Social Media-Induced Cyber Bullying Behaviour Affecting Teenagers

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Abstract: *Cyberbullying is bullying using digital technology. This can happen on social media, chat platforms, gaming platforms, and mobile phones. Meanwhile, according to Think Before Text, cyberbullying is aggressive and purposeful behavior carried out by a group or individual, using electronic media, repeatedly from time to time, against someone who is deemed not to easily resist this action. So, there is a difference in power between the perpetrator and the victim. The difference in strength in this case refers to a perception of physical and mental capacity. The nature of the research used is normative legal research and the data collection method used in this research is secondary data obtained through library research, namely by conducting research on various literature such as books, laws, with the aim of to look for concepts, or understandings related to the problem of Cyber Bullying Behavior Due to Social Media Which Affects Teenagers. The physical impact of cyberbullying is that teenagers experience headaches, stomach aches, sleep disorders, fatigue, back pain, loss of appetite and digestive problems. Psychologically and emotionally, teenagers feel fear, feelings of terror, anxiety, suffering, sadness, stress and symptoms of depression. School is related to teenagers being less motivated to go to school and a decrease in concentration levels or academic grades. Psychosocially, adolescents have feelings of isolation and loneliness, exclusion and even social rejection. That a personality who is dominant and enjoys violence tends to be temperamental, impulsive, and easily frustrated and often behaves aggressively in adults. Personality characteristics have a fairly high role in a person's tendency to become a perpetrator of cyberbullying. A person with high self-esteem will show himself to have power over others. This is what makes cyberbullying perpetrators show that they are someone who is powerful by bullying weak people.*

Keywords: *Perpetrators, Cyber Bullying, Social Media*

INTRODUCTION

Information technology, especially communication media, has increasingly developed in the field of cybermedia. There are many sites, applications and social media that have been created with the hope that the socialisation of mankind will improve due to the practicality of communication without the limits of time and space. The pattern of daily life has changed since the existence of internet technology, because with internet technology, the earth seems to be a small village that never sleeps, all types of activities can be facilitated by internet technology.

The Directorate General of Informatics Applications (Aptika) of the Ministry of Communication and Information revealed that internet users in Indonesia currently reach 82 million people and are ranked 8th in the world. Of that number, 95 per cent use the internet to access social networks. Director of International Information Services at the Directorate General of Public Information and Communication (IKP), Selamatta Sembiring, said the most accessed social networking sites are Facebook and Twitter. Indonesia ranks as the fourth largest Facebook user after the USA, Brazil, and India. The number of internet users shows that 80% of them are teenagers aged 15-19 years. The rapid development of social media among

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teenagers as a communication tool that is easy to use by anyone and can be accessed anywhere makes a big phenomenon in the flow of information, not only that the growth of social media has brought a new trend in society as a place to carry out acts of online bullying or better known as cyberbullying. while others intentionally repeatedly. Cyberbullying can occur in groups that know each other and groups of people who do not know each other. Seeing the rise of this cyberbullying phenomenon, among our teenagers in Indonesia.

Actually about cyberbullying among our teenagers, to know about the roles and responsibilities of parents, schools, communities, and governments in addressing the phenomenon of cyberbullying, and to know the steps that can be taken both to prevent and overcome cyberbullying. Social media is a website intended for making friends and socialising on the internet. Social media is online media that supports social interaction. Social media uses web-based technology that turns communication into an interactive dialogue. The development of social media has an impact on our communication today. The emergence of web 2.0 allows people to build social relationships as well as share information. Social media is media designed to facilitate social interaction that is interactive or two-way. Social media is based on internet technology that changes the pattern of information dissemination from one to many audiences, many audiences to many audiences That the impact of cyberbullying is physical adolescents experience headaches, stomachaches, sleep disturbances, fatigue, back pain, loss of appetite and digestive problems.

Psychologically and emotionally adolescents feel fear, feelings of terror, anxiety, suffering, sadness, stress and symptoms of depression. School related with adolescents being less motivated to go to school and reduced concentration levels or academic grades. Psychosocially adolescents have feelings of isolation and loneliness, ostracisation and even social rejection. The negative impact of bullying behaviour can affect all aspects of life (psychological, physical and social) which will continue to affect further development. So it is important for nurses to prevent and tackle bullying behaviour. This is closely related to the roles and functions of nurses in primary health care efforts that benefit promotive and preventive efforts related to knowledge and how to control bullying behaviour and prevent the impact on health problems.

