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

Elaine Yong
Supervisors: Assoc Prof. Lin Mei-Hua & Prof. Nigel Marsh

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Cyberbullying (CB)
Aggression that is intentionally and repeatedly carried 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, 2012; Patchin & Hinduja, 2012)
(U-Report, 2019)
WELLBEING (WB)

A person’s psychological functioning, life-satisfaction and ability to develop and maintain mutually beneficial relationships

(WB) (Stewart-Brown & Janmohamed (2008))

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 achievements

Qualitative studies

Focus groups:
- Cy-v: “emotional impact/stress, timid/made me...
  - felt shaky, raw, emotionally vulnerable
  - DAS & suicidal thoughts

Semi-structured interviews:
- 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, self-esteem & academic achievements

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)
RESILIENCE

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RESILIENCE

- A personality trait or flexible state
- Composed of five characteristics: purpose, perseverance, equanimity, self-reliance, & authenticity (Wagnild & Young, 2009)

Individual factors + family factors = ↑ resilience (Fredkove et al., 2019; Fritz et al., 2018)

RESILIENCE, CB AND WB

Resilience ↔ CB –ve associated

- ↑ Resilient youth targeted ↓ as Cy-v
  - Turkish (Kabadayi & Sari, 2018)
  - Italian (Brighi et al., 2019)
  - American (Fredkove et al., 2019)

- Girls ↑ social competencies & ↑ of identity as Cy-v (Fredkove et al., 2019)

- Cy-b had ↓ adaptive abilities (Kabadayi & Sari, 2018)

Resilience ↑ WB

- ↑ Resilience ↑ WB (Yubero et al., 2021)
  - Emotional
  - Psychological
  - Social

- Resilient Cy-v
  - ↓ of academic disruption
  - ↑ of personal resources ↑ depression levels (Rey et al., 2020)

- America:
  - ↑ Resilient Cy-v ↓ academic disruption (Hinduja & Patchin, 2017)

Spanish

- Cy-v ↓ personal resources ↑ depression levels (Santos et al., 2020)

American

- ↑ Resilient Cy-v ↓ academic disruption (Hinduja & Patchin, 2017)
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 resilient group
- Vissenberg & d’Haenen (2020)
  - ↑ resilience (strategies to reduce or prevent harm)
  - ↓ effect of risky online content (sexual, hate speech, drugs, etc.) on WB

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

RESEARCH QUESTION & HYPOTHESIS

Research Question
- Do resilient factors (personal and social resources) mediate the effects between CB and WB
  - Cyberbullying
    - Victimization
    - Offending

Hypothesis

- Cyberbullying → Resilience → Wellbeing
  - +ve (Direct effect)
  - -ve (Indirect effect)
STUDY PARTICIPANTS

- *N* = 198
- Age:
  - Range 18 to 29 years
  - *M* = 22.85, *SD* = 2.93
- 60.1% females
- 64% students
- Daily time online:
  - Range 1 - 20 hours
  - *M* = 5.63, *SD* = 4.89
- Inclusion Criteria:
  - Malaysian
  - One SNS account

MEASURES

<table>
<thead>
<tr>
<th>Scale</th>
<th>Construct</th>
<th>Items</th>
<th>Cronbach α</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cyberbullying Scale (Patchin &amp; Hinduja, 2019)</td>
<td>Victimization</td>
<td>9</td>
<td>.88</td>
</tr>
<tr>
<td></td>
<td>Offending</td>
<td>9</td>
<td>.92</td>
</tr>
<tr>
<td>Protective Factors &amp; Resilience Scale (Harms, Pooley &amp; Cohen, 2017)</td>
<td>Personal resources</td>
<td>8</td>
<td>.94</td>
</tr>
<tr>
<td></td>
<td>Social resources</td>
<td>7</td>
<td>.94</td>
</tr>
<tr>
<td>Short Warwick-Edinburgh Mental Wellbeing Scale (Smith et al., 2017)</td>
<td>Wellbeing</td>
<td>7</td>
<td>.85</td>
</tr>
</tbody>
</table>
FINDINGS

Victimisation

\[ \beta = -0.23, \, 95\% \text{ CI } [-0.33, -0.13] \]

Personal Resource

\[ \beta = -0.46, \, p = 0.01 \]

Social Resource

Wellbeing

\[ \beta = 0.11, \, p = 0.02 \]

Offending

\[ \beta = -0.50, \, p < 0.001 \]

Victimisation

\[ \beta = -0.02, \, p = 0.60 \]

Conclusion

Only significant indirect effect on victimisation through personal resource

\[ \beta = -0.46, \, 95\% \text{ CI } [-0.61, -0.31] \]

Wellbeing

\[ \beta = -0.11, \, p = 0.001 \]

Victimisation

\[ \beta = -0.06, \, 95\% \text{ CI } [-0.13, -0.00] \]

Conclusion

Only significant indirect effect on offending on WB through personal resource

\[ \beta = -0.18, \, 95\% \text{ CI } [-0.29, -0.07] \]

Wellbeing

\[ \beta = -0.05, \, 95\% \text{ CI } [-0.13, -0.01] \]

Victimisation

\[ \beta = -0.06, \, 95\% \text{ CI } [-0.13, -0.00] \]

Conclusion

Only significant indirect effect on offending through personal resource

\[ \beta = -0.18, \, 95\% \text{ CI } [-0.29, -0.07] \]

Wellbeing

\[ \beta = -0.05, \, 95\% \text{ CI } [-0.13, -0.01] \]
SUMMARY

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

- Present PhD direction
  - CB, Resilience and WB part of the larger framework
  - Secondary school students aged 13 to 15 years old
  - Adding more roles
  - Cyberbystander
  - Data from more sources
  - Parent-child dyads

THANK YOU

elainey@sunway.edu.my
References


