CYBERSTALKING AND SUICIDAL IDEATION: THE BUFFERING EFFECT

OF FAMILY SUPPORT

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To all the victims who lost their lives while fighting it.

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ABSTRACT

The present study examined the victims of cyberstalking to investigate and quantify if cyberstalking leads to suicidal ideation in the said victims. Moreover, it also examined the buffering effect of family support when one is going through the said malicious crime. The study was based on a cross-sectional survey research design. Participants comprised those who were going through cyberstalking during the time data was collected (N=220). Both females and males participated in the study however the ratio of male victims (N =220, n=31) found was lower than the female victims (N =220, n=189). Data was collected using snow ball sampling technique. Three self-report measures were employed in the study including the Cyber-Obsessional Pursuit Scale, Brief family relationship scale, and concise health risk tracking scale. Pearson's correlation, multiple regression, and moderation analysis were used to test the hypothesis. The findings revealed that cyberstalking and suicidal ideation have a significant positive correlation (r=0.273, p<0.05) while suicidal ideation has a significant negative correlation with family support (r=-0.356, p<0.05). the relationship between family support and cyberstalking is significantly positive (r=0.196, p<0.05). The findings from the moderation analysis of family support between cyberstalking and suicidal ideation reveal that the interaction effect of cyberstalking and family support om suicidal ideation is significant (B=0.01, ρ <0.005). This study has implications for law enforcement agencies to take the matter with due utmost concern as it involves helplessness on the side of victims which renders them to take their lives.

Keywords: cyberstalking, suicidal ideation, family support.

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LIST OF ABBREVIATION AND SYMBOLS

Acronym	Abbreviation
COPS	Cyber Obsessional Pursuit Questionnaire
BFRS	Brief Family Support Scale
CHRT	Concise Health Risk Tracking
M	Mean
SD	Standard Deviation
f	Frequency
n	Sample size
χ^2	Chi-square
t	T-test
α	Alpha Reliability
K	No of items
η^2	Eta-square
p	Significance

CHAPTER 1

INTRODUCTION

The anonymity offered by the internet has presented its users with a myriad of challenges. While it is true that the modern internet is a tremendous tool for inquiry and knowledge sharing, it has made certain harmful behaviors more prominent (Wu & Lien, 2013). One of these behaviors that pose a significant threat to the wellbeing of its users is a phenomenon known as cyberstalking (Maras, 2016).

Cyberstalking is the use of the internet to harass, threaten or intimidate the victim by sending direct threats, impersonating the victim online, distribution of intimate photographs on the internet, seeking out and compilation of information on victim and encouraging other individuals to harass and threaten the victim (Short et al., 2015).

There are three types of Internet harassment: Cyber stalking, Cyber harassment and Cyber Bullying. Cyber stalking: Cyber stalking is the use of the Internet, email or other electronic communications to stalk, and generally refers to a pattern of threatening or malicious behaviours. Cyber stalking may be considered the most dangerous of the three types of Internet harassment, based on a posing credible threat of harm (Mirza, 2016).

Many stalkers are motivated by a desire to exert control over their victims and engage in similar types of behavior to accomplish this end (Nucitelli, 2021). Given the enormous amount of personal information available through the Internet, a cyber-stalker can easily locate private information about a potential victim (Lusthaus, 2010).

The fact that cyber stalking does not involve physical contact may create the misperception that it is more benign than physical stalking (Stevens et al, 2021). This is not necessarily true. As the Internet becomes an ever more integral part of our personal and professional lives, stalkers can take advantage of the ease of communications as well as increased access to personal information (Stevens et al, 2021).

Whereas a potential stalker may be unwilling or unable to confront a victim in person or on the telephone, he or she may have little hesitation sending harassing or threatening electronic communications to a victim (Mirza, 2016).

As with physical stalking, online harassment and threats may be a prelude to a more serious behavior, including physical violence. Cyber bullying" is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones. It has to have a minor on both sides, or at least have been instigated by a minor against another minor. Once adults become involved, it is plain and simple cyber-harassment or cyber stalking (Mirza, 2016).

The psychological anguish experienced by the victims of cyberstalking can lead to such problems as depression, anxiety, guilt, severe stress, and PTSD (Stevens et al.,

2021). In Pakistan, however, the victims of cyberstalking face unique challenges that are characteristic of conservative societies (Agre, 2004).

Due to highly collectivistic makeup i.e. honor/shame culture of the traditional family system in Pakistan, the victim feels responsible that the honor of their family will be sabotaged. This is especially true for the female victims since traditional societies places a great deal of sanctity on their character (Howe, 2014).

In contrast to this, western societies tend to be more individualistic and hence the aforementioned aspect does not materialize as it does in a more conservative set up. For the fear of shame and sabotaging one's honor, a common coping mechanism prevalent amongst Pakistani victims seems to be suicide which stems substantially from the prolonged feeling of helplessness (Howe,2014).

Unfortunately, many people along with legal bodies fail to appreciate the maliciousness of this crime until a victim takes its own life. Suicidal ideations (SI), often called suicidal thoughts or ideas, is a broad term used to describe a range of contemplations, wishes, and preoccupations with death and suicide (Klonsky et al, 2016).

There is no universally accepted consistent definition of SI, which leads to ongoing challenges for clinicians, researchers, and educators (Klonsky et al, 2016). For example, in research studies, SI is frequently given different operational definitions. This interferes with the ability to compare findings across studies and is frequently mentioned as a limitation in meta-analyses associated with suicidality. Some SI definitions include suicide planning deliberations, while others consider planning to be a

discrete stage (Harmer et al, 2021). When dealing with such crisis, the victim must have a sound support system especially parental support because many times lack of such support explains suicidal behavior (Kang et al., 2021).

Therefore, this paper aims to quantify if going through cyberstalking leads to suicidal ideation and how parental support can provide the buffering effect against it. This chapter will provide introduction to the study by first discussing the background and context, followed by the research problem, the aims, objectives, and questions of the study and finally the significance.

1.1   Background

There are currently only a few studies on the psychological impacts on cyberstalking victims. What is clear is that the victims' reactions have a negative nature which includes fear, stress, depression, anxiety, loss of trust in other people and lowered self-esteem (Short et al., 2015). Short et al (2015) in their study of impact of cyberstalking and traditional offline stalking posited that victims suffer a great deal of psychological distress and even though there is a vast variation in individual reaction to the experience of being stalked, there study was able to find out common patterns of distress that are comparable to PTSD (Short et al., 2015).

Worsley et al (2017) thematically analyzed the coping strategies that are employed by victims of cyberstalking along with its perceived effectiveness. Findings of their study suggested that emotional impact that cyberstalking brings predominantly involves comorbid depression and anxiety. Avoidant coping, confrontational coping, ignoring the perpetrator, cognitive reframing and support seeking were among common coping strategies (Worsely et al, 2017).

Cyberstalking brings widespread repercussions affecting psychological, interpersonal and economic aspects of life (Worsley et al., 2017). In Dreßing et al (2014) study anger, anxiety and helplessness was experienced by users of German social networking site when they were presented with a list of psychosocial and psychosomatic symptoms who reported being cyberstalked. Also the victims scored significantly lower on standardized measures of wellbeing as compare to nonvictims.

A study involving 793 students found that cyber victimization had such a strong relation to depression that it could even be used as a predictor for depressive symptoms (Li et al., 2018). Studies have also shown that adolescents with a history of cyberstalking are prone to self-harm behaviors (Messias et al., 2014).

The systematic review by Stevens et al (2021) posited that physical symptoms and negative emotions that victims face are depression, anxiety, fear, embarrassment, shame, anger, low esteem, stomach aches, paranoia, PTSD, panic attacks, heart palpitations and self-harm behaviors. Among the reviewed studies nine disclosed that victims engage in self-harm behaviors as well (Stevens et al, 2021).

Many victims reported receiving inadequate support from friends as well as organizations that were intended to provide security. Such places included law enforcement departments, universities and local police who were amused by the situation rather than appreciating the severity of the ordeal. Victims were many times blamed by such legal bodies as to why they have put their information online in the first place. Moreover, the victims also ended up seeking help from Facebook but never received a response (Reveley, 2017).

Cyberstalking victims undergoes lack of support and inadequate understanding of the ordeal. This is a crime whereby control is exercised over the victim. If victims stay disempowered through lack of support, the stalker continues to inflict the pain upon the victim. DRF and FIA put forth data which revealed that during the period of lockdown, a drastic rise in cybercrimes was witnessed by Pakistan. According to Nighat Dad, founder of Digital Rights Foundation DRF users

of internet grew by 35 percent during lockdown as people (Rehman & Burhan-ud-din, 2021).

According to her in a country such as Pakistan which suffers already from loopholes and ambiguity in cyber laws, pandemic played a pertinent part in the rise of cybercrimes. These cybercrimes targeted women majorly. According to the data from DRF, 68 percent of the complaints are from the women. The filed reports ranged from blackmailing, cyber stalking, cyber bullying, data theft and fake profiles. The FIA corroborated that and revealed that 70 to 80 percent of complainants are women. Nighat Dad reported that DRF has filed about 697 cases in July which was a drastic rise as compared to just 58 cases reported in March. During March the lockdown was actually in the initial phases hence explaining the minute number (Rehman & Burhan-ud-din, 2021).

Additionally, they reported that the filed complaints included cases NCUI nonconsensual use of information, blackmailing, and social engineering which refers to using deception in order to manipulate people to share their personal and sensitive information. They later use this information for the purpose of defamation, to hack, fraudulent acts and unsolicited contacts. Of most concern is the fact that out of total complaints registered in June, approximately 79.4 percent were that of women while complaints from men were 20.6 percent (Rehman & Burhan-ud-din, 2021).

Of course, it is an understatement that all these numbers represent tip of the ice berg. The fear regarding how one's family would react along with mobility restrictions keep women from reporting the complaint which requires the victim to

visit office and provide the staff phone number, CNIC number and name of the

complainant's father (Gossman, 2020).

1.2   Rationale

The concept of honor and shame differs widely with respect to the cultural context. Shame can be external, internal or reflected (Gilbert et al., 2007). In internal shame individual experiences negative feelings and perceptions about self. External shame relates to how an individual thinks others think and feel about the self. Then comes the reflected shame in which individual feels that he can bring shame to others typically one's family and is a threat to their honor. Good evidence shows that in collectivistic societies emotions are linked as to how behaviors basically reflect on other. The shame is reflected in such societies where it is not internalized or confined to oneself, but is experienced as being a threat to the whole family.

Cultural values and rules shape the dynamics of shame that is why what is shaming in one culture might not be in another culture. In honor/shame cultures (collectivistic cultures) as opposed to western societies, when one individual's honor is sabotaged (typically women), the rest of family considers it as their absolute loss of face (Tov & Diener, 2009). In honour cultures, the deemed dishonourable conduct of one person reflects on the honour of all. That is why individual feels responsible for decaying the family reputation. It is not a leap to suggest that shame and dishonour may lead to rage turned inward in women, which could result in more suicidal behaviour. Individual wellbeing, in such cultures as ours is actually contingent on fulfilling cultural expectations and in such cases suicide presents as a final way out when individuals fail to meet cultural mandates (Tov & Diener, 2009).

The cyberstalking victim undergoes the threats by the perpetrator which includes eventually everything that will dismantle their reputation. The victim consequently feels herself to be threat to a family's honor and that is why resorts to suicide as means of a ''way out''. If family support is adequate as to let the victim know that his/her wellbeing is what matters the most and refuses to acknowledge the societal honor, the victim fights his way out of the ordeal.

While the studies in the literature focuses on theory of learned helplessness of victims as a way to describe their suicidal ideation, the current study will be the first proposed study to use the honor shame paradigms to explain the suicidal ideation of victims. The research on cyberstalking is limited especially under this perspective. Literature shows adequate studies in individualistic societies whereas investigating it within the context of collectivism is limited.

Furthermore, literature is meagre in associating the buffering effect of family support while studying the cyberstalking. The increased number of cases of victims eventually resorting to suicide makes a pertinent factor and an utmost need to study this and highlight the major reasons as to why one eventually takes his own life. In addition, many studies on cyberstalking have undergone qualitative methods to investigation, this study will be a quantitative one

1.3   Research objectives

1) To investigate if cyberstalking leads to suicidal ideation.

2) To examine if there are gender differences in the number of victims.

3) To examine if family support provides buffering affect against the cyberstalking.