Cyberbullying behaviour in Indonesia is actually a new problem along with the development of information technology. Not many studies have focused on this issue so that cyberbullying cases cannot be fully revealed, even though the impact of this case is quite dangerous. The impact of cyberbullying is almost the same as traditional bullying and can even

be more than traditional bullying. Cyberbullying is bullying using digital technology. This can happen on social media, chat platforms, gaming platforms, and mobile phones.

According to Think Before Text, cyberbullying is aggressive and purposeful behaviour by a group or individual, using electronic media, repeatedly over time, against someone who is perceived as not easily resisting the action. Thus, there is a power differential between the perpetrator and the victim. The power differential in this case refers to a perception of physical and mental capacity. Cyberbullying is repeated behaviour aimed at frightening, angering or humiliating those targeted.

Examples include, spreading lies about someone or posting embarrassing photos about someone on social media, sending hurtful messages or threats through chat platforms, writing hurtful words on social media comment sections, or posting something embarrassing/hurtful, impersonating or impersonating someone (e.g. with a fake account or logging in through someone's account) and sending malicious messages to others on their behalf, trolling sending threatening or annoying messages on social networks, chat rooms, or online games, excluding, ostracising, children from online games, activities, or friendship groups, setting up/creating hateful websites or groups (group chats, chat rooms) about someone or with the purpose of sowing hatred against someone.

THEORETICAL REVIEW

Legal protection is all efforts made to ensure the existence of a legal certainty based on the whole of the forms of rules or rules contained in a common life. Soetjipto Rahardjo states 'legal protection is an effort in a person's interest by means of power to him and one of the characteristics as well as the purpose of the law itself to provide protection to the community, by realising it in the form of legal certainty so that people can enjoy the rights given as legal protection to the community'.

Philipus M. Hadjon means 'that the principle of legal protection for the people of Indonesia combines the ideology of Pancasila with the concept of legal protection of western people. In the concept of legal protection there is recognition, protection of Human Rights (HAM), so that the principle of legal protection for the Indonesian people is the principle of recognition and protection of human dignity based on Pancasila related to the principle of the rule of law '.

Legal protection is to provide protection to human rights that are harmed by others and this protection is given to the community so that they can enjoy all the rights provided by law or in other words, legal protection is a variety of legal efforts that must be provided by law enforcement officials to provide a sense of security, both in mind and physically from

disturbances and various threats from any party. A protection can be said to be legal protection if it has the following elements:

a) The existence of protection from the government towards its citizens

b) Guarantee of legal certainty

c) Relating to the rights of citizens

d) The existence of punitive sanctions for those who violate it

e) In general, protection can be in the form of interests or objects or goods.

In addition, protection also means protection given by someone to a weaker person. Thus, legal protection can be interpreted as all government efforts to ensure legal certainty to provide protection to its citizens so that their rights as a citizen are not violated, and those who violate them will be subject to sanctions according to applicable regulations.

Legal protection has principles based on the ideology or basis of the Indonesian state, namely Pancasila, which is based on the concept of Rechstaat and the rule of law, the principle of legal protection in Indonesia which emphasises the legal protection of human dignity and human dignity derived from Pancasila. While the principle of legal protection against government action is more based on the concept of recognition and protection of Human Rights (HAM). The emergence of the concept of recognition and protection of human rights is a concept born from western history which is directed towards restrictions and obligations by society and government. Legal protection is something that protects legal subjects through applicable laws and regulations and enforced implementation with a sanction.

RESEARCH METHODS

The method is a way of working or working technique to be able to understand the object that is the target of the science concerned. While research is a scientific work that aims to reveal the truth systematically, methodologically and consistently legal research is a scientific activity based on certain methods, systematics and thoughts that aim to study something or several legal symptoms of course by analysing them. Thus the research method is a scientific effort to understand and solve a problem based on certain methods.

