social activities which can leading them to become withdrawn and depressed, anxious and insecure. Kids who bullied others tend to do another criminal actions even in the real world.

Keywords: Adolescence, Cyberbullying, Mental Health, Social Media, Technology
INTRODUCTION

Along with this era of globalization, technology is currently become necessity for everyone. Technological advancement is currently growing very rapidly. All the ease of information and communication can be accessed almost by everyone in the world. The purpose of the use of this technology is different in certain groups but based on previous research, adolescents more using technology as a media for communication. Realized or unrealized, teenagers who using internet mostly involved in cyberbullying. Research conducted by Pew Internet and American Life Project shows that adolescents aged 12-17 years old, about 93% frequently doing online activities, and from children who have used the Internet (ages 0-5), 80% of them at least use that once a week. The use of the Internet is no longer an unusual thing, but it has become the need of almost everyone in this world. The Internet can be used as a media of communication and also access for various information. Various applications and software continue to emerge and grow to become more sophisticated and easily accessible by anyone. Social media is one advancement of information and communication technology. Through the growth of social media allows information to spread easily in the community. One of the popular social media among teenagers is Facebook, according to Haryanto in his research, facebook users in Indonesia are mostly teenagers aged 12-15 years old.

According to Sri Rumini & Siti Sundari (2004: 53) adolescence is a transition from childhood to adulthood that develops all aspects or functions to enter adulthood. According to WHO, adolescents are those who are in the transition stage between childhood and adulthood. The adolescent age limit according to WHO is 12 to 24 years. Adolescence is a time when curiosity is overwhelming, they likes adventures, challenges and tends to dare to risk their actions without being preceded by careful consideration. Society has an important effect on attitudes and behavior in adolescents, during this age the influence of friends is greater than the influence of adults.

Cyberbullying is basically the same as traditional bullying, but the difference is cyberbullying delivered through cyberspace, through social media, and can also continue to be bullying in the real world, especially for cases that the bulliers and victim know each other. Teenagers spend a lot of time using gadgets, this can increase the risk of cyberbullying both the bulliers and the victims. In respect to morality, traditional bullies and cyberbullies share the same difficulties, being both predicted by absence of moral aspects, such as lack of guilt, disobedience, meanness, untrustworthiness. (Ersilia Menesini et al., 2008).
METHODOLOGY
The method used in this research is descriptive method. In descriptive method researchers describe how cyberbullying can affect to both victims and bulliers. Data obtained for this study are from study of literature by reviewing from books, articles and scientifics journals related to cyberbullying in adolescence. Through the various literatures then analyzed related variables and drawn into a conclusion.

FINDINGS AND DISCUSSION
Internet Consumption in Indonesia
In Indonesia, a survey by Kompas.com found that internet users in 2012 reached 63 million people or about 24.23% of the total population of this country. In 2014, the number continues to grow to 107 million, and 139 million or 50% of the total population by 2015. The results of research by Yahoo and Taylor Nelson Sofred (TNS) in Indonesia shows that the most users are teenagers between 15-19 years old, with a number of percentage about 64%. Ministry of Communications and Informatics collaboration with UNICEF in 2014 conducted a survey by tracking online activities samples of children and adolescents aged 10-19 (the amount is 400 respondents) scattered throughout the country. The results of this research are, according to the latest data, at least about 30 million children and adolescents in Indonesia are internet users, and digital media is now the main choice of communication channels that they use. The study found that 80% of respondents were internet users, and in city dwellers 87% of teens use the internet.

Association of Internet Service Provider Indonesia or called APJII in 2016 found that 132,7 million of total 256,2 million Indonesian are using internet, 24,4 millions of them are aged 10-24 years old. The most visited media social by Indonesian netizen is Facebook with total 71,6 million people or about 54% of all internet users in Indonesia. Based on the research by We Are Social and Hootsuite in 2017, internet users in Indonesia grew 51 percent within a year. This figure is the largest number in the world, even it’s far exceeds the global average growth of only 10 percent. In the second and third positions are Philippines and Mexico, both have growth rates of 27 percent.
A study about cyberbullying by Safaria in 2016, among 102 junior high school students in Yogyakarta, 80% of respondents have been victims of cyberbullying. Similar research by Sartana and Nelia Afiyani in 2017 showed that the number of cyberbullying victims among early adolescents from 172 respondents was 49% have been involved in cyberbullying. It shows that the incidence of cyberbullying in Indonesia is quite high.

