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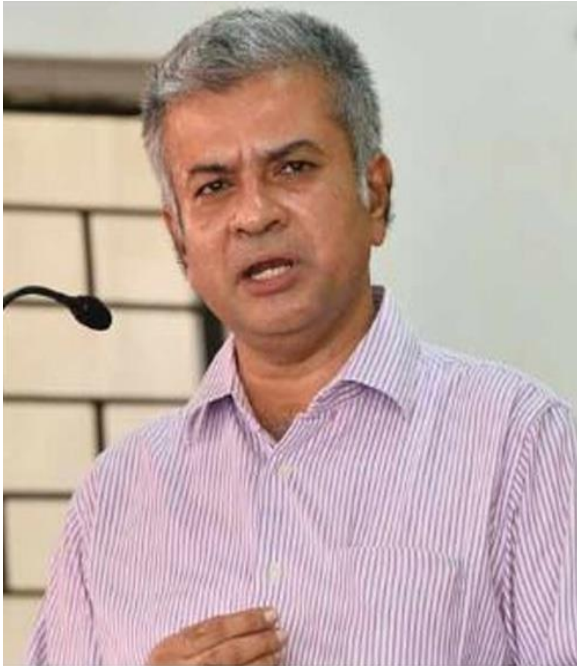
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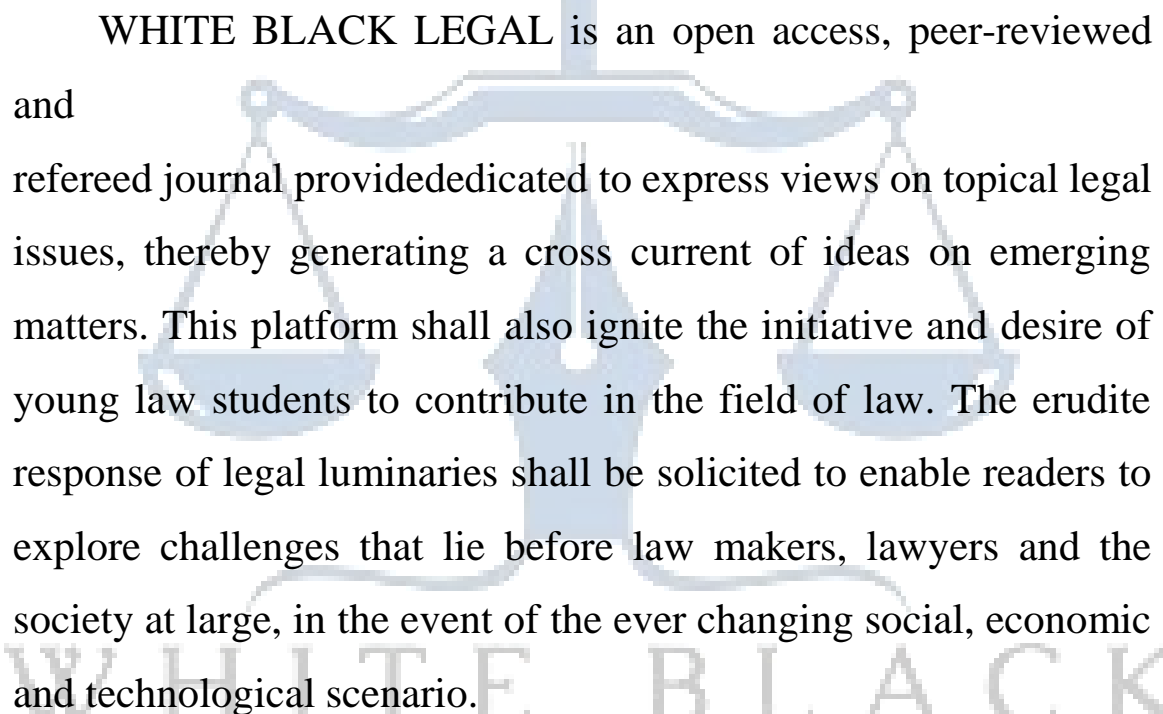


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WHITE BLACK LEGAL is an open access, peer-reviewed and refereed journal providededicated to express views on topical legal issues, thereby generating a cross current of ideas on emerging matters. This platform shall also ignite the initiative and desire of young law students to contribute in the field of law. The erudite response of legal luminaries shall be solicited to enable readers to explore challenges that lie before law makers, lawyers and the society at large, in the event of the ever changing social, economic and technological scenario.