4) To investigate if there are coping differences among males and females.

5) To investigate if females are affected to a greater degree as compare to males.

1.4   Research Aims

1) The study aims to quantify the relationship between cyberstalking and suicidal

   ideation.

2) It aims to examine buffering role of family support between cyberstalking and

   suicidal ideation.

3) The study also aims to examine the differences in all three variables in the

   groups based on gender, age, residency, birth order and the number of hours a

   person spends on the social media every day.

1.5   Significance

Studying cyberstalking in context of Pakistani society with an eye to the prevailing fatal coping of victims will add to the growing body of research on this cybercrime in general but more importantly it will serve as a stepping stone through which future researches will obtain an insight into studying it under this new perspective. The social evils in the society cannot be prevented as there is always some kind of possibility of untoward happening among people, but increasing public understanding of the crime under study can increase protection. Furthermore, this study, among other future studies, will contribute to show the severity of this crime which may lead to wider scope and coverage of the crime in research and practice. It may reach the research community and academics which can influence government policy, decision making and priorities.

It is pertinent to study this crime in Pakistan as legal bodies often display inability, lack of relevant infrastructure and competency to tackle it. Besides, in depth study is needed so that internet users know the personal boundaries that they have and to protect them in addition to staying steer clear of the chances of being a victim to this crime. Elucidating knowledge about the effect of family support could offer insight into refining approaches to suicide prevention by incorporating and strengthening the joint effects of factors safeguarding against suicide risk

CHAPTER 2

LITERATURE REVIEW

2.1   Defining Cyberstalking

If we ask 100 people to define what cyberstalking is, we will find that most of them have heard of it but there will be varying views as to what a person must do in order to cyberstalk another individual. This confusion arises due to the fact that some of the stalker like actions behaviors are actually part of or resembles the ideas of courtship of western world. This is evident in songs, movies etc. how a guy follows a girl, girl responds with rejection but after a series of continuous pursuit guy succeeds in convincing her that he is after all the one for her. (Parsons-Pollard & Moriarty, 2009). The stalkers are not always are mentally disturbed and mythical ones rather it shows how our culture, by extension promotes the idea that 'no' actually means 'yes' or to say the least 'maybe' and resistant response of women towards the advances of men are only to surrender later (Lee, 1998). There is a dire need of conceptualizing it due to the fact that it impacts the victims, it impacts how the laws surrounding it are formulated and how distribution of sources can be done (Bocij, 2003).

Cyber stalking as defined by Spitzberg & Hoobler (2002) is the use of electronic communication devices or internet (e.g. social media sites) to harass a

person repetitively with the intention of libeling, defaming, controlling, threatening, intimidating, coercing and annoying them.

Perhaps one of useful definitions of cyberstalking is offered by Meloy (1998), an expert on stalking. He argues that using internet for the purpose of stalking serves following criminal functions

1) Gathering of private information about the target in order to further the pursuit and

2) Communicating with the victim in order to cause fear or threaten them be it explicitly or implicitly (Meloy, 1998).

Website of dating detectives also provide a useful definition. They argue that when an individual or group of people make use of personal information, modern technology, or internet with the intent to deprive the victim of freedom, safety and personal rights by means of anonymous or covert ways and to monitor and pursue the victim in order to induce fear and paranoia in the victim (Bocij, 2003).

Bocij (2003) formulated a definition arguing that cyberstalking consists of a group of behaviours whereby a person, organization or group makes use of ICT in order to harass a person, organization or group. These behaviours include, however not limited to false accusations, threats transmission, data theft and identity theft, monitoring, minors solicitation for sexual exploitation, and any such types of agression. These behaviours causes the victim emotional distress.

All the above definitions agree upon the fact that cyberstalking is the use of ICT to stalk another person. Stalking is the most common type of interpersonal violence (Worsley et al., 2017) and it is considered by some that cyberstalking is an extension of offline stalking (Petherick, 1999).

There is a lack of standard definition which has acceptance among professionals, that is due to the fact-number and scope of definitions is too broad. This lack results in situations where people undergoes the experience but did not recognize it as such (Pashang et al., 2019). This lack of realization renders the crime to continue specifically due to the fact that victims feel shame and confusion without knowing that it is not their fault. Moreover, the perception issues as to what constitutes cyberstalking also causes the reluctance if one should report it officially and disclose it to peers (Stevens et al., 2021).

 Also, terms that sound jokey like Facebook stalking (keeping track of others profiles on Facebook and gathering information) should be excluded since it trivialize the maliciousness and seriousness of the said crime (Dreßing et al., 2014). However, it is important to differentiate both stalking and cyberstalking.

2.2   What Differentiates Stalking from cyberstalking?

While stalking and cyberstalking are interrelated terms, they do not mean the same thing and their usage as interchangeable terms should be avoided. The notion is that cyberstalking is a novel delinquent behavior which is distinct from non-digital stalking (Bocij & McFarlane, 2003c). The important differences stalking and cyberstalking are as following:

- The reasons for engaging in cyberstalking can be starkly different from non-digital stalking (Bocij, 2002). When a person, number of people as a category or a company goes after another person, number of people as a category or a company that is known as corporate cyberstalking. Occasionally, the reasons for corporate cyberstalking might be political, to make gains in profits or to win a competitive edge. An instance of corporate cyberstalking is the dispute which involved British Airways and Virgin Atlantic. It is alleged that computers were hacked to spread stories to the press to steal away the passengers of Virgin Atlantic (BBC Online Network, n.d. as cited in Bocij & McFarlane, 2003c).

- Usually, stalkers and their victims have some kind of connection. For example, the writers do not know of any case where a stalker has not seen its victim visually in some form – be it a picture, TV or physically. However,

there are multiple cyberstalking cases which document that the stalker has never seen its victim and possibly lacks fundamental demographic information about their victim (Bocij & McFarlane, 2003c).

- Cyberstalkers are not limited by the place or any particular region and can go after their victim in foreign countries feasibly as they can when they are living in the same locality as their victim (Bocij & McFarlane, 2003c).

- The ease and widespread availability of Information and Communication Technology makes it possible and feasible for a cyberstalker to bring around other people to intimidate their victim which they did not know before (Bocij & McFarlane, 2003c).

2.3 What is the Difference between Cyberstalking and Cyberbullying?

Cyberbullying and cyberstalking are concepts which lack originality (Lapshin & Klimakov, 2019). The two terms came into being by merely adding the word "cyber" to each. Therefore, there is a need to remove any ambiguity about the terms bullying and stalking. Bullying and stalking are terms used in the law and are prevalent in the majority of the developed legal systems but they are also used in the daily language of people (Lapshin & Klimakov, 2019).

According to Collins Dictionary (2022), bullying is "the repeated use of threats or violence in an attempt to harm or intimidate others", and stalking is "the act or crime of pursuing or following someone persistently or threateningly". Hence, there is a common factor in both bullying and stalking which is that the bully/stalker does not back off and fear is instilled in the victim. Another common thread is both are related to the concept of harassment (Lapshin & Klimakov, 2019).

A behavior which irritates, frustrates or causes distress in the person or there is perpetual unsolicited and irritating behavior from a person or group of persons, which also includes intimidation and demands is known as harassment according to Legal Dictionary (2022). According to some dictionaries try to put forth the concept of bullying and stalking from the lens of harassment or conversely. That said, bullying also involves the use of force to carry out something against one's volition (Cambridge Dictionary, 2022).

Moreover, a characteristic particular to bullying is the power imbalance between a bully and their victim; bullying is the ill treatment of someone who is vulnerable by someone more forceful and influential from different standpoints (Merriam-Webster, 2022). Such a power imbalance between the bully and their victim might be concrete or perceived as such by the bully given a bully is a person who out of habit searches for someone they perceive as vulnerable – to injure, damage and give threats (Oxford Dictionary, 2022). Keeping that in view, it is commonly considered that places of learning are where bullying takes place frequently, for instance due to obvious differences between age and physical

strength from varied grades to classmates. Such a difference is not implied in case of Stalking. In case of stalking, not only someone who is more powerful physically or socially can be a stalker but also such a person who is weaker can be a stalker of someone more powerful (Lapshin & Klimakov, 2019).

Hence, a person who is the victim of stalking feels intimidated and anxious and, in that way, becomes weaker compared to a stalker even if it is not the case physically or socially. For instance, if an individual receives unsolicited messages and the message sender knows the residential address of the receiver, one understandably feels weak, helpless and insecure. A significant characteristic which differentiates bullying from stalking is that the actions of a bully are put into the category of being socially intolerable (Lapshin & Klimakov, 2019). According to Legal Dictionary (2022) the "sending flowers, writing love notes, and waiting for someone outside her place of work are actions that, on their own, are not criminal".

That implies that to define stalking is a tall order and the concept is ambiguous. In the following lines, it will be seen how the ambiguity complicates legal definitions. Dictionaries point to another type of stalking. The aforementioned are instances where it is implied that a person is following another individual perpetually or intimidatingly, i.e., there is a sort of connection between the stalker and their victim (at the minimum an eye contact) such that the victim is intimidated and feel intimidated – the victim of stalking knows that they are being stalked (Lapshin & Klimakov, 2019).

In contrast, according to Cambridge Dictionary (2022) stalking means "following another person as closely as possible without being seen or heard". If the concept of stalking is understood in that sense, then it becomes a broad notion and it becomes arduous when one needs to ask whether an apparently harmless behavior can be deemed stalking (Lapshin & Klimakov, 2019). Today, there is a trend in which the terms such bullying, stalking and harassment are used broadly which can be seen as a prototype from the changes in laws and policies of a few big companies.

One of the most distinctive traits which distinguish cyberstalking from cyberbullying is that cyberstalking in most cases is a part of traditional, offline stalking. Cyberbullying can lead to the most tragic consequences without going over to verbal, physical etc. aggression. Cyberstalking, on the other hand, is usually one of the methods of pursuing the same goals that ordinary stalking is aimed at (Petherick, 1999).

A significant stark characteristic which separates cyberstalking from cyberbullying is that cyberstalking is part of in person, old stalking. Without resorting to spoken and in person aggression, cyberbullying can have devastating results. In contrast, cyberstalking usually also tries to achieve the same aims which are part of ordinary stalking (Lapshin & Klimakov, 2019).

Cyberstalking and in person stalking usually occur simultaneously. As highlighted before, bullying and cyberbullying can be concepts with a common thread but can take varied forms, however, stalking and cyberstalking are behaviors which are parallel and complement each other with the goal of causing

psychological and physical distress in which causing physical harm is more important (Lapshin & Klimakov, 2019).

Cyberstalking always occurs in parallel with offline or ordinary stalking. It is possibly due to the fact that women between the ages of 18-29 are the most common aim of cyberstalking compared to other categories, in this age range, individuals have similar weaknesses whatever their gender be which makes it more probable for them to become a victim of cyberbullying. Given the goals of cyberstalking are attached to in person aims, the most common victims of cyberstalking are such young women who have physical and personal-moral vulnerabilities (Lapshin & Klimakov, 2019).

In addition to the mentioned differences, what differentiates cyberbullying from cyberstalking is that cyberbullying is more about particular purpose and design, in contrast, cyberstalking is characterized by power, control and rule (over another person) according to the Trolling Magnitude (TM) Scale (Bishop, 2012).

One of the other differences is that cyberbullying occurs when Information and Communication Technology (ICT) is used against a minor to intimidate them, cause agony, harass them, shame them by another minor. For a cyberbullying to occur, both cyberbullying and the cyberbullied ought to be minors. When adults become involved in such acts, it is known as cyber-harassment or cyberstalking (Mirza, 2016)

Unlike cyberstalking, cyber harassment does not involve physical intimidation. Usually, cyber harassment is concerned with the use of ICT to agonize a person, group of persons or a company. Some states view cyber harassment from the lens of ICT with usual harassment laws while others have made unequaled laws for cyber harassment (Nuccitelli, 2021).

2.4   Factors That Encourage Cyberstalking

What is it that gives way to a rational person who goes by the book to engage in socially objectionable and unlawful activities in the digital world? A combo of societal and technological factors give way to people to engage in unlawful and objectionable actions which includes incitement to violence. Some elements which relate to the technology revolved chiefly two ideas: the easy access to technology and the anonymity (Bocij & McFarlane, 2003a).   For example, it was personified how one can hide one's identity and make use of email anonymously. The elements related to the society revolved around chiefly three ideas: elements which assist to knock down social conventions which restricts behavior outside the norms, elements that assist to dehumanize and deindividualized victims and how occasionally socially objectionable actions are carried out by people at the persuasion and support of others. For example, when a person is shown as devoid of positive human qualities, it becomes uncomplicated to injure a person (Bocij & McFarlane, 2003a).