**Traditional bullying & Cyberbullying**

According to the U.S. Department of Health and Human Services (DHHS) anti-bullying website, bullying is defined as unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. Cyberbullying is bullying that takes place using electronic technology. Cyberbullying involves sending or posting harmful or cruel text or images using the Internet (e.g., instant messaging, e-mails, chat rooms, and social networking sites) or other digital communication devices, such as cell phones. It can involve stalking, threats, harassment, impersonation, humiliation, trickery, and exclusion. Students can experience bullying wherever they have access to internet.

According to Nancy E. Williard, cyberbullying have equivalent with two types of bullying, first is direct verbal bullying including flaming, harassment and cyberstalking, second is indirect relational aggression-denigration, outing and trickery, exclusion, impersonation, and cyberstalking. Flaming is a heated, short-lived argument that occurs between two or
more protagonists which generally includes offensive, rude and vulgar language, insults, and sometimes threats. Flaming generally occurs in public communication environments that erupt between individuals or a small group of protagonist who are arguing and insulting each other. Harrasment is repeated, ongoing sending of offensive messages to an individual target, generally sent through personal communication channels and can also occur in public communication environments. Cyberstalking is repeated sending of harmful messages that include threats of harm, are highly intimidating or extremely offensive, or involve extortion. Denigration is a speech about a target that is harmful, untrue or cruel with the purpose is to interfere with friendship or damage the reputation of the target. Outing is publicly posting, sending, or forwarding personal communications or images, especially communications or images that contain intimate personal information or are potentially embarrassing. Trickery can also occur as part of outing, an innocent target can be tricked into thinking that a communication or sending of images is private, when the cyberbully intends to trick the target into communicating or disclosing something embarrassing that will disseminated to others or used as a threat. Exclusion cyberbullying is related to the designation of who is a member of the in-group and who is an outcast. The emotional impact of exclusion can be intense, exclusion of a member is considered an extremely harsh punishment.

Some bullying actors are completely strangers, but many also know each other. Some even form a group in doing bullying. This is also discussed by research by Sartana and Nelia Afriyeni in 2017 that only a few unknown bullying actors and most people are known. The study also said that among of 275 respondents, about 78% claimed to have been the witness of cyberbullying, 21% have been doing bullying, and 49% have been victimized, and the amount of girls is more than boys. While the amount of bulliers was found fewer than the victims, that is 21% and it mostly boy. Flourensia Sapty Rahayu in his research in 2012 also mentioned that 40% of students say do not know the culprit and 60% say know the culprit.

**The Reason and Impact of Doing Cyberbullying**

Based on previous research, the reasons of this cyberbullying behavior are because of revenge, feelings of anger and hate on the victim, or even some are just fun and bored. U.S. Department of Health and Human Services write that there are two types who are more likely to bully others. First, kids who are well-connected to their peers, have social power, are overly concerned about their popularity, and like to dominate or be in charge of others, and the others are more isolated from their peers and may be
depressed or anxious, have low self esteem, be less involved in school, be easily pressured by peers, or not identify with the emotions or feelings of others.

Cyberbullying behavior can be based on a variety of reasons, Sartana and Nelila Afiyani in his research in 2017 found that the main reasons for the perpetrators include simply joking, wanting for revenge, criticizing the victim’s physical and psychological characteristics, his identity can not be known if through cyberspace, want to entertain themselves and because they will not meet directly with the victim, defend people whose close with them, feel neglected, want to give lessons, and because the internet’s cost is cheaper.

Based on those various reasons, it can be seen that there are some advantages or convenience obtained by the bulliers when doing bullying through cyberspace compared with the bullying directly that their identity can be covered so that they can freely do bullying without being able to detect who is them, and through the virtual world, they don’t need to meet directly with the victim to throw the harassment because through the internet the cost is cheaper. The NICHD study reported that youth who bullied others were more likely to report being involved in other problem behaviors, such as drinking alcohol and smoking, also poorer school adjustment. The existence of bullying behavior is causing bad impact for bulliers that they become aggressive, often fight others, invovling to criminal problem, and be abusive toward others.

