SOCIAL MEDIA USAGE AND CYBER-BULLYING WITH SOCIO-PSYCHOLOGICAL CONCERNS: A PHENOMENOLOGICAL STUDY IN PAKISTAN

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ABSTRACT
Cyberbullying is one of the issues to be addressed more patiently and effectively to lower its consequences. Teenagers are one of the biggest sufferers of cyberbullying. Cyber Bullying is not relatively new in literature, but a research gap exists. This phenomenological research approach examines different facets of cyber-bullying experiences in Pakistan. Focusing on the lived experiences, the researcher conducted One-on-one interviews with the potential participants. A thorough analysis of the victims' experiences highlighted significant themes such as introvert personality, depression and panic attacks. During this research, the researchers resulted in a lack of knowledge about the rules and laws regarding cyberbullying.
Keywords: Cyber-bullying, Social Media, Teenage, Phenomenological approach, Mental disorders.

INTRODUCTION
In recent years, online abuse has been studied extensively, but its description sometimes differs between studies. On the other hand, by the utmost recent results in the area and for this review, we describe cyberbullying as "an offensive, deliberate act or behaviour perpetrated repeatedly from overtime by either a group or a person against such a target who cannot easily protect himself or herself." (HRSA, 2009). This expression was explained by (E. Notar et al., 2013).

"Cyberbullying is a term that refers to various bullying actions that include the practice of digital devices together with the Internet plus social media to aggressively and purposely hurt others. Cyber - Bullying, like "traditional" Bullying, is characterized by a pattern of actions and a power disparity between the aggressor and the victim."
Subjectivity, repetition, and power disparity are emphasized in these categories, and they are perhaps the most significant identifiers of cyberbullying. We can talk about specific cyberbullying if such indicators are visible, but, given the possibilities of the online world, the attacker has far more capacity to attract the victim than in conventional offline settings. As a consequence, Kim et al. (2018) distinguished between direct cyberbullying (which is more prevalent and the topic of the current study) and implicit cyberbullying (which is less prevalent) (or cyberbullying by proxy). Indirect online abuse is described as a situation in which someone else is doing the aggressor's "heavy lifting," such as the administrator blocking the victim's profile just after the aggressor's complaint, and so on. Individuals who are used to playing the attacker in cyberbullying are frequently unaware that they are doing so. It is risky since adults are often unwillingly involved (Sbarbaro, V., & Smith, T. M. E.,2011).

In this context, in terms of girls, no one talks of suicide, even though it is gradually becoming a significant issue in younger generations. Suicide has been the fourth prominent reason for passing away in 2007 for persons below the phase of 18. For teenagers, life-taking or suicide is a more

significant reason for morbidity and mortality than heart attacks, lung disease, and pneumonia together. In 2007, suicide also rose to the third most crucial reason for mortality for school-aged boys aged 6 to 18 years. It is indeed an overwhelming figure that is under-publicized. A cyberbullying search on the Internet uncovered various news reports, such as the highly exposed Megan Meier incident. The prosecuting attorney accused Lori Drew, the 49-year-old mother, of cyberbullying that caused the 13-year-old to commit suicide in 2006 (Batool et al., 2017). It was a gaze milestone criminal trial that increased consciousness of the extent of cyberbullying, while Drew was cleared of the allegations in 2008. Other well-publicized cases of cyberbullying contributing to teen suicide have been published, such as those in the Massachusetts teens that allegedly harassed and cyberbullied Phoebe Prince in 2010, contributing to her death. Cyberbullying is directly attributed to the inappropriate use of technology, which is deliberately harming someone (Juvonen & Gross, 2008). It has a negative impact that results in anger, depression, anxiety or panic attacks, etc. (Qamar, D. A., butt, U. M., & Manzoor, D. S.,2021). According to Šléglová, V., & Cerna, A. (2011).Cyber Bullying is increasing drastically among teenagers. People get bullied online through various means, and mostly they are unable to talk about it or seek help for it. The basis lies behind the concept of anonymity makes it worse, and most of the time, people tend to take some severe actions. According to the research, a teenager suffers from Bullying through an online medium more than other age groups. They are vulnerable and supposed to be an easy target for the perpetrator. This study aims to investigate and explore the nature and the unfortunate facts behind cyber Bullying.