With this thought, we hereby present to you

A STUDY ON CYBERBULLYING AND ITS IMPACT ON WOMEN

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Abstract

Cyber bullying is one of the major problems especially on social media platforms, it has propounded relation for women's self-identity and social relationship. This study inspects the nature and consequences of cyber bullying, its influence, psychological impact, coping mechanism, victim offender relation and how the legal perspectives are adequate in governance. The significance is how women self-identity and social relationship are influential each, to examine study employs both descriptive methods, also aims to provide extensive insights into the experiences of women, effects of cyber bullying, legal interventions, and certain legal remedies. The findings reveal that cyberbullying is a significant concern, with women facing various degrees of intensity and experiencing profound emotional, psychological, and behavioural impacts. Key observations indicate that while many women encounter cyberbullying rarely, a substantial portion experiences it often or commonly, highlighting its alarming prevalence.

Key words: Cyber Bullying, Behaviour, Victim-offenders, Impact.

Introduction

The significance of exploring the multi-faceted effects of cyberbullying on women is concerned because virtually women are targeted often facing harassment mostly gender specific Such as slut-shaming, body shaming, stalking, sexual demands, etc. Cyberbullying is harassment or harm done through digital means social media, text messages, or online platforms. It is about

using technology purposely to hurt. Cyber and bullying both are different terms cyber bullying is made by virtual tools with internet (Guan et al., 2016) Cyberbullying is called the systematic and intentional use of computers or other electronic devices to harm, harass or intimidate other people. It can take a wide range of forms including directing hatred messages to someone, harassment in the form of insults or criticism online, doxing, pulling someone out of social activities, or switching identities and impersonating someone. Some examples of cyberbullying are, *Harassment*- Threatening or offensive comments or messages to the victim, *flaming*: Stirring conflict or posting provocative messages, *Exclusion*: A person is deliberately isolated from online communities, *Outing*: Unconsented disclosure of personal matters or secrets., *Trickery*: Persuading a person to give out personal information for ulterior motives, *Cyberstalking*: Repeated unwanted harassment through electronic methods. These activities can severely affect the mental and social wellbeing(Cyberbullying on Adolescent Health, n.d.) of individuals. When it comes to the case in court and about this, the Cyberbullying cases(Guan et al., n.d.), as DoS attacks, may also be referred to as a type of invisible crime and their oftentimes involve the use of digital transcripts, which are analysed and reconstructed by forensic professionals. Within the framework of Victimology: Researching the impact of cyberbullying(E. Notar et al., 2013) on its victims helps specialists in criminology mitigate the evolution of this problem(Giumetti & Kowalski, 2022) and provide the necessary assistance. The offender typology coupled with the analysis of the behaviour and motivations of cyberbullying aggression perpetrators, enable further such crimes from being committed or instigated. The objectives of the study are, studying nature of cyberbullying, coping behaviour, victim offender relationship and to provide some legal intervention and provisions.

Methods

The focus of this study is to examine the effects of cyberbullying against women self-identity and their social interactions in the region of Karnataka. The research will focus on the types of cyberbullying, its emotional effects, victims' coping behaviour, victim-perpetrator relationships, and the legal framework on cyberbullying. Among the problems of teenage violence, teenage bullying including cyberbullying stands out, especially today when social networks and the Internet become an integral part of the self-identity and interpersonal relationships of the person. This study is important because research is carried out in the territorial setting of Karnataka in India. Sample Size is 110 female participants. The sample of this study consist of women who have been victims or know how it feels to be a victim of

cyberbullying and so are positioned well to understand the effects of such on self and relationships. Sampling drawn from purposeful sampling technique. This approach makes sure that women who have experienced cyber bullying or women with the required experience are included in the research. Purposeful sampling is the most appropriate for this study in its quest to detail the experiences,

Results

Table no1: Age group of the respondents

Age Group	Frequency	Percentage
Below 15	4	3.60%
15-25	74	67.20%
26-35	28	25.40%
Above 36	4	3.60%
Total	110	100%

The considerable occurrence of cyberbullying in the ages of 15-25 reinforces the vital fact that focus efforts and assistance provisions are required in this young adult category. The considerable presence of 26-35 age group shows that the effects of cyberbullying are not only confined to the teens, but still pervades the young adulthood stage. The relatively weaker representation of both Below 15 and Above 36 groups emphasize the necessity for more comprehensive research to understand the peculiarities of these age groups, and devise relevant preventive and interventions and support strategies.

Table no 2: The following table shows the respondents awareness on reporting the incident of cyberbullying through the various police portals.