The specification of this research is normative legal research, namely research that refers to legal norms contained in laws and regulations, literature, legal norms that exist in society and the data obtained is then analysed to answer the problems in this study. The research is straightforward to analyse the application of the law, the type of research used is qualitative research which is carried out by examining library materials in the field of law and laws and regulations relating to Cyber Bullying Behaviour Due to Social Media Affecting Teenagers.

RESULTS AND DISCUSSION

Scope of Cyber Bullying Behaviour Due to Social Media Affecting Adolescents.Increased access to social media risks the occurrence of cyberbullying, this condition is very dangerous for young people who are still psychologically unstable. Cyberbullying generally occurs due to the deterioration of a relationship, whether with a close friend, girlfriend or partner. The deterioration of the relationship is often the reason for attacking the opponent through social media, either with words directly directed at the victim, or in the form of innuendo. Attacks launched through electronic media result in serious psychological problems.

Victims feel vulnerable and alone and suffer the consequences in the long run compared to traditional bullying. To test the counselee's understanding of cyberbullying, the counsellor asked the counselee questions about examples of cyberbullying. The second activity is the identification of thoughts into situations. In this activity, the counsellor provides the ability to recognise and identify cyberbullying that is experienced. The goal is to identify cyberbullying. The third activity is the introduction and practice of coping thoughts.

The purpose of this activity is to provide the ability to shift focus from self-destructive / self-defeating thoughts to more constructive thoughts and build confidence in their ability to obtain the career they want and expect. The fourth activity of shifting negative thoughts to coping tought the aim of providing the ability to overcome cyberbullying. Fifth activity positive reinforcement training aims to provide the ability to overcome cyberbullying behaviour in dealing with and eliminating his own negative behaviour. Sixth activity evaluation reduces or eliminates negative, irrational and illogical ideas and feelings in certain situations.

The achievement of the counselee's ability to overcome thoughts, feelings, and behaviours that hinder confidence in his ability to achieve goals caused by negative thinking and meaning and wrong.Cyberbullying committed by SA is threatening friends through electronic communication message media in the form of whatsapp and facebook, commenting on other people's statuses with harsh and insulting words such as using profanity, and editing pictures or photos of friends and then posting them on social media for laughter.

As for cyberbullying in the form of sending messages or pictures continuously on other people's social media with the aim of making the person's cellphone become erroneous or damaged, editing pictures or photos of friends to post them on Facebook social media and given captions that insult physical and skin colour to be laughed at together, and pretending to be someone else by creating fake accounts that hide their identity and commenting on other people's status using the account.

Factors that influence cyberbullying in both subjects are internal factors including personality characteristics, perception of the victim, and empathy. While external factors include class level, age, socioeconomic status and the role of parents. The most important factor influencing the behaviour of both subjects is the perception of cyberbullying. The handling of cyberbullying in the counselee was carried out using cognitive restructuring techniques showing a decrease in cyberbullying behaviour in both subjects. The change occurred due to a change in the counselor's mind from irrational to rational.

2. The Influence of Social Media on Cyberbullying Behaviour among Teenagers

Cyber bullying has a serious impact on adolescents' emotional and social well-being. Cyberbullying is the repeated aggressive and negative behaviour of a person or group of people who abuse power with the aim of hurting their target (victim) mentally or physically through social networks.

Bullying behaviour can occur in all places such as homes and schools, and can happen at any age and among both men and women. A weaker person will be victimised and attacked repeatedly so that the victim is unable to provide resistance to help form a positive personal character. In practice, acts of bullying that occur in various institutions including schools are very disturbing and cause victims. Factors that influence cyberbullying behaviour in cyberspace have a serious impact on the emotional and social well-being of adolescents. Cyberbullying behaviour is the repeated aggressive and negative behaviour of a person or group of people who abuse power with the aim of hurting their target (victim) mentally or physically through social networks. Bullying behaviour can occur in any setting such as homes and schools, and can happen at any age and among both males and females.

A weaker person will be victimised and attacked repeatedly so that the victim is unable to fight back. Ceberbullying behaviour is caused by several factors, namely internal factors and external factors. The cyberbullying behaviour of the subject is influenced by internal factors such as personal characteristics that are temperamental and tend to want to dominate. Perception of the victim is also not good because it considers the victim who is bullied to be a natural thing to be bullied and an element of annoyance at the victim.