Thus by keeping in view the increasing cases of cyber-bullying and its negative consequences, the current research also examines the different aspects attributed to cyber-bullying. These aspects primarily involve experiences of cyber-bullying, its impacts, the role of the family in supporting the sufferer, the laws implemented by the Federal Intelligence Agency (FIA) Pakistan, and others. The main research questions involve:

R1: What is the awareness level of teenagers about cyberbullying?

R2: What are lived experiences of participants about cyber bullying?

R3: Do teenagers know about the laws generated by FIA and other law regulating agencies?

Cyber Bullying

HRSA (2009) defined Cyber-bullying as an anonymous activity to harm people without getting any physical response in return. One of the safest ways of Bullying is bullying through an online medium in which the perpetrator does not carry the burden of being caught and getting the punishment immediately. Unfortunately, Cyber-bullying has a durable and long-lasting effect, and E. Notar et al. (2013) explained Bullying as a phenomenon of repeated and willfully hurting someone by using a cellphone, electronic devices, and other online mediums.

Cyberbullying, which can also be referred to as social networking bullying described as a violent, deliberate act committed by a person or group of people, using electronic means of communication, frequently or over time against such a victim who could not even effectively recover themself. (Hinduja & Patchin, 2018).

This concept suggests that cyberbullying is equivalent to conventional Bullying but includes emerging technology for communication. The negative trait emerges from behaviour's violent nature. The intent means the degree of understanding of damaging others, even though we may argue to some extent the offenders are responsible for a lot of their actions. The implicit existence of cyberbullying tends to make the deliberate or responsive nature of the threat complicated to assess. In addition, some scholars have noted that cyberbullying may be shared widely or replicated by others, even though a single individual's actions meet the requirements of replication and produce an ideological divide. The definition of power inequality in the cyber sense is difficult to detail, since it was derived from the greater physical or psychological ability of a bully or a numerical criterion (the number of bullies compared to one offender) in face-to-face humiliation. Throughout the cyber world, how do we describe it? Should we apply only to the bully's greater technical capacity or to the bullies' higher status in the online world? (Hinduja & Patchin, 2018; Qamar. et al., 2021).

Parents' Responsiveness of Cyberbullying.

Parents who are educated and conscious will lessen the rise of cyberbullying. Although parents who do not understand the prevalence and consequences of the phenomena cannot direct and care for their children properly, favouring the production and preservation of internet abuse throughout this way. If guardians are not well educated about cyberbullying, then they cannot support their children navigate

cyberspace and only take full advantage of its constructive aspects and components (Haesevoets, T., Dehue, F., & Pouwelse, M.,2012).

I-safe America conducted a study as Makri-Botsari, E., & Karagianni, G. (2014) found that nearly all American families (93%) believe that their children typically do positive things throughout the Internet. In addition, 65 per cent of parents are assured that their kids are at zero danger while on the Internet, referring towards the Pew Internet & American Life Project (2005). They see Internet surfing as a very healthy thing, so they do not think about using different online applications for their children. Around 65% of family members said their children are doing something that parents will not know. A survey by the National Center for Missing and Exploited Children. Taiariol, J. (2010).found that nearly 50 per cent of parents were unaware of the different cyber security schemes and did not monitor their children's e-mails. The majority of parents (67 per cent) were unaware of a particular digital" slang, which frequently uses the initials of words to indicate whole sentences and is used in different types of cyberbullying. Family comprehension and understanding of cyber Bullying are also connected with family education levels. To be precise, the higher and the educational rate of the parents, the greater the willingness of the parents to be aware of their kids' safer use of emerging technology and follow an accurate parenting style. The above constraints are credible indicators of the occurrence/confronting of cyberbullying (Taiariol, J.,2010).

