Cyberbullying Reduces Wellbeing: A Preliminary Investigation on the Mediating Role of Resilience Factors

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International Conference on Student-led Research and Innovation
In Arts, Humanities & Social Sciences (ICRI-HASS'21)
2-4 June 2021

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CYBERBULLYING (CB)

" ...ression that is intentionally and repeatedly ...ied out in an electronic context (e.g., e-mail, blogs, instant messages, text messages) against a person who cannot easily defend him- or herself "

(Kowalski, Limber & Agatston, 2... Patchin & Hinduja, 2012)

(U-Report, 2019)

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WELLBEING (WB)

> "a person's psychological functioning, life-satisfaction and ability to develop and maintain mutually satisfying relationships"

(Stewart-Brown & Janmohamed (2008))

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CB AND WELLBEING

CB reduces WB

Meta-analysis (Kowalski et al., 2014)
- Cy-v & Cy-b
  - ↑ depression, anxiety, loneliness & substance abuse
  - ↓ life-satisfaction, self-esteem & academic achievement

Qualitative studies
Focus groups:
- Cy-v "emotional and/ stress [illegible]" (Jenisha et al., 2020)
- Semi-structured interviews: "[illegible] flaky, raw, emotionally vulnerable"
- DAS & suicidal thoughts (Cassidy et al., [illegible])

Asian studies
Pakistan
- Cy-v: ↓ WB after control for gender, age & residential status young adults (Musharraf & Anis-Ul-Haque, 2018)

Hong Kong
- Cy-v & Cy-b: ↓ life satisfaction (Leung et al., 2018)

CB effects last > 12 months (Fahy et al., 2016)

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RESILIENCE: A MODERATOR OR MEDIATOR

Moderator

- Yubero et al. (2021)
    - Resilience moderate the effects of chronic **SB-v** on WB in Spanish university students
        - largest effect observed in low resilient group

- Vissenberg & d'Haenens (2020)
    - ↑ resilience (strategies to prevent harm)
    - ↓ effect of risky online content (sexual, hate speech, drug, etc.) on WB

Mediator

- Li & Gu (2020)
    - ↑ social support (partially mediated)
    - ↓ CVB on depression

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RESEARCH QUESTION & HYPOTHESIS

Research Question

- Do resilient factors (personal and social resources) mediate the effects between CB and WB

    - Cyberbullying
        - Victimisation
        - Offending
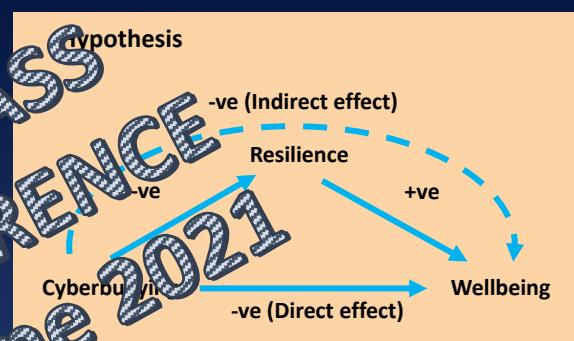
Hypothesis

-ve (Indirect effect)

Resilience

-ve   +ve

Cyberbullying   -ve (Direct effect)   Wellbeing

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STUDY PARTICIPANTS

- *N* = 198
- Age:
  - Range 18 to 29 years
  - *M* = 22.85, *SD* = 2.3
- 60.1% females
- 64% students
- Daily time online:
  - Range 1 – 30 hours
  - *M* = 5.6, *SD* = 3.89
- Inclusion Criteria:
  - Malaysian
  - One SNS account

Malaysia

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MEASURES

Scale	Construct	Items	Cronbach α
Cyberbullying Scale (Patchin & Hinduja, 2019)	Victimization	9	.88
	Offending	9	.92
Protective Factors for Resilience Scale (Harms, Pooley & Cohen, 2017)	Personal Resources	8	.94
	Social Resources	7	.94
Short Warwick-Edinburgh Mental Wellbeing Scale (Smith et al., 2008)	Wellbeing	7	.85