2.4.1   Technological Factors

- Easy and cheap access to technology in its different forms

- Growing knowledge of technology

- Anonymity in activity and identity

- Data destruction to destroy the evidence of ill use of technology

2.4.2   Social Factors

- Impulsivity

- The sense that one cannot be identified personally (such as in a crowd, mob, on the internet)

- Dehumanization

- Lack of sufficient monitoring from the parents/guardian

- Power and control imbalance

- Physical and emotional distance from the victim

- Emergence of aberrant factions and planned identity (Bocij & McFarlane, 2003a).

2.5   Types of Cyberstalkers

2.5.1   Rejected Cyberstalkers

It is a type of cyberstalker in which the victim is pursued by the stalker because they feel that they have been left unjustly and as a result their connection has been terminated. Such a wrongdoer perceives that they have not been comprehended and have a hope to reconnect or they feel irate and seek vengeance as their effort to make up with the victim has not been successful in the past (Nuccitelli, 2021).

2.5.2   Resentful Cyberstalkers

This type of stalker is possibly dangerous owing to their reason and motive for stalking. It is such a type of stalking in which the offender is well aware that their victim knows they are being stalked but nonetheless continue to do so as they feel called to do it out of twisted feud. To instill terror and anguish in the victim is the aim of this type of stalker. In this type of cyberstalker, the offender is convinced that the victim merits and it is necessary to scare them for the reason that the victim has caused them or others agony (Nuccitelli, 2021).

2.5.3 Intimacy Seekers

It is that type of cyberstalker in which animosity towards the victim is not involved and the cyberstalker wants intimacy with the victim. This type of cyberstalker is convinced that their victim is their ideal match and they are fated to be with each other no matter what. With that mindset, they are convinced that it their task and determination to ensure such a fate of the intimate relationship is carried out. This type of cyberstalkers is usually such section of people irrespective of their gender who intimidate famous people (Nuccitelli, 2021).

2.5.4 Incompetent Suitors

This type of cyberstalkers are in love with their victim. Their liking and admiration for the victim can reach a point where it becomes an obsession and consequently their whole life is devoted to the attempt to become spouses one day. Such cyberstalkers usually lack social skills and skills related to seeking a partner and might feel authorized that their dream of an intimate relationship is unavoidable. With that mindset for the intimate relationship, the cyberstalker is encouraged to approach the victim more often over time. This type of cyberstalker is similar to the intimacy seeker type of cyberstalking except that in this type in the sense that they are slow in their method and techniques of contact (Nuccitelli, 2021).

2.5.5   Predatory Cyberstalkers

Among all the six types of cyberstalking, this type can be the most hazardous and resolute. It is prompted by unnatural sexual need. They actively imagine an assault beside the daydreaming of carnal behaviors with the victim. This type of cyber stalker does not have emotion of love attached to the victim, nor are they convinced by any idea of fate. Their encouragement to control and exploit their victim is similar to a psychopath in which they feel negligible to no contrition at all for the well being of the victim (Nuccitelli, 2021).

2.5.6   Ghost Cyberstalkers

To comprehend what are the different types of cyberstalking and what compels them is a first stepping stone to curtail the possibility of becoming one of the victims of cyberstalking. Unluckily, in general people and the community at large tend to wrongly deem cyberstalkers and their types unlucky people who are seeking intimate relationships. What is missed by people is the fact that these ruthless exploiters suffer from mental illnesses and are guided by earnest carnal prompts to dominate the victim (Nuccitelli, 2021).

2.6   Etiology of Stalking

2.6.1   Possible Psychological Explanation

A common misapprehension is that cyber stalkers carry out lawbreaking actions due to some mental issue (Bocij & McFarlane, 2003b). The literature review does give way to the opinion that that might be true, but some studies are of the opinion that stalkers are prone to a delusional disorder which is present in DSM-IV – that is known as de Clerambault's syndrome. In this disorder, a person strongly believes that they are loved by another person despite evidence to the contrary (Dressing et al., 2002). The syndrome is handy to describe the actions and irresistible and all-consuming actions of the people who suffer from this syndrome and they truly believe that they have a loving relationship with the victim. Alternate studies point that stalking is not the outcome of psychological illness, instead, it is the result of behavioral illness which is the offshoot of a number of psychological and behavioral dysfunctions that includes disorders like paranoid and delusional (Dressing et al., 2002). Nonetheless, it is not the case every time with cyberstalkers. These offenders can be aloof and recluse who may merely want to have importance and friendship from another person (Hutton & Hantz, 2003). The issue is that these people can become preoccupied and besotted with the victim but that is not reciprocated by the victim be it emotions or the belief about the connection as believed by the offender (Hutton & Hantz, 2003).

2.6.2   Social Learning Theory

It is known that cyberstalker and in person stalkers have a common thread, that is they are significantly moved by the urge to dominate and force the aimed victim in some way (Reno, 1999). If one attempts to view cyberstalking from behaviorist school of thought, classical and operant conditioning of B. F. Skinner would emerge as one explanation of the behavior which comes from psychological research done earlier (Barkan, 2006). In case of classical conditioning, the occurrence of a behavior depends on the occurrence of desired response from the outside (Barkan, 2006). In case of operant conditioning, specific behaviors are performed again and again when they receive the desired outcome and response (Barkan, 2006). If a similar set of actions does not get the desired response, that behavior is likely to decrease given that a prize was not presented for it (Barkan, 2006).

If a stalker approaches the victim and the victim participates in the conversation whatever be its nature, the stalker is likely to perform a similar set of actions. That is to say that the best course of action against a stalker might be ignoring him instead of providing him with the negative feedback. Showoffs usually depict the same actions. Baring one's private part to the victim is probably going to instill a reaction in spite of the fact that it be an upsetting reaction. Although the reaction is in most cases negative, nonetheless, the set of actions are strengthened and for that reason, it continues in the upcoming happenings and events (Pittaro, 2007).

2.6.3   Rational Choice Theory

According to rational choice theory, cyberstalkers make a choice out of their volition to carry out an offense by weighting the pros of the probable prizes compared to the cons of the probable risks involved (Barkan, 2006). Rational choice theory can be unified with routine activities theory given that the later theory asserts that people are likely to carry out an offense when there is a combination of determined wrongdoer, acceptable victim and lack of competent guardians who can stop the wrongdoer from the desired aim perpetration (Mustaine & Tewksbury, 1999). That is to say, as a determined wrongdoer, a cyberstalker will search for an acceptable victim coupled with lack of competent protector which in this scenario is the condition of being anonymous on the internet which serves as a shield against discovery.

According to Mustaine and Tewksbury (1999) females might be acceptable victims because cyber stalking victimization is not given solemn heed and importance which it deserves from the set of laws and principles which are applicable to the offenses. For a stalker, it is possible through the internet to stalk at a distance, nonetheless, the wrongdoing does instill such fright and aggressive pressure and intimation in the victim as it were to do if that were happening in person between the wrongdoer and the victim.

Given that rational choice theory asserts that cyber stalkers shall weigh the pros and cons and the risks involved in carrying out the offense, it also asserts that

such a set of actions can be prevented if the risks were unquestionable and the

penalty were harsh (Barkan, 2006). As of now, no solid prevention against such a set

of actions is present. The possibility of discovery is low and even when the

discovery of the cyberstalker is disclosed, the danger of being apprehended, taken to

the court and be judged as guilty of such offenses is extremely low; as a result of

that cyber stalking is a comparatively secure and appealing offense to carry out. For

upcoming criminological investigations, routine activities theory as a protuberance

of rational choice theory can have a promising possibility to serve as an explanation

based on what has been introduced (Pittaro, 2007).

2.7   Prevalence in Pakistan

Cybercrime complaints, according to recent data have drastic increase

approximately 83 percent from 2018 to 2020. 16,122 complaints were registered in

Cyber Crime Wing in 2018 and in 2020 it increased to over 94,000. 60 percent of

total complaints were registered in the past year while 30 percent in 2019 and 10

percent in 2018. the complaints of financial frauds were 44,000 while that of

harassment, 22,225, as for hacking, defamation and fake profiles the numbers are

15000, 10,358, 16,601 respectively from 2018 till 2020. Blackmailing, stalking,

threats, pornography, identity theft, making blasphemous content, child pornography

and spamming constitutes additional categories of cybercrimes (Abbasi, 2021).

Facebook remains the biggest platform at present giving rise to approximately 42,357 complaints in 2018 to 2020. 18000 complaints are reported of WhatsApp which is followed by phone calls and emails with 8,618 and 14,109 complaints respectively. Twitter, snapchat, Instagram, YouTube and Tiktok constitutes other mediums for such crimes (Abbasi, 2021).

The data has also revealed that the cybercrime complaints grow unwaveringly during last three years across major cities in Pakistan. Among these cities Lahore filed 19,000 complaints in 2020, in Karachi the number is over 12,000, Islamabad has 11,126 complaints, Rawalpindi has 9,780, Multan has 8,573, Faisalabad has 7,273 and Gujranwala has registered 5,323 complaints (Abbasi, 2021).

FIA encountered 100,357 complaints in 2020 which is obviously five times bigger than the number of complaints they disposed in 2018. Additionally, in 2020 they have completed more inquiries as compared to 2019. Also, more challans were issues in 2020 than in 2019 (Abbasi, 2021).

DRF and FIA, as mentioned earlier, put forth data which revealed that during the period of lockdown, a drastic rise in cybercrimes was witnessed by Pakistan. According to Nighat Dad, founder of Digital Rights Foundation DRF users of internet grew by 35 percent during lockdown as people (Rehman & Burhan-ud-din, 2021).

According to her in a country such as Pakistan which suffers already from loopholes and ambiguity in cyberlaws, pandemic played a pertinent part in the rise of cybercrimes. These cybercrimes targeted women majorly. According to the data from DRF, 68 percent of the complaints are from the women. The filed reports

ranged from blackmailing, cyber stalking, cyber bullying, data theft and fake

profiles. The FIA corroborated that and revealed that 70 to 80 percent of

complainants are women.   Nighat Dad reported that DRF has filed about 697 cases

in July which was a drastic rise as compared to just 58 cases reported in March.

During March the lockdown was actually in the initial phases hence explaining the

minute number (Gossman, 2020).

Additionally, they reported that the filed complaints included cases NCUI

nonconsensual use of information, blackmailing, and social engineering which refers

to using deception in order to manipulate people to share their personal and sensitive

information. They later use this information for the purpose of defamation, to hack,

fraudulent acts and unsolicited contacts (Rehman & Burhan-ud-din, 2021).

Of most concern is the fact that out of total complaints registered in June,

approximately 79.4 percent were that of women while complaints from men were

20.6 percent. Of course, it is an understatement that all these numbers represent tip

of the ice berg. The fear regarding how one's family would react along with

mobility restrictions keep women from reporting the complaint which requires the

victim to visit office and provide the staff phone number, CNIC number and name

of the complainant's father (Rehman & Burhan-ud-din, 2021).

2.8   Laws and Related Issues with Cyberstalking

Pakistan's parliament, in 2016, passed PECA. PECA is prevention of electronic crimes. It is basically a set of laws which was meant to restrict online women harassment along with extremist content and to ban the derogatory and hate speech. The question is: was Peca effective in combating the women harassment in cyberspace. Female journalists of Pakistan think contrarily. Renowned group of female journalists, on 12 august 2020 censured a coordinated and well-defined campaign of cyber harassment which was against colleagues and involved threats regarding violence via issuing statement (Gossman, 2020). They also stated that when they report crimes that comes under PECA, they are always ignored. More worryingly laws of defamation provisions are misused in order to harass women. Making it clear they stated that they are against resorting to laws that abuses human rights. FIA's cyber wing implements PECA along with investigating the complaints from women especially. In a country where there are 34 million users of internet, the wing consists of merely 500 individuals. Moreover until 2018 only two women were staffing the help desk of cybercrime (Gossman, 2020).