Factors	Yes (%)	No(%)	Total (%)
Prone to any form of cyber bullying?	68.19	31.81	100
Awareness of Reporting through Police Portals	72.72	27.27	100

Among the 109 responses 76 women have experienced Cyberbullying and 32 have not experience.

This implies an alarmingly high prevalence of online harassment of women. According to the results, 70% of women surveyed have encountered cyberbullying, which means that near

ly 7 in 10 women face online harassment.

Table no.3: The following table indicates the nature of cyberbullying for which the respondents have experienced most.

Responses	Frequency of Respondents	The Percentage % of the respondents prone to Cyber bullying.
Stalking	37	37.4%
Body-Shaming	14	14.4%
Trolling	14	14.4%
Sexting	17	17%
Other form*	17	18%

The table illustrates the distribution of different types of cyberbullying encountered, along with their respective frequencies and percentages: Stalking is the most frequently reported type of cyberbullying, accounting for 37.4% of cases (37 incidents). Sexting (17%) and other forms (18%) follow closely, each with 17 cases, indicating a notable prevalence. Body-shaming and Trolling are reported equally, each representing 14.4% (14 incidents each). Talking is the most prevalent issue, occurring almost twice as often as other categories. The other categories show a more balanced distribution, indicating different types of victimization.

Table no 4: The following table shows the media platform through which the respondents have been Cyber bullied.

Responses	Frequency Of Respondents	Percentage %
Email	5	4.80%
WhatsApp	29	27.60%
Instagram	14	59%
Snapchat	14	13.30%
Telegram	17	13.30%
Facebook	11	16.20%
Gaming Sites	3	10.50%
Twitter	6	2.90%

Blogs	1	5.70%
Others	3	2.90%

The table provides insights into the distribution of media platforms where respondents reported experiencing cyberbullying. Here's the detailed interpretation:

WhatsApp (27.60%)-WhatsApp is the most commonly reported platform for cyberbullying, with 29 respondents (27.60%). This may be attributed to its widespread usage, private nature of communication, and the ease with which harmful messages or group harassment can occur. Instagram (59%)- Instagram ranks as the second most significant platform, with 14 respondents reporting cyberbullying experiences (59%). Its visually-driven content and public comment sections could make it a hotspot for harassment. Telegram (13.30%) and Snapchat (13.30%)- Both platforms show an equal share of respondents (13.30%) experiencing cyberbullying. Telegram's large group chats and anonymity features, along with Snapchat's temporary messaging system, may contribute to the prevalence of cyberbullying here. Facebook (16.20%)- With 11 respondents (16.20%), Facebook remains a platform where cyberbullying occurs, possibly through public posts, comments, or direct messages. Despite declining popularity, its community nature can still foster negative interactions. Email (4.80%)- Cyberbullying through email is less frequent, with only 5 respondents (4.80%). This could be due to its more formal use and lower levels of anonymity compared to other platforms. Gaming Sites (10.50%)- With 3 respondents (10.50%), gaming sites are notable for toxic behavior such as verbal abuse in live chats or targeted harassment during gameplay. These platforms often foster competitive and aggressive environments. Twitter (2.90%) and Blogs (5.70%)-These platforms show minimal cyberbullying occurrences, with 6 respondents (2.90%) on Twitter and 1 respondent (5.70%) on blogs. Twitter's public discourse and blogs' niche audience might explain these lower numbers. Others (2.90%)-A small percentage (2.90%) reported experiencing cyberbullying through platforms not listed, suggesting other mediums or lesser-known platforms also contribute to this issue.

Table no.7: The following table shows the responses on how frequently they experience Cyber Bullying.

Responses	Frequency Of Respondents	Percentage
Rarely	50	45.45%
Often	24	21.81%

Commonly	36	32.74%
Total	110	100%

The table outlines how respondents experience cyberbullying, broken down by how often it occurs. Rarely (45.45%) A notable number of respondents (50 out of 110) indicated that they rarely encounter cyberbullying. This suggests that while it's not a daily issue for this group, it still exists in their lives to some extent. This could mean they face occasional incidents or have managed to steer clear of frequent negative interactions. Commonly (32.74%) A significant segment of respondents (36) reported that they commonly face cyberbullying. This points to a worrying trend, as nearly one-third of the participants view cyberbullying as a regular aspect of their online experiences. Often (21.81%) A smaller cohort (24 respondents) experiences cyberbullying often. Although this is less frequent than those who reported it as "commonly," it still indicates a considerable level of exposure to cyberbullying incidents.

Table no.8: the following table shows the intensity of the Cyberbullying and its impact.