Reaction and Impact for Bullied Victims

According to Sartana and Nelila Afriyani on their research, most of the victims about 30% ignored the incident. Total 71 respondents or about 27% are replied back. There were 35 respondents or about 13% who told friends, 33 respondents or about 13% told their parents, while 21 respondents or about 8% told the teacher. Only a small part, 3% were ignored, 2% informed the police, 2% angry, and 1% just be quiet. When they asked to compare harassment in cyberspace and at the real world, 126 respondents or about 73% stated that the impact of virtual harassment is more serious. Childrens prefer to tell their friend rather than tell their parents, if they tell their parents, they are afraid that the problem will get bigger and serious. Williard found that children are hesitant to tell their parents what is happening online or through their mobile phone because they are traumatized, scared, or worried about their online activities or their mobile phone usage will become restricted. Approximately half of cyberbullying victims are also targets of traditional bullying. Victims generally are more unpopular, isolated,
depressed, anxious, and fearful than their peers. Kids who are being cyberbullied are often bullied in person as well. Additionally, kids who are cyberbullied have a harder time getting away from the behavior. Bulliers may do not have intention to do cyberbullying, especially them who did it for fun, but the impact of negative comments made can make someone feeling offended, hurt, especially to someone who is easily carried away by feelings.

Negative words can disrupt the mental health of bullied victims, especially for someone who is sensitive and easily carried away by emotions. It can continue to be remembered and disrupt their activities in the real world. The researchers conducted an analysis of 4,500 adolescents, and the children claimed to have higher levels of depression than other groups who were only beaten or ridiculed. (inet.detik.com, 2010).

Kids who are bullied are more likely to experience depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. These issues may persist into adulthood. Those emotional change can damage the victim’s health both physically and mentally. It can also decreased academic achievement, they are more likely to miss, skip, or drop out of school. (U.S. Department of Health and Human Services). Cyberbullying causes victims to feels angry, embarrassed, unable to concentrate, feel threatened and do not want to go to school (Sartana & Nelia Afriyeni, 2017).

The NICHHD study noted that youth who reported being bullied also reported poorer social and emotional adjustment, greater difficulty making friends, poorer relations with classmates, and greater loneliness. Bullying continues for some time, it can begin to affect the target’s self esteem and feeling of self-worth. It also can increase their social isolation, leading them to become withdrawn and depressed, anxious and insecure. It is possible that the situation of cyberbullying is more emotionally damaging to the targets than the traditional bullying. Currently the use of the internet for teenagers has become a necessity, supported by the ease of access and the advanced growth number of social media. Excessive internet consumption or internet addiction can be defined as an excessive amount of time spent using the internet, resulting in lack of healthy engagement in other areas of life. The more internet usage the risk to them engage in cyberbullying is greater.

**School, Adults and The Peer Group Roles**

In childhood, the role of parents and teachers is the greatest because children tend to see and learn the behavior of their parents. Along with their development into adolescence, slowly the role of adults shifted, in this age they are more often met with a group of friends. The peer group gives a
greater influence on teenager's behavior. Adolescence is a time where a person seeks to find his true identity, at this time teenagers will be easily influenced by their friends and dominated by them. Thus, in the case of cyberbullying the role of peer group is important, as a friend when notice one friend doing bullying, we should try to prevent and divert that bad action into other useful activities. Then if seeing a friend become a victim of bullying, the best thing is to entertain and calm the victim than to get involved in cyberbullying as a form of retaliation. Cyberbullying in purpose to retaliation causes this bullying occurs endlessly.

Research by Floraunsia Saptay Rahayu mentioned that students who have experienced cyberbullying about 51.3% told their experience to friends at school, 30.5% choose not to tell anyone, 17.6% telling their parent, and 0.5% tell the teacher or school staff. Of these results, most victims tell their bullying experience to friends means that teens tend to trust more to their friends than parents. This is because as peers, they have the same feelings and thoughts compared to adults, so they are more comfortable sharing their problems with peers. As parents and teachers who more mature and have more experience, should be able to prevent children to engage in cyberbullying. The use of the Internet has become a necessity and many positive benefits, but it's no doubt that this cyberbullying has occurred as a negative impact of wrong use of internet. As an adult, the task is to control the child so that internet usage is not misused by them.