The agency lacks the resources to combat the gendered cyberharrasment. Activist of digital rights shmyla Khan stated that if every other woman facing cyberharassment reports it to the wing, it will break in no time. Of much concern is the fact that men dominate this agency which explains the arbitrary pursuit of cases as well as the fact of not grasping the subtlety of gendered cyberharassment. DRF in 2017 filed a complaint about Facebook account which was constantly posting

derogatory content about the founder of DRF. Upon asking the updates regarding investigation, FIA responded that for someone who is a public figure like Nighat dad, it is normal to receive threats regularly (Gossman, 2020).

In 2015 before PECA, a concern was put forth by Human rights watch stating that such law will be violating the human rights commitment of Pakistan. Under PECA's provisions, government is allowed for criminalizing the activity of users and censoring online content under immensely broad criteria. According to human rights watch the bill poses a clear threat to human rights on the excuse of addressing the fears that are legitimate about cybercrime (Gossman, 2020).

Such concerns are borne out. there is a dire need that government take this matter seriously regarding restraining the online harassment as well as mend the PECA's provisions that are abusive and to address the power structure which is controlling the investigative agency. They should be held accountable for dismissively responding to the complaints that are brought by women. Agency needs to include men and women who are gender sensitized to their helpline, help desk and investigation teams. Moreover, as the law requires, they should report to parliament as well. The agency needs to be held accountable for being dismissive about complaints brought by women. It needs to add gender-sensitized men and women to their help desk, helpline and investigation teams; and report to parliament as the law requires. (Gossman 2020).

Proper laws need to be formulated and it is not enough that the laws just stay on paper. It should communicate strict penalties for those who engage in this

malicious crime as well. Also, there is an utmost need to educate people about safe use of internet. This is a serious crime and the fact that negative impacts it has on the wellbeing of victim is similar to the ones traditional or offline stalking brings requires it to be taken as much seriously as the offline stalking by legal bodies as well as other professionals (Dreßing et al., 2014). Also, as mentioned earlier, terms that sound jokey like Facebook stalking (keeping track of others profiles on Facebook and gathering information) should be excluded since it trivializes the maliciousness and seriousness of the said crime (Dreßing et al., 2014).

Legal authorities which are meant to provide support and protection to victims instead engages in non-serious attitude to address the issue at hand and instills feelings of helplessness in victims. In Worsley et al (2017) study about cyberstalking victims, many victims reported how asking for help from legal authorities only worsened the situation. It caused them to feel helpless about the situation. Police blame the victim for putting the information online. Many victims reported that law enforcers only take the matter seriously if physical health is at stake (Worsley et al., 2017). Law enforcers consider it relatively harmless, little do they know is that cyberstalking eventually leads to physical confrontation, potentially volatile, at some point if left unattended (Reno, 1999). Also as described earlier both types of stalking are mutually reinforcing to each other and many times their occurrence is concurrent (Lapshin & Klimakov, 2019).

The failure of legal bodies to address the issue elevates the victims' feelings of helplessness (Worsley et al., 2017) and in Lester & Walker (2007) study helplessness was found to be one of the potential factors of suicidal ideation.

2.8   Suicidal ideation

Suicidal ideation, refers to having ruminations, thoughts or ideas regarding the possibility to end one's life (Klonsky et al, 2016). However, suicidal ideation is not in itself a separate diagnosis rather is a symptom of various mental disorders and its occurrence also comes in response to adversities whether there is a presence of a disorder or not (Barry, 2019).

Centers for disease control and prevention offers an appropriately broader definition. According to them suicidal ideation refers to the thoughts regarding engagement in suicide related behavior (Crosby, Ortega, & Melanson, 2011). This definition takes a broader approach which includes, however is not restricted to, specific plans to end one's life as well as an explicit intention to end one's life imminently (Crosby, Ortega, & Melanson, 2011). Every aspect of suicidal ideation is worthwhile in terms of giving the needed attention however the above-mentioned aspects certainly deserves so as they are signaling towards impending danger for ending one's life (Crosby, Ortega, & Melanson, 2011).

2.8.1   Types of suicidal ideation:

To summarize it all suicidal ideation basically means when a person wants to take his own life or thinks about suicide. Nevertheless, there are two types of ideation: active suicidal ideation and passive suicidal ideation. Active suicidal ideation is when you wish to die accompanied by intention and planning to end

one's life. Contrarily passive one is when you are wishing that you could die or you were dead but without any plans to do so (Estavillo, 2020).

2.8.2   Motivations for suicide:

While majority of the studies regarding suicide are centered upon the correlates of suicide, one of the other ways to enhance the prevention and knowledge of suicide is to gain understanding of the underlying motivations behind the attempts (Klonsky, 2016). Doing so can facilitate the development of programs concerning the prevention and intervention which will help the at risk individuals. Although common motivation behind suicide is the desire to die, majority of the research suggest that escape, dealing with insufferable state of mind, communication and modifying ones environment (May & Klonsky, 2013).

Different hypotheses are offered by different theories as to why people end their lives. Among many, theory of Edwin Shneidman (1993) argues that people commit suicide due to the psychache which is psychological or emotional pain and describes it as a prime motivator. This theory states that every individual has a threshold for bearing psychological pain which of course varies from person to person and when a person's psychache exceeds beyond the said threshold, he or she resorts to suicide. (Klonsky, 2016).

Another theory offered by Roy Bausmeister is centered on the concepts from personality, social and cognitive psychology. Theory states that a person is driven by the need to lessen the aversive and dreaded self-awareness. (Baumeister 1990).

Interpersonal theory of Thomas Joiner (2005) suggests that it is the interplay between two domains that causes the desire to end one's life. The two domains are perceived burdensomeness along with thwarted belongingness. Whereas other theories focuse on the motivating role of interpersonal communication, hopelessness, impulsivity and problem solving (Klonsky, 2016).

2.9   Theories of suicidal ideation:

2.9.1   Interpersonal Theory

Interpersonal theory of suicidal behavior is one of the most influential and popular theories in the field of suicidology (Van Orden et al., 2010). It suggests that thoughts about suicide emerges as a result of high levels of two factor that are feelings of being a burden on others or perceived burdensomeness and feeling that one does not belong or thwarted belongingness. Mere thoughts of suicide become translated into attempts when there is less fear of death as well as heightened bearance for pain. A metanalysis suggested that there is a strong relation between suicidal thoughts and perceived burdensomeness. However as for thwarted belongingness there was a less strong association (Chu et al., 2017).

2.9.2   Integrated Motivational-Volitional Model

Another predominant theory of suicidal ideation is integrated motivational-volitional model**.** This model basically argues that a complex interaction between volitional and motivational factors results in suicidal behavior (O'Connor & Kirtley, 2018). The motivational phase factors basically state how in some individuals' suicidal thoughts appear while in others there is an absence. Factors in this phase consists of entrapment, defeat, and absence of social support (O'Connor & Kirtley, 2018). The second part i.e., volitional phase explains the factors that dictate the transitioning of suicidal thoughts to behavior. The factors in this phase consists lack of fear regarding death, exposure and impulsivity. (O'Connor & Portzky, 2018). The prime driver suicidal ideation in this model is entrapment alongside support of empirical evidence of the theory ongoing continuity to grow. (O'Connor & Kirtley, 2018).

Studies show that a type of entrapment which is more strongly associated to suicidality is internal entrapment as opposed to external one. Internal entrapment is when one feels trapped due to the pain that is triggered via internal feelings and thoughts. While on the other hand external entrapment is being unable to flee the external events (Owen et al, 2017). This model also highlights factors of pre motivational phase that assesses the background factors i.e., triggering events, perfectionism and environmental factors. (Owen et al, 2017).

2.9.3   The Three Step Theory of Suicidal Ideation

Fairly recent theory is the three step theory proposed by Klonsky and May (2015) which explains suicide within the framework of ideation to action. It resembles the theory of joiner and O'connor in that it explains separately the development of suicidal thoughts and its progression towards attempts. However it is parsimonious as attempts and suicidal ideation are explained with respect to just four aspects: hopelessness, pain, suicide capacity and connectedness. The theory is explained via three steps explained below (Klonsky & May, 2015).

Talking in terms of development of suicide ideation, the initial step towards it starts with pain. The pain not necessarily however usually refers to the emotional or psychological pain. Basically human beings are shaped in way in which they keep away from behaviors that are punished and engage in the ones that are rewarded, in other terms behavioral conditioning is what shapes them. What initiates the thoughts regarding suicide is when an individual's every other day is characterized with pain and feels being punished simply for living which contributes to the decreased desire to live (Klonsky & May, 2015).

Intentionally it is not specified about the nature of pain. Simply put, as loud noises, electric shocks, noxious odors or social exclusion (sources of punishment) shapes human behavior but stimulus must be adequately aversive (Mazur, 2012). In the same manner we say different pains can all contribute to a reduced desire to live. It can include social isolation, physical suffering, perceived burdensomeness,

negative self-perception, entrapment and myriad of other punishing thoughts, experiences, emotions and sensations. (May & Klonsky, 2015)

Therefore, the first step of ideation starts with pain irrespective of the source. Pain alone, however is not adequate to give rise to suicidal ideation. A person who is in pain but has the hope that life will improve will more likely be focused on earning a future with minimal pain instead of focusing on possibility to end his life. (May & Klonsky, 2013). Thus, hopelessness is needed for the development of suicidal thoughts. A person considers suicide when his every day is characterized with pain as well as feels hopeless if the life will ever improve. To summarize it all, it is basically a combination of both pain and hopelessness which causes the development of suicidal ideation. (May & Klonsky, 2013)

A person who is in pain and despite that hopes that future might bring happiness will continue engaging in life. Likewise, a person who is hopeless about his future but his every day experience doesn't comprise of pain, he will also not consider suicide (May & Klonsky, 2015).

The next step towards suicidal behavior includes connectedness. It refers simply to a connection to other individuals; however, the term is used more broadly here. It can also refer to a person's attachment to an interest, job, role or a project as well as anything that brings about a purpose which keeps a person invested to live (Klonsky & May, 2015). The aspect of connectedness matters when we are talking in terms of suicide. A person despite of feeling hopelessness and pain considers committing suicide however the suicidal ideation still remains moderate (i.e., a

person thinking that he may be better off dead) rather than strong ideation (i.e., a person thinking he would kill himself the instance he gets a chance) just as long as his connectedness to life supersedes his pain. If, however, both hopelessness and pain exist while connectedness does not, the person will experience strong desire to end his life (Klonsky et al, 2016)

Once a person has developed suicidal ideation, the question arises whether he will act on it. The founders of the theory agree with Joiner (2005) that whether the person has the capability for attempt is actually the key determinant. As discussed earlier, human beings are biologically wired in a way that they avoid pain.

Therefore, despite of the presence of ideation it is difficult to act on it or make an attempt (Joiner, 2005). The theory however is expanded on this notion in two ways. In joiner's theory, he has emphasized acquired capability which refers to a person's habituation to fear, pain, and death via repeated exposure to self-injurious behavior, physical abuse, combat training, and suicide of a close related person or any event that subjects a person to pain (Klonsky et al 2016).

This theory, however takes a broader perspective. It proposes three variables contributing to capacity of suicide. First is dispositional which refers to genetic driven variables i.e., blood phobia or pain sensitivity (Czajkowski et al 2012). Assuming someone who is born with low sensitivity to pain would actually have a high capacity to make an attempt. Likewise, someone born blood phobia will have low capacity.

The recent studies specifically from joiner and others revealed that suicide capability is significantly genetic (Smith et al., 2012). Second variable is acquired which as described earlier is habituation to pain when one is repeatedly exposed to aversive stimuli. Such person will have high capacity to attempt. Last one is practical which means all those factors that renders the attempt easy. For instance, a person who has both access and knowledge of lethal ways i.e., firearm, is going to make an attempt as compared to someone who lacks such access and knowledge. Suicide rates of anesthesiologists as well as medical experts is also high (Swanson, Roberts, & Chapman, 2003).

To summarize it all, the above explained factors are attributable to the suicide capacity. A person with strong ideation will only act on it if and when he has the said capacity.

2.9.4   Theory of learned helplessness

Around 1967, martin Seligman carried out a famous experiment. This classic experiment had two groups: A and B comprising of dogs. Both of these groups, while fastened with a hammock received electric shocks. Experiment was designed in such a way that dogs of group A had a control as they were able to turn the shock off by pushing the panel that was close to their noses (Ugbechie, 2019).

