

## The impact of digital bullying in the school community

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### ABSTRACT

In an effort to protect students from the dangers, we must not forget that they are not only living in a real world, but also in a virtual world where. While in the digital space, they communicate socially, have fun times and learn new things, but unfortunately they face some. The son of bullying is one of the most dangerous things that students are likely to face as they have a negative impact on their mental health and their lives. And the low level of academic achievement.

The phenomenon of bullying is not the result of today, but what is new is the exploitation of some technology, in order to publish and facilitate and increased the seriousness of this phenomenon the proliferation of smart phones, tablets and social networking tools.

The importance of the scientific paper in shedding light on the phenomenon of digital bullying in the school community and the role of the school in addressing this phenomenon, where we find that Violence has risen in contemporary schools to unprecedented levels and reached the extent of assault on teachers and students by bullying students where. The limits of due respect between the student and his teacher have been lost, leading to a decline in the prestige of teachers and their impact on students, which encouraged some of them. Domination over others using technology and social media, besides teaching can lead to traditional methods.

The centrality of the teacher as the sole source of knowledge and as the owner of absolute authority within the classroom is dependent on the adoption of violence and exclusion as a method of solution the problems. This is in addition to the absence of parallel activities within schools and the reduction of school life in formal activities conducted within the classroom.

We find that the best deal with digital bullying and its impact on the school community is through educating teachers, parents and students about the behavior of digital bullying. And change the culture of the school and make the school environment more positive and the inclusion of education on citizenship and civic behavior in the curriculum and the organization of parallel activities. Concerned with the development of self-confidence and self-assertion and educational vigilance for early monitoring of cases of bullying and the development of remedial programs in collaboration with specialists in psychology.

**Keywords:** digital bullying.

### 1 INTRODUCTION

With the growing popularity of social media such as Facebook, Twitter, Wizards and other modern means of communication, our real life has become more intertwined with the life of the Internet, and children quickly mimic parents in keeping pace with the era of modern technology by acquiring the best electronic devices and smart devices to enter the world of the Internet. We are witnessing a technological attack that keeps pace with the evolution of life. We have witnessed the wonders of the Internet and technology

world, and this may reflect negatively on the fate of our children after the electronic invasion began in our minds and bodies in all ways to the point of addiction. We have heard about the phenomenon of bullying among school students over many decades. It is not something new. Many adults today remember how they were subjected to aggression and coercion by their peers in childhood. Bullying is defined as a form of repeated abuse and abuse towards a person who is often. The traditional bullying involves physical and verbal abuse in the students' places of residence. With the techno-

logical development and the increasing use of the internet and modern devices, the forms of repeated abuse (bullying) have evolved to move from the real world to the virtual world and its results are reflected again on the ground. The phenomenon of electronic harassment through social media spread in schools, which means that bullying is no longer stopped at the walls of the school, but spread to spread on the Internet under the name: "bullying digital."

## 2 WHAT IS DIGITAL BULLYING?

Digital bullying is defined as exploiting the Internet and its related techniques to intentionally hurt other people in a deliberate, repetitive and hostile manner. [1] (Peter K. Smith, 2008)

[2] (Hinduja, S. & Patchin, J. W) argues that digital bullying is the intentional and repetitive abuse of computer, mobile technology, and other technology devices. [2] (Hinduja, S. & Patchin, J. W., 2014)

According to Charisse L Nixon, digital bullying means intimidation or deliberate abuse of children and adolescents on the Internet. [3] (Charisse L Nixon, 2014)

As Belsey defines it as repeated hostile behavior of an individual or group towards another person through communication technologies such as e-mail, cell phones, text messages and instant messaging, bullying involves misconduct such as lying, anonymity, Threatening, insulting, insulting, defaming, intimidating, spreading rumors and displaying images of others without their consent to the websites. ( Belsey B, 2007)

Through the previous presentation of tariffs, the researcher sees digital bullying as an act in which Internet services and modern means of communication are used to support verbal and intentional verbal and intentional behavior by one or several individuals in order to harm another individual.