To prevent cyberbullying, parents should educate their children about proper and safe online behavior. Parents should also monitor their children's online activities. Generally parents do not realize that their child has been involved in cyberbullying, it requires more awareness of parents to control the use of the internet by their children. U.S. Department of Health and Human Services appealed to School Staff for prevent bullying. First, conduct assessments in school to determine how often bullying occurs, where it happens, how students and adults intervene, and whether the prevention efforts are working, Second, launch an awareness campaign to make the objectives known to the school, parents, and community members. Establish a school safety committee or task force to plan, implement, and evaluate your school's bullying prevention program. Third, create a mission statement, code of conduct, school-wide rules, and a bullying reporting system. These establish a climate in which bullying is not acceptable. Disseminate and communicate widely. Establish a school culture of acceptance, tolerance and respect. Use staff meetings, assemblies, class and parent meetings, newsletters to families, the school website, and the student handbook to establish a positive climate at school. Reinforce positive social interactions
and inclusiveness. And then build bullying prevention material into the curriculum and school activities. Train teachers and staff on the school’s rules and policies. Give them the skills to intervene consistently and appropriately.

CONCLUSION

The use of the Internet has become a basic consumption for people in Indonesia. Internet can be used as a positive thing such as media of information and communication. Internet access is getting easier and social media continues to grow rapidly. Though internet has really useful for people, but can not be denied that there are also some negative impact for misuse the internet, one of it is cyberbullying. Most Internet users in Indonesia are teenagers, with their main purpose is for communication. With social media, communication can be easier because with internet people can reach anyone, anywhere, and whenever they need, other than that, the cost is relatively cheap compared with communication in person. Adolescence is a time where intercourse becomes very important, the role of a friend exceeds the great role of parents. With limited experience and thought, the use of the internet by teenagers are often abused. Cyberbullying is a type of bullying that is done through the virtual world, in principle the same as traditional bullying but this can be more dangerous. The more often teenagers use the internet, the greater their risk they involved in cyberbullying.

Cyberbullying can occur intentionally or unintentionally. Bulliers said that the reason for doing it is because of anger or grudge toward victim, but some also say that it is done just to get rid of boredom and it just for fun. Maybe sometimes the bulliers doesn’t thinks that they are bullying someone, but his words can make someone feel offended, sad, upset and hurt. According to M. L. Ybarra, and K.J. Mitchell, the "fun" and "social prestige" factors are the main factors that trigger cyberbullying in addition to the factor of "revenge" or it could be someone who has been victimized and wants to get revenge and feel satisfied when seeing someone else humiliated. The same thing said by N. Williard in his research that some children consider cyberbullying as an entertainment, a game intended to harm others.

Negative impacts obtained from cyberbullying is not affect the victims, but the bulliers as well. For the victims, cyberbullying can make them feel embarrassing, sad, upset, anxious, and even continue to be depressed and can disrupt their social activities. “Cyberbullying increases isolation and impacts on mental health more than other forms of bullying.” This is because cyberattacks can reach far and wide in very little time, leaving victims powerless to react. Kids who bullied others can engage for bigger problems in the real world, especially if the bullying is continuously and consistently,
they will become aggressive, abusive, even trigger alcohol drinking behavior and another criminal acts.

Almost all of the articles and studies about cyberbullying mention that cyberbullying is very big negative impact, especially for victims. The bullying treatment obtained by the victim may interfere with their social activities and mental health. Adolescence is a transition from children to adulthood, can also be called the period of growth and development, if their mental condition has been damaged, it will have an impact on their health in the future. Poor mental health can affect to their dietary habit, sleep habit and other activities. Changing these habits can make them vulnerable into various diseases, even worse they can kill themselves. Some articles stated that the impact of bullying in cyberspace is greater than that of bullying directly. This is because bullying can occur repeatedly, especially in teenagers who most of the activity is online, they will often be exposed to cyberbullying.

REFERENCES