Contrarily, group B had no such control. The number of shocks were the same for both groups. In experiment each dog from group A was collared to the dog of

group B in a manner such that when dog from group A was given the shock, it was received the dog of group B as well. This was to ensure that the stimulus experience for both groups remain the same. The experiment was designed to demonstrate how the dogs from group B would behave when presented with a situation which provided these dogs an opportunity to aid themselves. In a shuttle box, both groups were engaged in an avoidance learning task. Group A dogs were as quick to learn as the group b dogs who lacked prior experience in experiments. It was reported that during first trial dogs of group A waited until the shock initiated, scrambling over the hurdle followed by jumping before the grace period was over hence avoiding the electric shock entirely (Seligman & Maier, 1967).

Contrarily the other group dogs who previously experienced the unavoidable shocks were reported to behave differently. In the beginning their behavior was much like the dogs of group A that is barking, running around and howling. Later on, however their behavior begins to become much passive. Dogs from this group were whining quietly followed by laying down and accepting the electric shocks coming their way (Seligman & Maier, 1967). They exhibited behavior in which they were not attempting avoid the shocks as well as they were not trying to escape the situation demonstrating giving up. In hammock the dogs of group B were actually helpless, lacking any way to escape the electric shocks. In shuttle box, however the situation was designed in a way whereby the helplessness was partial and subjective since this situation now consisted of a means of escaping.

They did not attempt to escape and nor did they made efforts to discover it. It was concluded that these dogs demonstrated what is known as learned helplessness. (Seligman & Maier, 1967). Through this experiment, Martin Seligman concluded that learned helplessness present in animals is also, in many ways, associated to depression. The common denominator that lies between depressed individuals and helpless dogs is that once they perceive that there is nothing that they can do to escape the situation that is causing them pain, they stop trying. The sense that they can not change their destiny serves to build as a generalized feeling of impotence which is a passive mentality of victims that they exert no control over painful life events (Ugbechie, 2019).

According to Seligman this state of learned helplessness is what causes one to become depressed and suicidal (Ugbechie, 2019). The experience of cyberstalking is also no less different than the situation of dogs. Among many psychological anguishes, one is the feelings of helplessness that victims of cyberstalking face (Worseley, 2017). The helplessness, as discussed earlier is among the major determiner of suicidal ideation (Lester & Walker, 2007).

2.10   Cyberstalking and Suicidal Ideation

On 1ˢᵗ January, 2017 Naila Rind, a master's student from University of Sindh, jamshoro was found dead hanging from the fan inside her room in hostel. Naila's brother reported that she was ambitious and was looking forward to a bright future. She was conducting thesis for the master's degree. What made an otherwise

ambitious person to end her own life? It was found that Naila was cyberstalked by a man called Anis Khaskheli who was a lecturer in a private school in the same city Naila was residing. According to the investigation report the said person was blackmailing the deceased with videos and pictures for over three months.

The report said that accused befriended Naila on Whatsapp, proposed her for marriage and upon rejection began to cyberstalk her. The judge consulted now retired SSP Capt. Tariq wilayat for his opinion as to what caused the suicide. The SSP replied that keeping in view the evidence both digital and from different individuals it is safe to say that the compelling cause for death is blackmailing by the accused. Retired SHO at Jamshoro police station received the photographs that were retrieved from the phones of both deceased and the accused and were exchanged between the two parties via whatsapp. The accused denied the cause of suicide and argued that he shared a health relationship with the deceased. Judge also mentioned that Naila's brother reported that his sister mentioned about being cyberstalked to her family when she last visited them. (Khan, 2017)

He said that Naila's brother Nisar Ahmed had stated in the FIR that his sister had complained to the family when she had last visited her home that someone was harassing and issuing threats to her on phone. The cyberstalking went too far to the point that Naila took her own life.

In 2020 another unfortunate event took place whereby a girl committed suicide who was residing in Gulshan-e-Ahbab Society on chadraye road , Lahore. Investigation revealed that deceased was severely depressed due to constant threats.

Deceased was named Ramsa. She was cyberstalked by a guy named Ali Niazi. The relationship between the accused and deceased could not be identified. She filed the complaint at FIA. The accused was arrested.

Unfortunately, the threats did not ceased here. The accused person's accomplice began threatening the deceased to withdraw the complaint of Ali Niazi. Upon going to FIA for the second time to file another complaint, the said agency did not payed her the due attention. The ignorance of legal bodies resulted in feelings of helplessness which made her to end her life (The News, 2020).

These unfortunate incidents made its way to the headlines however it is an understatement to say that it is all there is. These incidents just represent the tip of the iceberg. The fear that honor will be sabotaged also prevents the fact that we do not hear such news more often despite of their presence. BBC also found that females belonging from cultures which follow strict honor codes are more intentionally targeted. This makes our country basically one of the worst places to be a woman. (Khan, 2015)

More alarmingly, the BBC found that women from cultures that follow codes of honour are more deliberately targeted as victims. This makes Pakistan one of the worst places to be a woman, be it in a marriage or a monogamous relationship.

It is pertinent to know how gravely this crime affects the victim. Many times, victim become depressed to the point of resorting to suicide as a way to escape the ordeal (Chandrashekher et al, 2016). In Baum et al (2009) study, it was found that cyberstalking victims suffer from number of psychological consequences among

which suicidal ideation was one (Baum et al, 2009). Suicidal ideation was among

the many negative consequences that the victims faced in the systematic review by

Stevens et al (2021). It has become a worldwide phenomenon which devastatingly

impacts the victim's life by bringing emotional distress

which is many times followed by suicide (Weinstein, 2020).

All types of cybercrimes pose a serious threat and produce tragic results,

however currently cyberstalking is at the top of them for plaguing the internet. It has

infiltrated the social identity and relationship formation. The post cyberstalking

effects also causes the victim a great deal of emotional and psychological stress

which is overwhelming to the point that they resort to suicide as being incapable to

cope with it. Many researches have concluded that in order to end the torment

victims under a helpless, hopeless and desperation considers suicide as an ultimate

way out (Shambhavi, 2019).

Begotti and Maran (2019) conducted a cross sectional study on Italian

university students in order to compare two groups: one which has undergone single

type of cyberstalking and the other which has experienced more than a single type of

cyberstalking. The victims reported having gone through various emotional as well

as physical consequences among which suicidal ideation was one. The results were

of course more prominent for the group that has undergone more than single type of

cyberstalking (Begotti & Maran, 2019). 1,204 articles, in Stevens et al (2021)

systematic review was extracted out of which 43 were analyzed. In 42 articles

victims reported having been through detrimental consequences of which suicidal ideation was included (Stevens et al, 2021).

A victim reported in Worseley et al (2017) study how one of her friends ended his life over the issue of cyberstalking. Findings of Reveley (2017) study also illuminated devastating impacts of this crime on wellbeing of the victim specifically highlighting suicidal ideation experienced by the victims. A victim participated in the same study reported that she nearly took her own life and reported that experience of cyberstalking is as if you are in a limbo, you are sitting, wondering and waiting. Reveley (2017) reported that the victim's distress as well as desperation in order to end the ordeal was quite evident in how they were experiencing suicidal ideation.

When such type of threats especially to one's own life are involved then one may wonder about the protective factors and that is when the role of family support comes. In the study of Duca (2010) about the importance of family support in mental health recovery, it was found that family support contributes significantly to the relational aspects of recovery. It was found that participants who perceived themselves to have a greater family support displayed more willingness to seek assistance or help. (Duca, 2010)

2.11   Defining Family support

Family support is a concept that is well known to many disciplines (Devaney, 2015). Despite of the fact that it is acknowledged, it was claimed by prior study that

the concept of family support is relatively new in the realm of health services (Devaney, 2015). The concept of family support is usually referred to in terms of people living with chronic illnesses i.e. AIDS, stroke, heart failure and disabilities. Similarly in terms of psychiatric/psychological settings it is used when one is referring to mental disorders like depression. This concept basically represents multifaceted links therefore to explain the definition and in order to measure it accurately is hard. (Kamarati & Malathum, 2020)

In accordance with prior studies, family support meaning remains ambiguous in the concept of social support (Kondrat et al, 2015). It is used broadly in many areas therefore vagueness stands in the actual meaning and it is problematic to separate it (Lamberton et al, 2016). Generally, it highlights as how to accomplish the needs and goals of the family through providing, facilitating and encouraging its members so that they accomplish these needs (Butcher et al, 2018). In the previous literature we can identify two meanings. First is the support of family to a member in times of need and second is the support that is given by others to a family (Aldersey et al, 2016). In terms of usefulness of the family support concept in any field of knowledge as well as cultures whereby support is primarily given by members based on values and beliefs of them, the first definition is in line (Komjakraphan et al 2009). For example, speaking of Asian culture, the major source of support is derived from family for the members with limitations (Tunstill & Blewett, 2015).

Whereas in western culture such sources are more diverse as they may spring from family, social circle like friends, professionals and government (Lecloux et al, 2016). In online dictionaries the family is defined as a group that consists of parents and offspring and they live together as a unit. Family is a group of individuals who are related through marriage or blood. Family is a group of individuals related to one another specifically father, mother and children.

(Kamarati & Malathum, 2020)

Support in dictionary is defined as to aid a person be it in a practical way or emotionally, providing financial assistance or any. So, family support is basically providing help such as financial, emotional or any to a member of the family in need. (Cambridge, 2020).

2.11.1   Meaning of Family Support in Sociology

Family support in sociology refers to the informal help for a member of the family or providing support or care to a family member. It is not provided only by one's family but can be provided b social groups, friends, service providers or professional agencies (Komjakraphan et al, 2009). It was discussed by Devaney that family support is basically set of activities strengthening social links that are informal via integrated programs involving private as well as community services. These services are given generally to families in their own communities and homes (Devaney, 2015).

2.11.2 Meaning of Family Support in Psychology

In psychology it is referred to as help and informal support like instrumental or emotional support from members of the family. For example, main supporters for adolescents who are suicidal are their parents. Aldersey et al (2016) discussed that family is the source of physical, emotional, material and informational needs. Their time is spent together in order to share feelings and assist the adolescents in order to contact professionals of health care when needed. It creates stronger ties of family (Zhang, 2019) which prevents suicide as well as psychological detachments (Lecloux et al, 2016). Furthermore, the support provided by a family member has multiple adaptive and useful behaviours in order to gain coping skills strategies and self-confidence (Cheng et al, 2012).

2.11.3 Meaning in Education

In education, family support is centered on the assistance of parents for success for their child's learning and knowledge. It is represented by how much the parents care about their child's education. Parents forming a healthy collaborative relationship with school their child goes to contributes and influences the child's performance and behaviour in the classroom in order to achieve the goals of education for example child's GPA. (Devaney, 2015).

2.11.4   Health Related Meaning of Family Support

For those living with chronic ailment, family support is pertinent to help them cope with their condition. Family members provides assistance in terms of providing funds for treatment, giving time to share feelings, providing moral support, and gaining information about the illness and its treatment and relating to it (Kamarati & Malathum, 2020)

To summarize it all family support is basically a helping hand that is provided by one's family when one is in times of need. This helping hand can be provided either by parents or children which can include emotional, informational or instrumental support. Family support is gained as interconnection between ones parents and children or it could be vice versa (Kamarati & Malathum, 2020).

Perhaps one of the meticulous definition of family support is put forth by Haris and Molock (2000). They defined family support as perceived availability of advice, support and an atmosphere whereby a person can disclose himself. A person experiences this support when he can talk to his family members regarding his personal failures believing they will provide support and comfort (Haris & Molock, 2000).

2.12   Types of Family Support

Hardiker et al (1991) presented a hardiker model of family support typology i.e., primary, secondary and tertiary family support.