Factors	Frequency Of Respondents	Percentage %
Quite negligible	26	23.63%
Moderate	37	33.63%
Strong	28	25.45%
Severe	9	8.20%
Extreme	10	9.09%
Total	110	100%

The data shows different levels of cyberbullying intensity and its effects, with many individuals experiencing moderate to strong impacts. A smaller but at-risk group suffers severe consequences, highlighting the need for strong support systems, awareness initiatives, and preventive strategies to tackle and lessen the damage caused by cyberbullying. More than half of the respondents (58.18%) experienced cyberbullying with moderate to strong intensity, reflecting its widespread and impactful nature for a significant portion of the sample. A smaller yet critical segment (17.29%) reported severe or extreme intensity, highlighting the urgent need for measures to address its damaging effects. The 23.63% reporting negligible intensity may suggest that cyberbullying affects individuals differently, influenced by personal, social, or contextual factors.

Table no10: The following table shows the responses of the cyberbullying and the reactions towards it.

Responses	Frequency of Respondents	Percentage%
Lowered Self Esteem	5	4.54%
Depression	3	2.30%
Fear	18	16.40%
Anger	26	23.75%
Helplessness	30	27.27%
Stress	8	7.35%
Insecurity	20	18.39%
Total	110	100%

Helplessness, anger, and insecurity are the most common reactions, making up nearly 70% of the responses. These results reveal the emotional vulnerability and frustration that victims face. Fear and stress further illustrate the psychological impact, showing how cyberbullying affects mental health. While less frequent, lowered self-esteem and depression are significant signs of the deeper, long-term consequences that cyberbullying can inflict on individuals. The data highlights the wide range of emotional responses to cyberbullying, from immediate feelings like anger and fear to more enduring effects such as insecurity and helplessness. This emphasizes the need for emotional support, counselling, and awareness programs to assist victims in coping with and recovering from the negative effects of cyberbullying.

Table no.12: the following table shows the instant behavioural action of the respondents to cyber bullying.

Responses	Frequency Of Respondents	Percentage
Blocking	75	68.18%
Reporting	20	18.18%
Ignoring	15	13.64%
Total	110	100

Blocking (68.18%)-Most respondents (75 out of 110) decided to block the person or source of the cyberbullying. This approach is common and straightforward, indicating a strong desire to halt the harassment right away and reduce further interaction or exposure. Reporting (18.18%)-

A smaller yet notable group (20 respondents) chose to report the cyberbullying. This reflects a proactive attempt to seek help from external sources, such as platform moderators or authorities, to tackle the issue. It also highlights an awareness of the tools available for managing online harassment. Ignoring (13.64%)- Fifteen respondents opted to ignore the cyberbullying. This response may arise from the belief that engaging with the perpetrator could worsen the situation or from a personal resilience against the negative impacts of harassment. Blocking emerges as the primary response, suggesting it is viewed as the most effective and immediate way to regain control in a cyberbullying scenario. The relatively lower percentage of reporting might indicate a lack of confidence in the effectiveness of reporting systems or limited knowledge on how to report incidents. While ignoring cyberbullying is less common, it may represent an alternative coping strategy, though it risks leaving the behaviour unaddressed and allowing it to continue.

Conclusion

The study on cyberbullying and its impact on women sheds light on the pervasive nature of this issue and its multifaceted consequences. The platforms most associated with cyberbullying, such as WhatsApp, Instagram, and Facebook, underscore the need for better moderation and user safety mechanisms. The responses to cyberbullying, including blocking, reporting, and ignoring, demonstrate a reliance on immediate self-initiated actions rather than systemic interventions, pointing to gaps in awareness and trust in institutional support. The emotional toll of cyberbullying is particularly concerning, with reactions ranging from anger and fear to feelings of helplessness and insecurity. For some, the impacts extend to lowered self-esteem, stress, and even depression, indicating the need for targeted mental health support for victims. This study emphasizes the urgent necessity for comprehensive strategies to address cyberbullying, including *Firstly*, Enhanced awareness campaigns to educate women on their rights, available resources, and reporting mechanisms. *Secondly*, Stronger enforcement of cyber laws to hold perpetrators accountable and deter such behaviour. *Thirdly*, Improved moderation tools on digital platforms to prevent and respond to cyberbullying incidents effectively. *Fourthly*, Access to counselling and support services to help victims cope with the psychological impacts of cyberbullying. By addressing these challenges and fostering a safer digital environment, we can empower women to navigate online spaces confidently and without fear. This research contributes to the growing discourse on cyberbullying and underscores the importance of collective efforts to mitigate its impact on women and society.

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