Age or grade level because they consider that school habits among students allow seniors to bully juniors as a form of adab education in senior-junior relations. This is deeply rooted and has become an inseparable tradition in the school environment. The external factor is that he has experienced bullying so that he takes out the grudge on people who are below his level. Another factor is the role of parents who do not care about SA's conditions and situations in using social media.

Meanwhile, in subject SR, internal factors consist of personal characteristics that tend to be aggressive, this also has low empathy so that it does not care about the feelings of victims who are bullied. Perception of the victim is also not good because it considers the victim who is bullied to be someone he does not like. The level of economic status also affects the cyberbullying behaviour carried out because it considers that people who have low economic status are very worthy of being bullied because they are not equal in economic matters. The external factor is the role of parents who do not care about the conditions and situations in using social media so that the supervisory function is very lacking.

There are several things that cause teenagers to commit cyberbullying. The factor of having been bullied is in accordance with showing the relationship between bullying in real life and cyberspace. Whereas in Indonesia it is not uncommon for victims of cyberbullying to also be perpetrators of cyberbullying, have been perpetrators of cyberbullying and the most widely used means is social networking. Bullying events that occur in real life have a great influence on becoming perpetrators of cyberbullies. Real-life bullies can easily become cyberbullies.

That dominant and violent personalities tend to be temperamental, impulsive, and easily frustrated and are often aggressive towards adults. Personality characteristics have a high role in a person's tendency to become a perpetrator of cyberbullying. A person with high self-esteem will show himself to have power over others. This is what makes the perpetrator of cyberbullying to show that he is someone who is powerful by bullying weak people. The next factor is the perception of the victim. And the reason the perpetrators of cyberbullying commit these acts is because of the nature or characteristics of the victims that invite them to bully. This can explain that a person's perception of others can affect their attitude towards that individual.

In relation to the phenomenon of students who behave cyberbullying, which will be discussed in this study, it is stated that cyberbullying behaviour arises as a result of a wrong mindset. A person behaves cyberbullying after receiving a stimulus that makes him unable to go through his cognitive activities properly. Therefore, in order to deal with this behaviour, a counselling process must be carried out that is able to provide them with skills on how to recognise thoughts that arise after receiving external stimuli.

After they can be aware of the thoughts that arise, then they practice to determine whether the thoughts that arise are positive or negative. By instilling a positive mindset and providing intensive practice in the counselling process, it is hoped that students/counsellors can have a permanent positive thinking concept within themselves so that they are free from the

wrong mindset in responding to stimuli that arise. The positive mindset that is formed in an individual can be a control in making decisions in behaviour.

CONCLUSIONS AND SUGGESTIONS

The scope of cyber bullying behaviour due to social media that affects teenagers is Cyberbullying is bullying using digital technology. This can occur on social media, chat platforms, gaming platforms, and mobile phones. According to Think Before Text, cyberbullying is aggressive and purposeful behaviour by a group or individual, using electronic media, repeatedly over time, against someone who is considered not easy to resist these actions. Thus, there is a power differential between the perpetrator and the victim. The power differential in this case refers to a perception of physical and mental capacity.

The influence of social media on cyberbullying behaviour among adolescents is the impact of cyberbullying, namely physical adolescents experience headaches, stomachaches, sleep disorders, fatigue, back pain, loss of appetite and digestive problems. Psychological and emotional teenagers feel fear, feelings of terror, anxiety, suffering, sadness, stress and symptoms of depression. School related with adolescents being less motivated to go to school and decreased concentration levels or academic grades. Psychosocially adolescents have feelings of isolation and loneliness, ostracisation and even social rejection. And dominant and violent personalities, tend to be temperamental, impulsive, and easily frustrated and often aggressive towards adults. Personality characteristics play a significant role in a person's propensity to become a perpetrator of cyberbullying. A person with high self-esteem will show himself to have power over others. This is what makes the perpetrator of cyberbullying to show that he is someone who is powerful by bullying weak people.

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