2.12.1 Primary Family Support

It refers to the universal interventions for example public health provider visit to parents in a postnatal program or can be other universal health services like school inoculations. It is focused on the idea that b intervening early, the later onset and development of big problems can be subsided therefore facilitating financial savings meant for health services and families plus society's social gain (Hardiker et al 1991)

2.12.2 Secondary Family Support

It identifies and intervenes in the early phase during the onset of any problem in children's life. Generally, via community or domiciliary based services in order to help the families in crises to cope, the professional provide time limited aid. It is also meant to help the families become resilient and to link them to primary family support. A useful example can be Home Start which is an international organization and provides services based upon home visiting. Secondary family support is focused on the principle that need for intensive interventions can be averted if issues or problems are addressed via building strengths in children (Herrera-Pastor et al, 2020)

2.12.3 Tertiary Family Support

It addresses severe personal or social issues via intensive actions taken by professionals. For example programs of domestic violence or drug abuse, children placed away from parents and home via residential care etc. In residential care the creative care of a child can be a crucial element of support at this level. (Herrera-Pastor et al, 2020)

2.13   Theories of Family Support

2.13.1   Bowen's Theory

Psychiatrist Murray Bowen developed family system theory which is a concept where we look at families as an emotional unit. Family is an emotional unit whereby all the members of the family are connected emotionally intensely. This theory argues that family serves a function of emotional system in which every member must follow determined rules and play a specific role. Within this emotional system, patterns develop and behavior of each member impacts other members. These patterns according to Bowen either creates a balance or renders a family as dysfunctional. (Haefner, 2014)

According to this theory even the disconnected family members are influenced by the family unit and has an intense impact on their emotions and behaviors. Despite the fact that degree of interdependence and interconnectedness varies based on how

emotional system of the family operates, each family has some level of this

interdependence among its members (Haefner, 2014).

This theory illustrates that in order to promote the cooperation among

members of the family, individuals evolved in a way that they are interdependent on

their family members. The theory however suggests that in times of high stress

when one person has anxiety or is depressed, what he feels actually spreads through

the whole emotional unit in which case the aforementioned interdependence is

emotionally taxing. (Haefner, 2014)

This theory argues that there is always a person in this unit who actually

absorbs the majority of the emotions of his family. This theory highlights the

importance of families in order to work together in context of counselling or therapy

regardless of how the emotional system of the family operates (Hargrove, 2009)

2.13.2   Fusion of Social Science Theories

Fusion of social science theories informs the family support. These theories

include social ecology, social capital, social support and attachment and resilience

theory. It shows that family support is not a theory less concept (Devaney & Dolan,

2017). Essentially it is promoted by theories which assists us to understand as well

as respond to human's complex needs (Herrera-Pastor et al, 2020).

Social Support theory provides a basis for many Family Support practices. In essence families typically avail of support that can be categorized as being practical, emotional or focused on providing information or advice. Social support is linked to the functional properties of a social network, which through mutual aid helps buffer parents from stresses by providing access to necessary resources (Herrera-Pastor et al, 2020).

Social support theory underlies many practices of family support. A prerequisite of family support practice is strengthening and building informal networks of support as well as provision of resources in a responsive, flexible and individualized manner in order to fulfill the needs of a family. Recent researches in the domain of child development, a significant association was found between outcomes for children and quality of their relationship with parents Generally the primary relationship of a child that is formed within his family provides a platform for him to develop, grow and explore the world around him (Herrera-Pastor et al, 2020).

Assured by the stability and permanence of his connection and attachment with his family members, this child can achieve growth and can reach his potential. It is widely accepted in the domain of adult child relationship that relationships that are continuous and care giving is important for the lasting emotional development (Devaney, 2017).

How a child learns to develop these attachments impacts his social and emotional development which also includes his perceptions on who he can trust as

well as with whom he can build healthy relationships later in his life. When we look at the attachment theory in terms of a life span, it provides us with an understanding as to why individuals who suffered the adversities in their relationships in past finds it difficult to make and maintain healthy relationships in future as well. (Howe et al, 1999).

It is also followed by the risk that those who were raised in harsh circumstances and care giving will also in turn raise their children the same way. This theory encourages that through good quality relationships we can enhance a child's developmental wellbeing as well as help him recover. (Howe et al, 1999).

A crucial part of such relationships are basically the core functions that is performed by each one of them. The informal support is given by members of the family i.e., from one adult to the other and more importantly from adult to children. This support as well as security serves as a protective factor which builds the child's resilience in order to adapt, better cope and survive challenging life events. To cope with everyday life challenges resilience is a key factor. Mastens (2001) definition of resilience which says good outcomes despite of threats to development and adaptation, holds a firm position in broad audience of practitioners, policy makers, academics and consists of resonance in terms of family support (Mastens, 2001).

2.14   Family Support as a Buffering Agent against Suicidal Ideation

Individuals who have a positive and healthy relationship with their family's cope successfully with challenges of life due to the fact that they can turn to their parents or families for support. An important role is played by families in developing positive psychosocial adjustment of their children. (Lee et al, 2006). It was found that a positive and healthy relationship of parents and children enhances the individual's emotional regulation as well as self-esteem both of which are necessarily required for prevention of depression and to cope with stress as well (Wagner, Cohen, & Brook, 1996). Contrarily it was found that low levels of perceived familial support, care and closeness may cause low self-esteem, high levels of depression and stress and low internal locus of control. (Lai & McBride-Chang, 2001).

In lee et al (2006) study three aspects of family were studied to find its association with adolescent suicidal ideation and depression in a sample of Hong Kong Chinese adolescents. One of the aspect was family support along with conflict with parents and cohesiveness. The study examined how these aspects of family relationship have association with suicidal ideation and depression. The study found that 52 percent of students with low family support reported suicidal ideation. Low levels of support and cohesion whereas high levels of conflict with parents was associated positively with suicidal ideation and depression in both gender.

Haris and Molock (2000) defined family support as perceived availability of advice, support and an atmosphere whereby a person can disclose himself. A person

experiences this support when he can talk to his family members regarding his personal failures believing they will provide support and comfort.

Haris and Molock (2000) also concluded that individuals who live in the families whereby there are low levels of support and cohesion are more prone to depression. This is true especially for collectivistic cultures where emphasis is placed on harmony, mutual dependence and close interpersonal links. (e.g., Kao & Sinha, 1997). Chiu et al (1992) concluded that due to such cultural values, positive and health family climate and parental warmth are negatively related to psychological distress among Chinese adolescents (Chiu et al, 1992). For both females and males support from family have negative correlation with suicidal ideation and depression which means depression and suicidal ideation was low in adolescents who have high levels of family support (Lee et al, 2006). Also, in Rudd (1990) study on 737 university students with 450 females and 287 males it was found that social support from members of the family as well as friends have negative association with suicidal ideation, depression and hopelessness. Thus family support serves the role of alleviator for distress. Furthermore, promoting family support can combat depression and serve as a protective factor. (Lee et al, 2006).

Out of different social support dimensions, it was found that only family support is inversely correlated with both depression and suicide history (Bell et al., 2018). Likewise. a study from Mackin et al, (2017) revealed that family support provided protection to adolescent females against development of suicidal ideation following stressful and challenging life events. Furthermore, general social support is

also demonstrated to serve the role of protective factor against suicide in the general population (Šedivy et al., 2017).

Study conducted by Olatunji et al (2020) to investigate the mediating function of self-efficacy in the association between suicidal ideation and social support also concluded that high levels of family support significantly predicts a low levels of suicidal ideation. (Olatunji et al, 2020)

A growing interest to seek protective factors in terms of suicidal ideation has been emerged in order to go beyond investigating factors of vulnerability associated with risk of suicide (Wingate et al., 2006). According to World Health Organization (2014) to identify protective factors of suicidality may indeed prove to be useful to elevate and eventually prevent it. In this regard study conducted by Chang et al (2017) argued that family support as a protective factor operates in two ways: first it should decrease an individual's risk of suicide by giving them social capital. As put by coleman (1988) this social capital which is derived from ones family primarily includes key interpersonal relationships which serve the role of positive resources for a person during engagement in activities that are goal driven. A good example can be parents who offer their child who is dealing with academic issues, their support. Numerous studies have yielded results which demonstrate how family support has negative correlations with suicidal ideation, suicide risk and depression. (Hirsch & Barton, 2011)

According to WHO individuals with sound family support are less likely to exhibit dysphoric patterns and are less likely to resort to self-harming and lethal

thoughts. (WHO, 2013, 2014). Secondly, support from family should buffer the detrimental effects that are associated with variable like loneliness on risk of suicide among individuals going to college. For instance in lonely college going individuals, it is expected to see low levels of risk of suicide in those individuals with high levels of family support as compared to those with low levels of family support (Chang et al, 2017).

In order to investigate the impact of family support on suicidal behavior, Hirsh and Ellis (1995) have subjects completed a questionnaire whereby 16 percent informed themselves to be severe ideators followed by 59 percent who were just ideators. The multiple regression analysis yielded results whereby it was found that while growing up the type of caregiver accounts for a significant impact of ideation.

In a study by Deane et al (2001) concept of help negation or 'denying the available help' was described and it was found that individuals who are suicidal considers harming oneself as a solution to issues rather than considering problem solving. This leads them to avoid reaching to parents for help. Also, the suicide is accompanied by unique stigma (Arboleda-Flórez, 2012) which also keep the individuals to disclose it to the members of the family.

The perception of individuals regarding reactions of family members also influences the help seeking behavior. The odds regarding the behavior to seek help is found to increase including the perception or belief that family members will provide help (Pisani et al. 2012), as well as it has been found that fear that family members will have objections is found as an obstacle in the way of help seeking

among suicidal individuals (Nada-Raja et al. 2003). It has also been found that a

degree to which a family discusses mental health positively also impacts suicidal

individuals help seeking behavior. (Chandra & Minkovitz 2007).

2.15   Conceptual Model

Figure 1
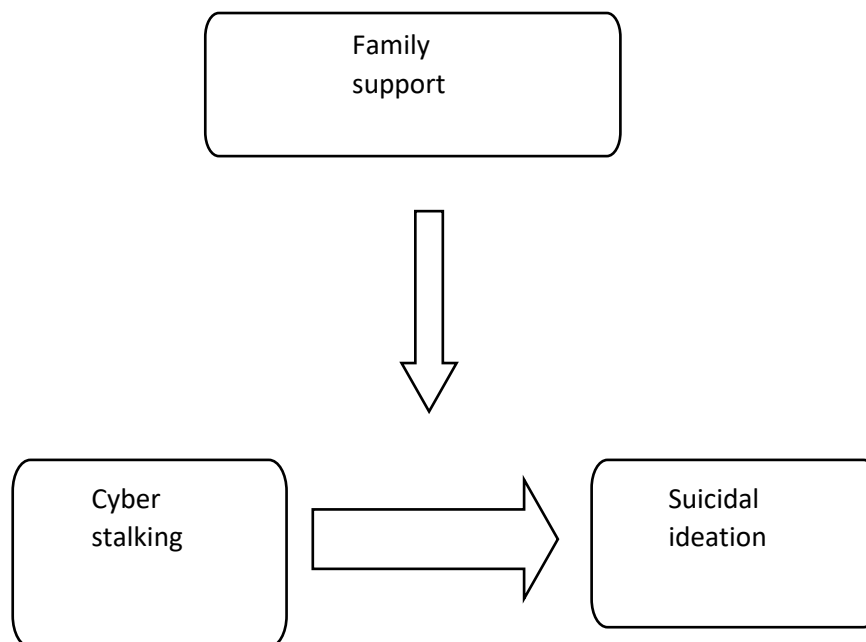
2.16   Hypotheses

H1: There is a significantly positive relationship between

cyberstalking and suicidal ideation.

H2: Family support will buffer the positive relationship of

cyberstalking and suicidal ideation

H3: There is a difference between males and females on all three study variables.

H4: There is a difference among age groups on the study variables.

H5: There is a difference between the groups of residency on the study variables.

H6: There is a difference among the groups of birth orders on the study variables.

H7: There is a difference among the groups based on years, in which the participants encountered cyberstalking for the first time, on the study variables.

H8: There is a difference among the groups based on the number of hours spent each day on social media, on the study variables.

CHAPTER 3

METHODOLOGY

The present study focuses on investigating the association between Cyberstalking

and Suicidal ideation along with exploring the buffering role family support plays. It is

correlational research employing survey method as the mean for data collection.

3.1   Research Epistemology

The nature of research is primary as the data is collected first hand and is

subjected to analysis via quantitative method of research.

3.2   Research Design

The research design employed in the study is correlational design since the study

is quantitative research. The study investigates the association between three variables.

The independent variable is Cyber stalking whereas the dependent variable is Suicidal

Ideation. The family support serves the role of a moderator.

3.3   **Research Approach**

The study aims to quantify the relationship among Cyberstalking, Family Support

and Suicidal Ideation. Also, the study aims to examine the impact of demographics on the

said variables. The survey method is employed in the study in order to collect data via

questionnaires from the victims of cyberstalking. The study employs quantitative

approach given the high prevalence of cyberstalking in Pakistan (Abbasi, 2021).