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FINDINGS
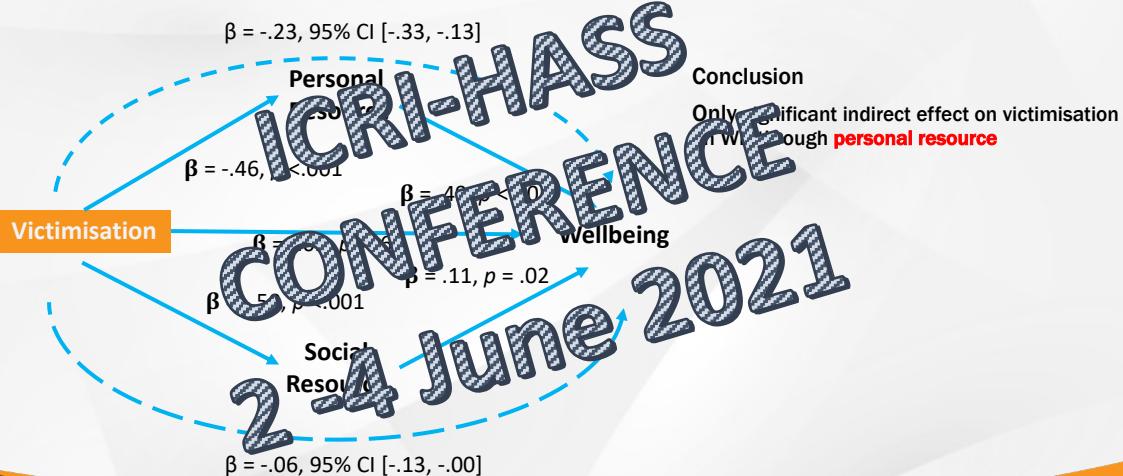
β = -.23, 95% CI [-.33, -.13]

Personal
Resource

β = -.46, p <.001

Victimisation

β = .11, p = .02

Wellbeing

β = .50, p <.001

Social
Resource

β = -.06, 95% CI [-.13, -.00]

Conclusion

Only significant indirect effect on victimisation on WB through **personal resource**

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FINDINGS

β = -.18, 95% CI [-.29, -.07]

Personal
Resource

β = -.36, p <.001

Offending

β = .11, p = .03

Wellbeing

β = .43, p <.001

Social
Resource

β = -.05, 95% CI [-.13, -.01]

Conclusion

Only significant indirect effect on offending on WB through **personal resource**

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SUMMARY

- Preliminary finding
  - Support for further scrutiny into the effects of CB on wellbeing through resilience factors
    - Evidence on personal resources

- Present PhD Direction
  - CB, Resilience and Wellbeing part of resilience framework in youth
  - secondary school students
  - aged 13 to 15 years old

- Adding more roles
  - cyber bystander

- Data from more sources
  - Parent-child dyads

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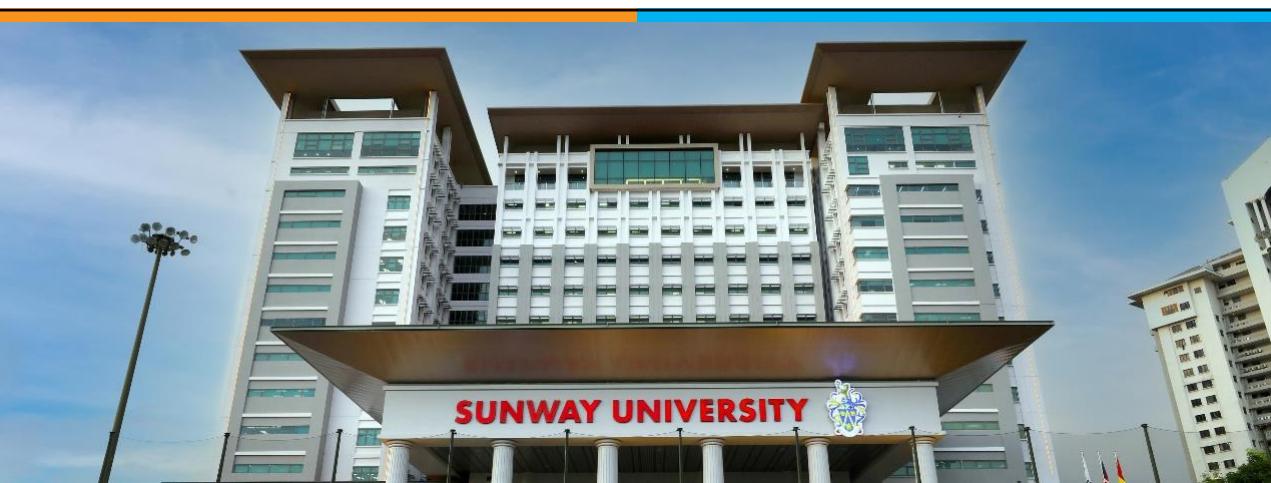
THANK YOU

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