Cyberbullying and Mental illness

Strom, P. S., & Strom, R. D. (2006, March). The appearance of electronic media has given once more another device to quickly and proficiently help people who speak with one another. Nonetheless, people will utilize this discussion not exclusively to fabricate each other up yet additionally to wreck one another. LeBlanc, J. C. (2012, October) explained Cyberbullyingcauses mental illness. Shockingly, before something awful happening, as self-destructive activities, a few people neglect to comprehend the impacts of cyberbullying.

The intentional harm is done to cause the casualty to feel discouraged, embarrassed, and useless when a domineering digital jerk attacks their casualty. The casualties likewise feel overpowered with their confidence declining. (Alhajji, M., Bass, S., & Dai, T., 2019).Studies have distinguished a connection between traditional tormenting and despair, yet in this online media time, as of late, have people thought that cyberbullying could be connected to young adults depression. While a few of the papers seemed to focus on the connection between cyberbullying and the chance of self-destruction, few examinations have considered cyberbullying discouragement and different types of mental pressure. (Deschamps, R., & McNutt, K., 2016).

What has been grown so far with these examinations is that harassing causes wretchedness, uneasiness, pressure, weakness, and sensations of sadness through online methods. Cyberbullying casualties experience long-term sociological and mental issues during pubescence than survivors of traditional tormenting. Most sociological concerns incorporate experiencing issues making companions, and keeping up significant associations with others. A few casualties in adulthood have similar sociological, mental and enthusiastic issues (Kim et al., 2018).

Adolescents and dealing with Cyberbullying

Calvete, E., Orue, I., Estévez, A., Villardón, L., & Padilla, P. (2010) emphasizedthat .Pre-adulthood is an essential period in the existence of an individual where the person sets up confidence and a feeling of character. When youngsters are assaulted with slanderous instant messages, and online remarks focused on them nonstop, that can be undermined. Ang, R. P., & Goh, D. H. (2010) focused that Physiological changes like severe migraines, ongoing stomach torment and inconvenience resting are bound to be experienced by cyberbullying casualties.

People who suffer from cyberbullies are regularly bound to encounter uneasiness, wretchedness, and self-destructive ideation.(Farooq, Q., Khan, S. A., Ting, C., Fu, P., & Yao, X. ,2021). Scientists have considered that socioeconomics can influence those bound to report being digital tormented or encountering mental pressure regarding evaluating the occurrence of melancholy among cyberbully casualties. Age, sex, nationality and SES are remembered for this socioeconomics. One examination showed that in the wake of cyberbullying, ladies enlisted more mental trouble (35.3 per cent) contrasted with guys (17.1 per cent) after seeing cyberbullying (Lindert, 2017).

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Reporting Cyber Bullying

These are a portion of the reasons why analysts can not have a point-by-point comprehension of how to deal with cyberbullying practices is; the plenitude of examination upholds the thought that youngsters are exceptionally hesitant to educate others concerning their communications. Wozencroft, K., Campbell, M., Orel, A., Kimpton, M., & Leong, E. (2015). directed examination and found that roughly a large portion of the understudies addressed would not reveal cyberbullying to class authorities, 74% would educate their friends, and 57 per cent would ask their folks. In correlation, almost a fourth of every one of those understudies said that they would not tell anybody at all on the off chance that they were exploited, and they said police activity had been the most unrealistic arrangement of treatment (Wozencroft et al., 2015). In an investigation of 1,454 understudies, Juvonen & Gross (2008) found that an exceptional 90% of understudies didn't report cyberbullying occurrences to a grown-up. In their examination, HRSA (2009) found that while 56% of understudies feel great addressing their friends about their occurrences, just 9% of casualties revealed it to a teacher or an old individual. Luckily, as individuals become more mindful of this wonder, a positive pattern will arise. Only 6% of casualties of cyberbullying revealed it to a grown-up, as per a 2004 overview of more than 1,500 youths (Kraft & Wang, 2009). In any case, as indicated by Wiseman (2011), just 12% of witnesses announced cyberbullying to a senior, with just 9% informing their folks regarding their experiences. While just 9% of understudies said, they had educated their folks concerning cyberbullying exploitation, an incredible 84 per cent of guardians accept their youngster would advise them if they had been focused by cyberbullying (Swartz, 2009). Revealing instances of cyberbullying has now become a significant worry for specialists, and studies show that age is an essential factor in deciding if understudies will impart their accounts to a grown-up (Zalaquett & Chatters, 2014). Younger casualties are considerably more likely than secondary school understudies to report instances of cyberbullying to class executives, and understudies who have encountered cyberbullying are significantly more prone to report it than understudies who have been genuine casualties (Wozencroft et al., 2015).