3.4   **Research Strategy**

This quantitative research adopts survey method as means of data collection via

questionnaires.

3.5   **Population and Sampling**

Population includes the real-life victims of cyberstalking. There is no restriction

on age since cyberstalking can be undergone by a person irrespective of any age.

However, questions involve content that is best comprehensible by adults and late teens.

As for sampling, snowballing is employed whereby potential subjects are asked to

participate in the study and later the same subjects are requested to help us recruit others

undergoing the same experience. Sample size is 220.

3.6   Inclusion Criteria

Both genders are included in the study. Adults and late teens are a must since the

questionnaire is comprehensible to them compared to early teens. These individuals must

be the victims of the said crime. Also, they are undergoing the crime currently. Victims

are literate enough to understand the questionnaire.

3.7   Exclusion Criteria

Individuals who have undergone the cyberstalking in the past are not included in

the study and who have experienced the successful resolution of the ordeal. Also, those

who find it hard to comprehend the questionnaire due to the limited or lack of literacy are

also excluded.

3.8   Data Collection and Data Analysis

Data will be collected through both means: online and in person collection of

data. As for data analysis SPSS will be utilized.

3.9   Instruments

Following assessment measure of three variables: Cyberstalking, family support

and suicidal ideation are used**.**

3.9.1   Demographic sheet

In demographics age, gender, family system, birth order, number of family

members, urban/rural, number of total hours spent on social media in a day and when did

you experience cyberstalking for the first time are asked. Age is asked to assess which

group undergoes cyberstalking the most. Gender is asked to differentiate the gender

differences in the said phenomena. The family system, number of family members,

urban/rural, number of total hours spent on social media is asked to assess how these

impact the experience of cyberstalking.

3.9.2 The Cyber-Obsessional Pursuit (COP) Scale:

This scale is developed by Spitzberg and Hoobler (2002). The scale has twenty four items measuring the person's level of cyberstalking experience. Victims rate the experience of cyberstalking on a five point rating scale based on the frequency of the occurrence of the incidents asked in the questions. The options are 1=Never happened, 2= happened twice, 3= happened thrice, 4= happened four times and 5= happened five or more times. Total score ranges from 24 to 120 whereby 24 is the minimum experience and 120 indicating the severe experience.

The scale has three subscales which are labeled as hyper-intimacy (α=.88) which include items e.g. does the perpetrator send tokens of affection, messages that are excessively disclosive, messages that have exaggerated affection etc.. The second subscale is named as Real life transference (α = .74) which include items e.g. has the perpetrator first met you online and later start threatening you, has he/she first met you in the cyberspace and then started following you, has he/she bugged your car etc., has he/she attempted to disable your computer etc. The last subscale measures threat (α = .77)

which includes privacy invasion. The items measuring threat are for example does he/she

send written threatening messages, images or pictures, and has he/she sabotaged your

reputation etc.

3.9.3   The Concise Health Risk Test CHRT-SR12 Scale

This scale is developed by Trivedi et al. (2011) which measures the suicidal

ideation and consists of two factors i.e. propensity and suicidal thoughts. The former has

nine items tapping into 4 distinct domains which are helplessness, pessimism, despair,

perceived lack of social support and helplessness. The latter consists of three items which

assess plans and thoughts of ending one's own life. The items are rated on a five point

likert scale which ranges from strongly disagree to strongly agree that is from 0 to 4. The

total score ranged from zero to forty eight with higher score indicating higher levels of

propensity and suicidal thoughts. Scale has a good alpha reliability of .81.

3.9.4   Brief Family Relationship Scale BFRS

This scale measures family support and is basically adapted from the Family

Environment scale developed by Moos and Moos (1994) by Fok et al (2011). BFRS

consists of three subscales. First one measures family cohesion, second measures

expressiveness in family and last subscale measures conflict. The scale has total of 16

items. Items of the conflict subscale are all reverse keyed items.   Scale has a good alpha

reliability of .86.

3.10   Conceptual and Operational Definitions

3.10.1   Cyberstalking

Bocij (2003) formulated a definition arguing that cyberstalking consists of a

group of behaviours whereby a person, organization or group makes use of ICT in order

to harass a person, organization or group. These behaviours include, however not limited

to false accusations, threats transmission, data theft and identity theft, monitoring, minors

solicitation for sexual exploitation, and any such types of agression. These behaviours

causes the victim emotional distress.

Operationally we define cyberstalking in accordance with the scores on Cyber Obsessional Pursuit Scale whereby higher scores indicate the more intense experience of cyberstalking (Spitzberg and Hoobler, 2002).

3.10.2 Suicidal Ideation

Suicidal ideation, refers to having ruminations, thoughts or ideas regarding the possibility to end one's life (Klonsky et al, 2016). Operationally we define suicidal ideation keeping in view the scores on Concise Health Risk Tracking Scale in which higher scores indicate higher levels of suicidal ideation a person experiences. (Trivedi et al, 2012)

3.10.3 Family Support

Family support is defined as perceived availability of advice, support and an atmosphere whereby a person can disclose himself. A person experiences this support when he can talk to his family members regarding his personal failures believing they will provide support and comfort (Haris and Molock, 2000).

Operationally it is defined in accordance with the scores on Brief Family

Relationship Scale whereby higher scores indicate a low family support and vice versa

(Fok et al, 2011).

3.11   Procedure

The permission to collect data was sought and approved by FIA Cybercrime

Wing. The complaints at the time of filing application are in distress and not in a state to

fill the questionnaire. The relevant FIA persons suggested that an online questionnaire

should be made which the complaints can fill at home at their time of convenience and

ability and energy to fill the research related questionnaire. The data is also collected

from workplaces and multiple universities. The participants were debriefed about the

research and its purpose. They were also requested to read the consent before

participating.

They were assured the confidentiality and privilege to withdraw from the study at

any time was granted to them. They were informed that in case of withdrawing, no

penalty shall be imposed on them. Once the participants volunteered, they were instructed

to fill in the genuine response with no time limit. The forms consisted of consent form,

demographic form, COPS, CHRT-SR12, BFRS all of which took 15 to 20 minutes for the

participants to fill the form completely without missing any item. Once the participants

are done, they were offered gratitude for sparing their time in the service of research.

Data is analyzed via Statistical Package for Social Sciences (Latest version 27.0).

3.12   Ethical consideration

The study was well considerate towards research ethics. The research design

addresses the specific questions of research and therefore the conclusion of the research

correlates to the questions that are posed as well as the results. The employed methods

relate specifically to the questions under study.

The participant at no point was under coercion to participate and contribute

his/her time in the study. Consent form characterized with clear words was signed by the

respondents which rendered the explicit will to participate in the research. They were

debriefed about the research prior to the data collection. Information supplied by

respondent and their anonymity is protected. Voluntary participation was encouraged and

violation of human rights was avoided at all costs.   No fabrication of facts and figures

was ensured.

3.13 Statistical Analysis

After the collection of data, data is subjected to statistical analysis via statistical

Package for social sciences (SPSS-IBM version 27.0). Descriptive statistics were used to

check the familiarity of data. Descriptive analysis was done to analyze demographics,

frequency and mean.

Correlation analysis was performed to examine the relationship between

variables, mediation analysis was conducted to explore the effect of cyberstalking on

suicidal ideation along with the moderating role of family support. Sample t-test analysis

was done to determine if there is statistically significant mean difference between two

groups i.e. male and female victims.

CHAPTER 4

RESULTS

Table 1

Sociodemographic Characteristics of Participants (N=220)

Characteristics	*n*	*%*
Gender		
Male	31	14.1
	189	86.0
Female		
Age		
15-19 years	17	8.0
20-24 years	120	55.0
25-29 years	58	26.4
30 and so on	24	11.0
Birth order		
First born	72	33.0
Middle Child	70	32.0
Youngest	64	29.1
Only child	14	6.4

Residence		
Urban	199	91.0
Rural	20	9.1
Year when cyberstalking first started		
Year 2014-2016	13	6.0
Year 2017-2019	57	26.0
Year 2020-2022	148	67.3
Number of hours spent on social media		
0-2 hours	72	33.0
3-5 hours	96	44.0
6-8 hours	52	24.0

Note. n=sample size; %= frequency.

Table 1 reveals that majority of the victims who participated in the study are women (n=189, 86.0 %) as compare to men (n=31, 14.1%). Majority of participant's age lies between 20-24 years (n=120, 55.0 %) while the rest of the ages lies between 15-19 (n=17, 8.0%), 25-29 (n=58, 26.4%) and 30 and above (n=24, 11.0%). In terms of birth order, highest number of participants are first born (n=72, 33.0%) compared to middle child (n=70, 32.0%), youngest (n=64, 29.1%) and the only child (n=14, 6.4%). Majority of participants belonged from urban areas (n=199, 91.0%) as compared to rural (n=20, 9.1%).

The years when majority of cases of cyberstalking happened to participants lies in the year 2020-2022 (n=148, 67.3%) while some cases of cyberstalking happened to the

participants in the years 2017-2019 (*n*=57. 26.0%) and the least number of the cases

happened to the participants in the years 2014-2016 (*n*=13,6.0%). As for number of total

hours that are spent on social media by participants daily, the highest rate of participants

spends between 3-5 hours (*n*=96,44.0%) while some participants spend between 0 to 2

hours (*n*=72,33.0%) daily on social media and the least amount of time that is spent on

social media by participants is between 6-8 hours (*n*=52,24.0%).

Table 2

Psychometric Properties of Scales (N=220)

Scales	*M*	*S.D*	Range	Cronbach's α
Cyber Obsessional Pursuit Scale	78.19	21.27	10-96	.95
Brief Family Relationship Scale	23.40	7.92	6-48	.97
Concise Health Risk Tracking Scale	30.74	15.86	0-48	.97

*Note. M=*Mean; *S.D=*Standard deviation; $\alpha=$Reliability.

Table 2 indicates psychometric properties of the scales used in the present study. The Cronbach's alpha value for Cyber Obsessional Pursuit Scale is .951 (>.80) which indicates high reliability. For Brief Family Relationship Scale, it is .969 (>.80) which also indicates high reliability. Concise Health Risk Tracking Scale has reliability of .961(>.80) which is also indicative of high reliability.

Table 3

Descriptive Statistics and Correlations of Study Variables (N=220)

Variables	*N*	*M*	*S.D*	1	2	3
Cyberstalking	*220*	*78.19*	*21.27*	-		
Suicidal ideation	220	30.74	15.86	.273**	-	
Family support	220	23.40	7.92	.196**	-.356**	-

*Note. *p<.05; **p<.01; ***p<.001*

Table 3 reveals that cyberstalking has a significant positive correlation with suicidal ideation (r=-.273, p<.01). Cyberstalking and family support has a significant positive correlation (r=.196, p<.01). Family support has a significant negative correlation with suicidal ideation (r=-.356, p<.01).

Table 4

Moderation of Family Support Between Cyberstalking and Suicidal Ideation.

Predictors	*B*	*SE*	*t*	ρ	CI 95%	
					LL	*UL*
Constant	30.12	0.99	30.45	0.00	28.16	32.06
Cyberstalking	0.21	0.05	4.17	0.00	0.12	0.30
Family Support	0.55	0.13	4.27	0.00	0.29	0.79
Cyberstalking x Family Support (Interaction Effect)	0.02	0.00	2.83	0.00	0.00	0.03

Note. *B*= Unstandardized beta; *SE*= Standard Error; *t*=t Statistics; CI= Confidence Interval; LL= Lower Limit Confidence Interval; UL= Upper Limit Confidence Interval.

Table 4 illustrates the moderating effect of family support in the relationship between cyberstalking and suicidal ideation. The results indicate that the interaction effect of cyberstalking and family support on suicidal ideation is significant (*B*=0.01, ρ <0.005).