### 2.1 The psychological foundations of bullying and theories explained to bullying

#### 2.1.1 Human Theory:

The leader of this trend is the psychologist (Abraham Maslow) and sees that man is clearly influenced by a series of motives that transcend instinctual needs as confirmed by analytics, acquired behavior and model learning as presented by the behaviorists. Maslow put his opinion in the framework of hierarchy of physiological needs and then the needs of security and social needs and thus the needs of the ego such as self-esteem and the need for self-achievement such as creativity, innovation and insight. Maslow believes that failure or failure to satisfy physiological needs prevents the individual from developing subsequent needs, social needs and self-satisfaction. He sees that violence is a behavior that man uses to achieve his basic needs. Maslow demonstrates that the first cause of personal disorder and mental illness is failure Satisfying basic needs such as physiological needs, safety needs and self-fulfillment, and the absence of love and belonging hinders growth and exacerbates

the unrest.

#### 2.1.2 Theory of Aggressive Aggression:

It is a cognitive theory that aggression can be fun because some people find pleasure in hurting others. Some of them can prove their masculinity and show that they are strong and important and that they acquire social status. Therefore, aggression is rewarding and rewarding for aggression and violence. Emergency and does not end with the emotional reasons, but may take many other forms that are not directly related to the cause.

#### 2.1.3 Biological theory:

This theory assumes that some behavioral problems, such as bullying, are signs of genetic damage, dysfunction of the brain, or biochemical imbalance. Genetics and genetic factors are therefore important factors responsible for bullying. It has been observed that antisocial behavior is more common among individuals Which have a genetic gene (xxy) and have demonstrated a number of experiments conducted on the hypothalamus located at the bottom of the brain by the electric current on the organism all the symptoms of aggressive behavior with no reason to raise such behavior and biological view, The frontal lobe and the terminal device are responsible for the emergence of aggressive behavior in the child, as indicated by the results of (Eron1977) in the eradication of some connections in this area has reduced the tension and nerve and the tendency to violence and led to a state of calm and relaxation.

#### 2.1.4 Theory of Psychoanalysis:

The psychological school in its interpretation of aggressive behavior focused on multiple psychological factors such as personality building, tendencies, motivation, frustration, anxiety, and ego control. These factors determine the behavior of the individual, who faces many pressures and has few legitimate means to achieve his goals and needs. Under these pressures, the individual may become frustrated, and this frustration may lead to aggression. Freud believes that aggression and violence are inherent instinctive instincts in the same human being, not secondary to the human system. Horni believes that suppressing aggressive or offensive feelings is detrimental to mental health because the repression process sometimes leads to aggression. [4] (Ghandouri, 2015)

Adler (Adiar), a follower of a unique theory, sees aggression as a way to overcome feelings of inadequacy, lack and fear of failure. If these feelings are not overcome then aggression will become a violent reaction to these feelings [5] (Freud, 2009)

#### 2.1.5 Social learning theory:

Bandura refers to the importance of example or model for the child in learning social behavior and acquisition of trends or patterns of multiple behaviors and assumes that

the aggression is no different from any other educated responses, It is possible to teach aggression by observing or imitating and mimicking the model, and the more the behavior is supported the more likely it is. (Al-Zaliti, 2014)

Sociologists focused on the role of the social environment in the emergence of violence (bullying), including the family, school, the street, the media

**Family:** Through the formation of the family consists of the concept of the individual about himself as contributing to the process of consensus, and adapt, for integration with others. It is a process of growth of personality and identity in relation to the social environment. Family education, in large part, is a source of violence and aggression, because the child learns from the experience and interactive experiences between him and the various members of his family

Some studies have concluded that cruelty, violence and wrongful formation inevitably lead to the creation of a harsh conscience and a return to hatred of patriarchal authority, which leads to the child's aggressive conduct with the society.

**School:** The school is the second educational environment after the family, with its status and importance in the preparation and composition of the new generation, the school environment in this sense, is a space and space to form a social personality in different dimensions of knowledge, the child at this age is all ready and willing to learn, prepare for the future. The school is no longer a place to fill only the minds of the informants, but is an essential tool of socialization aimed at developing the personality of the child. To become able to self-learning, and to form a balanced and proper personality. Looks forward to collective action, cooperation and empathy rather than recourse to violence and aggression. [4] (Ghandouri, 2015)

All these theories attempt to return the psychology of aggression to several factors, although human behavior is a complex behavior. It is of a physiological, psychological and social nature that is governed by the circumstances and experiences experienced by the individual. And that the spread of the phenomenon of aggression in recent years in different parts of the world would make scientists and researchers in various scientific disciplines to focus heavily on the study of this phenomenon to work on mitigation and reduce its effects and negative consequences. (Al-Zaliti, 2014)