RESEARCH DESIGN

This study involves an exploratory approach (phenomenological study) as we aimed to dig into the experiences of teenagers for a better understanding and analyze it at its best. Further, for data gathering purposes, the researcher utilized a qualitative technique (Casey, E. S.,2009).

Study Universe & Sampling

The universe of the current study involves all the individuals in Pakistan who suffered from cyber-bullying. However, as per the study limitations and requirements, convieneance sampling technique to select the respondents (Pietkiewicz, I., & Smith, J. A., 2014). Thus, we selected *n*= 10 individuals for the data gathering purposes and conducted face-to-face interviews with them.

RESULTS AND DISCUSSION

Isolation and introvertness due to bullying

Participant's shared their experiences of being bullied at various stages of life. It has affected them in the various walk of life.

According to interviewee's their experiences of cyber Bullying is:

"Well, this is something that changed me as a person, and I think I am too young to face these situations, and I pray for everyone so that they do not face the situations that I faced. (G1)

..........and after that incident, I became even more sensitive. I find everything alarming. I feel like everyone is hitting on me, and there is no chance of escaping out (G2)

A whole cheerful person, an extrovert turns into a sheer introvert who isolates herself from everyone. I started hurting myself. (G3)

I cannot define my feeling. You know, when I'm a bright student who lost all her confidence, Lost all her charm, lost everything, and I started isolating myself. I cannot raise my head I cannot raise my eyes yep, that's me; that's how the stupid cyber Bullying turned me into a person I never wanted to be

(G4)
I was stigmatized for my whole life because if a thing is posted on social media, it is never deleted, and I have no proof of declaring myself innocent (G5)
I could not lift my head. I started eating medicine to sleep all the way, not to go anywhere. I was too angry; I was too anxious I was depressed (B1)
I cannot trust anyone I had to be in a rough and tough shape (B2)
People judge me. They might be sharing their concern but ended up showing sympathy. Like stammering is not an issue. (B3)
I was isolated; I could not even step out of my home people abused me, people abused my family, I was on social media as an abuser and the harasser. I was shattered. (B4)
I got severe panic attacks I could not find a way to get out of it (G6)."

The resertacher reached to the point the experience of cyber bullying in teenagers leads to the isolation nd introvert personality as Hong, J. S., Kim, D. H., & Piquero, A. R. (2017) explained in his research that people becomes lonely . Hutson, E. (2016) explain that Bullying creates a lot of tension in children and young adults, impacting their personality change and behavior. Children and teenagers who are subjected to cyberbullying for a prolonged period, such as several months at least, can lack their sense of understanding, leading to isolation. Newman, M. L., Holden, G. W., & Delville, Y. (2005) stated that one third of youngsters report being targets of bullying as well as this ill-treatment has been connected to negative psychosomatic effects, oppression and anxiety symptoms.