### 3 TRADITIONAL BULLYING AND ELECTRONIC BULLYING:

We find that there is similarity in some methods used in traditional bullying and digital bullying. Although digital bullying does not include physical violence, there is evidence that electronic bullying has a stronger effect than traditional bullying, for the following reasons:

- It is an anonymous identity where the offender conceals his identity and identity by computer or mobile phone using an anonymous email and a pseudonym. [2] (Hinduja, S. & Patchin, J. W., 2014)

- It is an aggressive behavior that spreads widely in school, in the neighborhood, in the city and around the world, where electronic attacks against the victim are carried out by computers or smart phones, at anytime and anywhere. Parents and teachers rarely understand the cases of digital bullying that their children may be subjected to. While parents and teachers monitor and guide students in homes and schools, many do not know how to follow students when they enter prohibited sites. The actions of the digital bully cannot be stopped, the parents are not ready to deal with the digital bully.

- The use of technology encourages abuse and violence to others because of the distance of the place, where bullies and victims cannot see each other, so bullying does not immediately notice the victim's reaction, and bullying becomes more distant and separate from the harm they inflict on the victims. . , And therefore do not realize the seriousness of the abuse of others and their psychology. [2] (Hinduja, S. & Patchin, J. W., 2014).

### 4 CHARACTERISTICS AND MANIFESTATIONS OF DIGITAL BULLYING:

[2] (Hinduja, S. & Patchin, J. W) indicates that digital bullying transcends all geographical boundaries. The Internet is a window from which users around the world are exposed by multiple devices, in which teenagers with hairs freely send what they wish to send without regard to what this content Caused by the physical and psychological harm and suffering of the victims.

In recent years, most young people have created social networking sites such as Facebook and distribute videos through YouTube. This has led to more reports of bullying and violence on these websites, text messages The fast mobile Internet is a familiar way of harassing young people as well as talking through portable gaming devices, social gaming sites and new sites of interaction.

[2] (Hinduja, S. & Patchin, J. W, 2014)

The researcher finds that digital bullying is a blatant behavior that occurs between two people in which information, messages or pictures are published in order to distort and retaliate against the victim in the presence of the public who hangs and publishes the news of the incident through social media and modern devices.

Thus, the researcher points out that the characteristics of digital bullying are as follows:

- Verbal verbal aggression: It is the sending of information or words in which distortion and insult and intimidation and threats and intimidation through the means of electronic communication and modern communication devices.

- Easy access and traceability: The descriptor can access the victim at anytime and anywhere through social access sites and modern communication devices.

- Non-disclosure: The digital bully often uses a pseudonym and therefore the victim does not know who is hurting her.

- The presence of an audience and followers: where we find the diversity of the public that transmits and tracks

the news and rumors distortion through social networking sites.

[2] (Hinduja, S. & Patchin, J. W) noted that many incidents of online teens are insulting, harassing, threatening, and others to their peers. For example, a teenager can send an abusive text message to others, post a rumor on a mobile phone or the teen may create a Web page, a video and a file through a social networking site to ridicule others. By taking a mobile phone, the teenager picks up a photo of a colleague in a private place and has the privacy of publishing the image on websites or publishing videos around the world to see it or Add something or comment on it. [2] (Hinduja, S. & Patchin, J. W, 2014)

The researcher suggests that digital bullying has many forms: spreading information to distort the victim's reputation and reputation, sending repeated threats to intimidate the victim for her safety, sending repeated, offensive and humiliating reprisals, revealing embarrassing information or secrets, stealing a website account or email.

## 5 THE NEGATIVE EFFECTS OF DIGITAL BULLYING:

The study of Hinduja, S. & Patchin, J. W, suggests that there are digital numeracy-related effects of digital bullying victims: feelings of depression, sadness, anger, frustration, loss of self-confidence and a sense of uselessness, and the victims of digital bullying are afraid and embarrassed from school to school. Some studies have suggested a link between digital bullying, low self-esteem, low school achievement, school violence and deviant behavior. Finally, digital bullying may lead to suicidal thinking by teenagers and examples of suicides in the United States. [2] (Hinduja, S. & Patchin, J. W, 2014)