Depression and anxiety due to bullying

Vranjes, I., Farley, S., & Baillien, E. (2020) identified that Clearness is major while using the terms 'passionate wellbeing's and 'mental maladjustment'. By and significant times of another restricted scale research project, hypothetical confusion was recognized in the composing study and among individuals. By chance, clever useless conduct regarding passionate prosperity began during the 1960s attempting to decrease humiliation(Mischel, J.,2019).

According to the interviewees:

.. I was scared to death that I tried to commit suicide (tears in my eyes). He posted my pictures and videos on different groups. I had mixed emotions. I was angry, sad upset as well. But I was unable to accept that he betrays me. Thought of betrayal never let me live with peace……………… If you feel like you are not being protected, definitely you will suffer more. You could not find a way of escaping out (G1)
I was scared. My parents were scared. They were also blaming me for all the things that happened………. I was so disturbed that I was even scared of the slightest door movement; I was scared of light and the dark. I was depressed. (G2)
I was traumatized. I was thrown out of school. I was blamed for no reason my image was ruined. A whole fully lively person, an extrovert turns into sheer introvert who isolated herself from everyone I started hurting myself my parents thought that I am getting crazy or mad………… I gave myself cut. It gives me peace. I cut my hair short. I got panic attacks, severe migraines. (G3)
It never stopped i am Not a person who just there to made fun of, I felt humiliated. I did not take part in good photos because then every time just crop my photo saying does not be like that. This should not be done. Nobody should ever go through it so how; you know felt how do you felt when you were being bullied. I cannot define my feeling you know when I'm bright student lost all her confidence, lost all her charm, lost everything I started isolating myself (G4) f
I have no proof of declaring myself innocent, I was shattered left all alone. (G5)
But a joke is a joke if it stops at a certain point but it never stops i cannot stop crying I wasn't able to participate in any event I lost my confidence I started isolating myself…………… I could not lift my head up. I started eating medicine to sleep all the way not to go anywhere I was too angry I was too anxious I was depressed Like you know when your angry and you cannot stop crying because you cannot say a word I started shivering I cannot do anything(B1)
You know why I was bullied by my closest one I cannot trust anyone I had to be in a rough and tough shape to be like a man. (B2)
They might be sharing their concern but ended up showing sympathy………………….. I was in my room lying in depression, and my childhood friend came. He was shocked to see me in that condition. I abused him. I ask him to stay away. I have bruises on my hand, neck, and back. (B3)

I was on social media as an abuser and harasser. I was shattered……………….. This thought of betrayal is killing me. She betrayed me in a way that I couldn't even stand for myself, and I couldn't get a chance (B4)

Yes, I got severe panic attacks……………….. After seeing my worst condition, they finally decided to take me to the doctor (G6)

Being focused by a cyberbully may build a hazard of nervousness, sorrow, low confidence, or even sensations of uselessness. Their conduct may change in these potential manners; they discover propositions ways simple to get their selves out of the instigating circumstances.

The rseacher got the second theme from the lived experiences of cyber bullied participants , it leads to depression and anxiety and in worse caeses it ended up in suiside.

Knowledge of laws

Cyberbullying, on account of its venture into the individual existence of casualties, can affect each part of life and influence everything from school execution to associations with companions and relatives. That is the reason it's so critical to take a gander at instances of cyberbullying and recollect that these casualties (a significant number of whom have ended it all) had their entire lives in front of the—experience that was eradicated by cyberbullying.

According to the interviewees

Maybe these laws have not been implemented, or if implemented, the law regulating agencies failed to create proper awareness. (G1)

I do not even understand these policies like many times they block things that do not need to be blocked and does not block things that even destroy the person's confidence and talking about the agencies, and I do not know where they do exist or work………(G2)

Honestly, I do not know. And even if I knew. I will never believe in it. This is a man ruling society, and you all know they need to create trust among us. For us. Some proper awareness otherwise they will be useless. (G3)

I do not think that they exist, I think and even I want that they should exist in real. So that the agencies can keep their eye on people who do worst to others, and in return, people suffer. (G4)

I do not know anything about it, and I do not know anything about it, even though I think these laws are useless for me because they will not help me in any case. (G5)

I know there are laws, but I do not know about some agencies, and if they exist, why do not they have to check balance authority, what kind of specific measures they consider to accept something as Bullying (B1)

No, I do not know. I know some psychiatrists, but I do not know about any law regulating Agencies or something like that. Maybe I am not aware of it(B2).