Some studies suggest that digital bullying has negative effects on the mental health of victims of digital bullying. It is a sense of sadness, hurt, anger, confusion, depression and loneliness, including the most prominent psychological conditions such as depression, low self-esteem, disability, social anxiety, suicide, fear, poor social relations with peers, some studies also indicate the emergence of cases and complaints of pain, headache, stomach pain, difficulty sleeping and other physical symptoms [6] (smith, 2012)

It has been noticed that the most incidents of bullying that occur during the virtual reality and social networking sites are usually linked or start behaviors and behaviors within the school, and negatively affect the achievement of school and school security, such as escape from school and lack of attention to the teacher and the large absence and isolation and alienation and low educational achievement and negative perceptions School climate, insecurity, and school problems. [7] (Marczak & Coyne, 2010)

The negative effects of digital bullying range from weak to serious, depending on the frequency and length of the period of bullying. [8] (Tokunaga, 2010)

The effects may be amplified compared to traditional bullying. This is due to the fact that the digital bully cannot

escape from committing the crime except by completely disconnecting from the social media sites. The degree of the effects of digital bullying is also affected by the widespread and anonymous audience and the message continues to be read in a repetitive manner. School and the ability to reach the victim within 24 hours. [9] (Kowalski et al., 2012) The researcher points out that some of the other symptoms of cyber bullying victims are that they may sound nervous when receiving text, instant messages or e-mail, not wanting to share information about the Internet, unwarranted anger or depression, especially after going online, or shut down the mobile or computer while using it, as well as withdraw from friends and family in real life.

### 5.1 Role of the school community to curb digital bullying:

Some studies have referred to interventions and actions taken by some schools to counter digital bullying, including: Digital Literacy: Given the increasing numbers of adolescents and children using the Internet, the school administration felt that it was necessary to educate and educate students on how to use the Internet safely to avoid becoming victims of digital bullying.

Supporting school culture:( Sourander A, et al., 2010) points to the need to promote positive relationships between students and teachers, so that the teacher is supportive of the student in the event of a victim of digital bullying.

Psychological Support: (Dooley JJ et al., 2009) suggests that some students are hesitant to report their digital bullying compared to traditional bullying. They may think that the school can not help them, so the school should direct students to officials (counselors, psychologists, social workers) In school to address the issue.

Supporting Activities: Mishna F, et al., 2010 noted that educational materials and curricula may need to be more interesting and interesting to students, and consider the need for psychological educational interventions through various activities such as presenting videos that promote increased knowledge of safe use of the Internet and promotion Students were aware of digital bullying.

Supporting the relationship between the school and parents: Some studies indicate the importance and role of the school in training parents in dealing with digital bullying and teach them on preventive measures for the safe use of the Internet and modern communication devices and how to track and control children in the sites they visit [10] (Bell RG, et al, 2015)

On the other hand, the researcher points out the importance of preventive school to reduce the phenomenon of digital bullying, which is the education and guidance of the school community on the responsibility and rules of the use of the Internet and means of social communication through extracurricular activities, events, seminars and posters, which on the other hand in the discharge of energies and negative emotions in Students, as well as develop sound awareness programs to equip them with conflict resolution skills, understand how bullying occurs, and build capacity to address them in constructive ways.

And instructing students that digital bullying behaviors should be subject to discipline, discipline and modification. Teachers should discuss digital bullying through materials and curricula in classrooms and computer labs to remind students of the safety rules of using the Internet and modern communication devices. Teachers should also use constructive methods to ensure discipline and engage students in establishing rules in a positive way to guide student behavior and the need to encourage constructive behavior and use disciplinary rather than punitive disciplinary methods. The school should develop remedial and preventive programs to guide students through psychologists and social workers to help students cope with the difficulties faced by both the digital bully and the victim and provide psychological support for them.

**5.2 The researcher pointed out that the best way to avoid exposure to digital bullying is to use the Internet and modern phones with caution. Students should:**

- Do not publish personal details, such as your phone number or address.
  - Think carefully before posting photos or videos of a person or friends online.
    - Password protection, not giving friends access to personal accounts.
      - Use privacy settings on social networking sites.
      - Do not pass bad e-mails.
      - Learn how to block Instant Messaging or use message filters to block e-mail messages.
    - Learn how to report a digital bully in social networking sites, ISP or webmasters. And seek help from parents or a teacher.

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