I think I'm not aware of them, and they failed to create awareness among us which means that they are not implemented fairly (B3)

No, I do not think so even I do not know about them, but if they are implemented, we must be, or we should be aware of it there must be a loophole (B4)

I got to know about the laws, and I was surprised. But I think I want to go through these laws because it is tough for us. It is challenging for girls(G6)

Anti-Cyberbullying Laws

Throughout the most recent couple of ages, prominent cyberbullying belongings have grasped administrators' eyes. Here have been numerous ongoing circumstances, including adolescents who have remained irritated online by meetings of their companions, people, and surprisingly their sweethearts and lady friends, prompting unfortunate transient that might have been envisioned with intervention. Even though no rule can anticipate cyberbullying, by and large, consuming laws in contradiction of cyberbullying is essential for carrying disputes to light besides arraigning wrongdoings properly.

Of the 48 states that do have laws against cyberbullying, 18 have criminal assents, and 12 have proposed criminal approvals. Cyberbullying laws actually have far-off to go. However, the institution is being rested the nation over to observe and report this extreme and emerging issue.

CONCLUSION

In a specific way, the digital world mixes proximity and distance, raising new questions regarding young people's personal and social growth.(ALBayari, R., Abdullah, S., & Salloum, S. A. , 2021, June). There is an argument that can be made even for regulation. Still, administrators must also understand such a

need to teach children and Youth how to handle danger efficiently, defend themselves, and help marginalized peers who have been mistreated digitally. In other words, while penalties will always have a location, they will not be successful unless they are combined with the suppressing power of dealing with the feelings that underpin all social relationships (Wozencroft et al., 2015). Being associated online with the public is a vital fragment of young folks' social genuineness. Its significance as a significant feature of all young people's everyday life cannot be overstated. A majority of states have passed legislation to curb Bullying, including cyberbullying, in recent years. An increasing number of family and community leaders understand the importance of adopting policies and services to counter these actions and student practices and cultural values. Cyberbullying should be addressed to all students, and future bullies must understand that there are severe repercussions for such conduct, including school punishment, lawsuits, and criminal prosecution. (Taiariol, 2010). Until more is learned about proven successful approaches to tackle Bullying, existing policies must be closely monitored to ensure that the desired results are achieved (Juvonen & Gross, 2008). As we're seeing, researchers highlight the importance of separating between minor and significant cyberbullying events. Perhaps most small accidents can be dealt with daily before they develop into something much more severe. According to the findings, cyberbullying is frequently an expansion of real-world abuse, with some youth, such as bully victims, becoming particularly vulnerable. Although it is promising to believe that stronger legislation and harsher penalties would reduce cyberbullying rates, it could be more effective to engage critically with social circles and school relationships in order to build a heightened understanding of the effects of cyberbullying and also empathy for those who are harmed—digital experiences, as butt. Et .al (2021) points out that they must not be considered fiction since they are true to the young people who participate. We need to learn as much about the environments in which these experiences occur.

Contribution & Limitations

This study is of greater significance as it provides a broader understanding of cyber-bullying, its impacts and laws against it in Pakistan. Also, this phenomenological study can help others learn from the experiences of the suffered and look into their environments so that other people might not suffer the way these (interviewees) people faced. However, still, this study contains two significant limitations as well: **(i)** Study is conducted in a shorter time with a short sample size that narrows down its scope, and **(ii)** as this study is conducted in Pakistan, its generalizability can be questioned in other countries as well.

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