Figure 2

Modgraph of Moderation Effect of Family Support on Cyberstalking and Suicidal
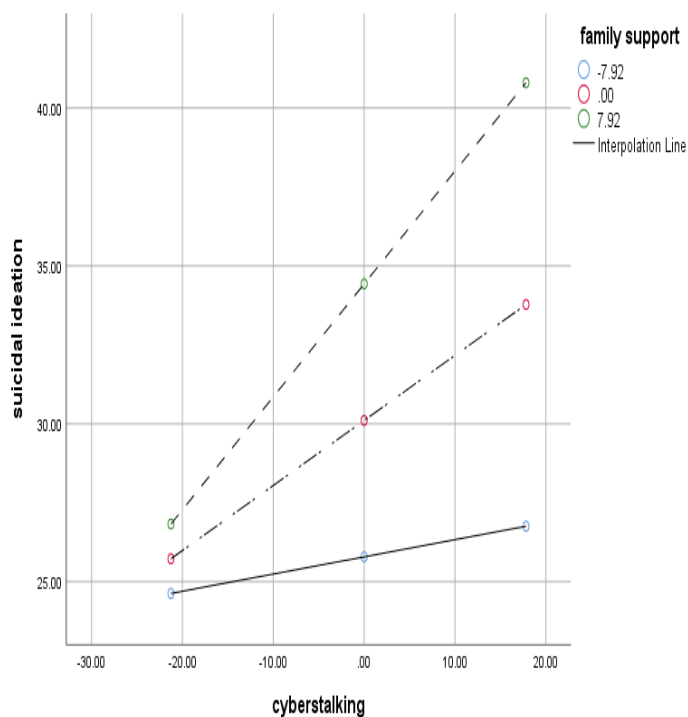
Ideation.

The Mod plots illustrates that as cyberstalking levels increases so does the suicidal ideation in the victims elevates on the high scores of family support. It is to be noted that high scores on family support measure indicates low family support.

Figure 3

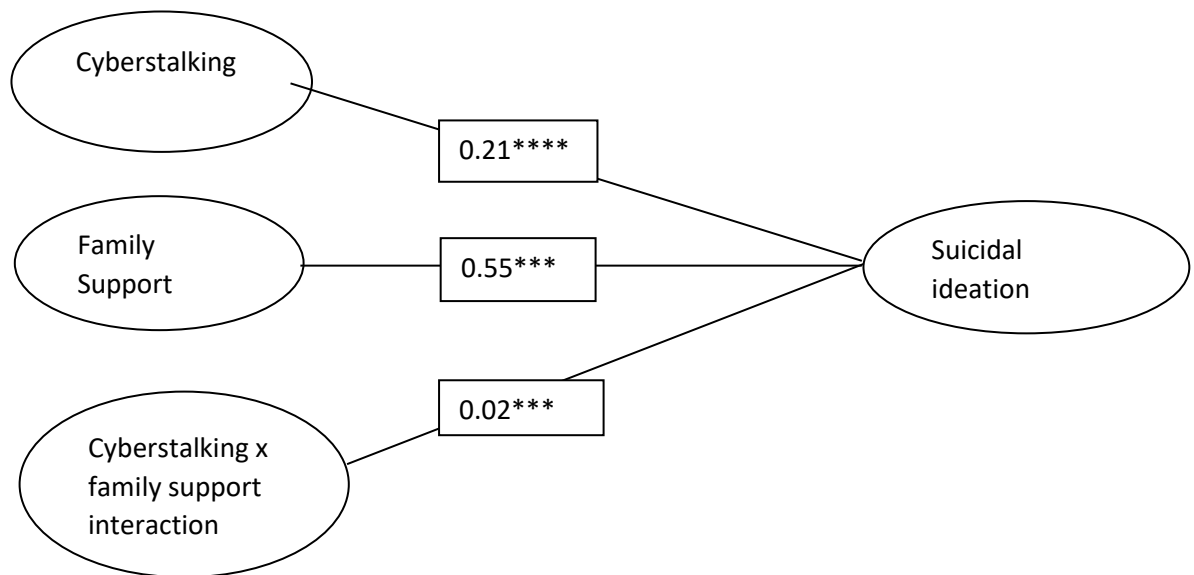*Statistical model of moderation analysis*

Table 5

Mean Comparison of Females and Males on Cyberstalking, Family Support and Suicidal Ideation

Variables	Female (n=189)		Male (n=31)		t (220)	Cohen's d
	M	S.D	M	S.D		
Cyberstalking	79.11	21.13	72.58	21.55	1.59	0.30
Family Support	23.85	7.84	20.65	8.00	2.12	0.40
Suicidal Ideation	33.74	14.49	12.45	10.85	7.82	1.66

Table 5 illustrates the mean differences of males and females in cyberstalking, family support and suicidal ideation. There is no significant difference ($p=0.113$) between males and females on account of cyberstalking with a small effect size ($d= 0.30$). In terms of family support similar results are being shown in the table. The difference between males and females with respect to family support is non-significant ($p=0.036$) with a medium effect size of ($d=0.40$). In contrast, suicidal ideation has yielded a significant difference ($p<0.001$) between males and females with a large effect size ($d=1.66$).

Table 6

Mean Comparison of Different Age Groups on Cyberstalking, Family support and

Suicidal Ideation

Variables	15-19 years (*n*=17)		20-24 years (*n*=120)		25-29 years (*n*=59)		30 and over (*n*=24)		$F(3,215)$	$\eta2$
	M	*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*		
Cyberstalking	74.82	25.72	78.91	21.58	78.38	19.84	76.54	21.12	0.23	0.00
Family support	28.82	10.42	23.56	7.33	21.79	6.60	22.79	9.14	3.63*	0.04
Suicidal ideation	30.94	13.71	34.82	13.74	25.60	16.30	22.04	15.57	7.72***	0.09

Note. η2= Effect Size; *F*= F statistics

*p<.05, ***p<.001.

Table 6 shows mean. Standard deviation and *f* values for cyberstalking, family

support and suicidal ideation across age groups. Results indicates non-significant mean

differences across age groups on cyberstalking with F (3,215) =0.23, p>0.05. Results

however, reveal that the experience of cyberstalking was most severe for the participants

belonging to the age group of 20 to 24 years. The value of effect size is 0.00 which

indicates that there is no difference at all between the 4 age groups.

As for family support the *F* value illustrates that there is a significant difference

wherein F (3,215) =3.63, $p \leq 0.01$ in the variance across the age groups on family

support. The highest level of family support is received by the age group 15 to 19 years.

The size of the difference across age groups is medium i.e., 0.04. On account of suicidal

ideation, the F value is statistically significant wherein F (2,215) = 7.72, p<.001which

indicates that there is a significant difference in the variance of age groups. The effect

size is 0.009 which is a large effect size.

Table 7

Mean Comparison of different birth orders on Cyberstalking, Family support and

Suicidal Ideation

Variables	First born (*n*=72)		Middle child (*n*=70)		Youngest (*n*=64)		Only child (*n*=14)		F(3,215)	η2
	M	*S.D*	*M*	*S.D*	*M*	*S.D*	*M*	*S.D*		
Cyberstalking	76.94	22.57	78.66	22.54	78.58	18.95	80.43	19.57	0.15	0.00
Family support	23.72	7.66	23.63	8.88	23.08	7.34	22.07	7.34	0.22	0.00
Suicidal ideation	32.57	16.75	29.20	15.46	29.75	15.14	33.50	16.77	0.76	0.01

Table 7 indicates means, standard deviations and f values for cyberstalking, family support and suicidal ideation across birth orders. The results indicate non-significant difference among the groups on all three study variables. The difference of variance across the groups on cyberstalking is non-significant with $F(3,215) = 0.15$, $p > 0.005$. the participants that are the only child in their household happen to have the highest mean in terms of cyberstalking. The effect size for cyberstalking on all three variables is 0. Similarly for the family support the difference in the variance among groups is non-significant with $F(3,215) = 0.22, p > 0.005$. effect size is 0. On account of suicidal ideation the effect size generated is small with $F(3,215) = 0.76$, $p > 0.005$.

Table 8

Mean comparison of residency on the variables.

Variables	Urban (n=199)		Rural (n=21)		t(220)	p	Cohen's d
	M	*S.D*	*M*	*S.D*			
Cyberstalking	77.83	21.98	81.05	12.58	0.64	0.52	0.17
Family Support	23.41	8.00	23.05	7.37	0.19	0.85	0.04
Suicidal Ideation	30.23	15.98	34.95	14.29	1.27	0.21	0.31

The table 8 represents the mean, standard deviation and t values for cyberstalking, family support and suicidal ideation across residency. The results reveal non significant mean differences of residency on cyberstalking with $t(220)=0.64$, $p>0.005$. Similarly, the effect size is also very small. The results also reveal non significant mean differences on both groups on account of family support with $t(220)=0.19$, $p>0.005$ accompanied by an effect size of 0.04. Likewise the mean differences for family support is non significant with $t(220)=1.27$, $p>0.05$ along with a small effect size.

Table 9

Mean comparison of the year, when cyberstalking happened, on the variables

Variables	Year 2014-2016 (*n*=13)		Year 2017-2019 (*n*=57)		Year 2020-2022 (*n*=150)		$F(2,217)$	η2
	M	*S.D*	*M*	*S.D*	*M*	*S.D*		
Cyberstalking	83.31	17.04	80.91	20.41	76.71	21.85	1.34	0.01
Family Support	28.15	9.25	22.16	9.67	23.46	6.90	3.14*	0.02
Suicidal ideation	36.85	8.96	29.98	16.71	30.49	15.96	1.09	0.00

*Note. *p<.05; **p<.01; ***p<.001*

Table 9 shows means, standard deviations and f values for the groups based on when the participants encountered cyberstalking for the first time i.e. in which year. Results show non-significant mean differences between groups on cyberstalking with $F(2,217)=1.34, p>0.005$ along with an effect size of 0. For family support however the mean differences are significant with $F(2,217)=3.14, p<0.05$ along with an effect size of 0.02. for suicidal ideation the results are non significant i.e. the mean differences are small with $F(2,217)=1.09, p>0.005$. the effect size is 0.

Table 10

Mean Comparison of Number of Hours, Spent on Social Media, on The Study Variables

Variables	0-2 hours (n=72)		3-5 hours (n=96)		6-8 hours (n=52)		F(2,217)	η2
	M	*S.D*	*M*	*S.D*	*M*	*S.D*		
Cyberstalking	82.89	20.46	71.05	23.60	84.85	12.21	10.56***	0.08
Family Support	24.14	8.18	23.05	7.82	23.02	7.85	0.46	0.00
Suicidal ideation	32.32	15.37	26.61	15.49	36.15	15.47	6. 99***	0.06

*Note. *p<.05; **p<.01; ***p<.001*

The table 10 illustrates means, standard deviations and f values for the groups of hours' participants spend on social media on all three study variables. The results shows significant differences in the groups on cyberstalking with $F(2,217)=10.56, p<0.005$ and a medium effect size. The family support differences in mean across group is non-significant with $F(2,217)=0.46, p>0.005$ along with the effect size of 0. As for suicidal ideation significant differences of mean is yielded with $F(2,215)=6.99, p<0.005$ along with a medium effect size.

CHAPTER 5

DISCUSSION

The present study was based on cyberstalking and suicidal ideation. It aimed to examine the relationship between cyberstalking and suicidal ideation. Moreover it examined the buffering effect of parental support between cyberstalking and suicidal ideation. At first, the reliability of scales was ensured. The alpha reliability is based on covariance among the items (Coakes & Steed, 2003). For Cyber Obsessional Pursuit Scale is .951 (>.80) which indicates high reliability. For Brief Family Relationship Scale, it is .960 (>.80) which also indicates high reliability. Concise Health Risk Tracking Scale has reliability of .961 which is also indicative of high reliability.

For skewness and kurtosis all the values of scales and subscales were computed. Generally it is recommended that both values of kurtosis and skewness must be below +1.5 and above -1.5 (Tabachnick & Fidell, 2013). The scales and items that exceed the said limit are considered problematic and must be subjected to exclusion. (Cisar & Cisar, 2010). The values for all scales, subscales and items were found to be in the said limit which indicates the data does not contain issues regarding univariate normality (Cisar & Cisar, 2010).

The Pearson's correlations between the three variables showed that cyberstalking has a significant positive correlation with suicidal ideation ($r=.0.196$, $p<.01$) thereby confirming our H1. This is in line with the rsearches of stevens et al (2021), Worsely te al

(2017) and Fissel and Reyns (2020) to name of few along with many more researches mentioned in the literature. The key finding which conjoint the said researches revealed that the cyberstalking has a major effect on the wellbeing of victims. Among many repercussions one which majority victims faced in the mentioned researches is suicidal ideation. It is no wonder that cyberstalking victims' experiences helplessness and many victims stated that due to such emotions they became suicidal and many reported that they started considering it the ultimate way out of the ordeal Worsely te al (2017).

Cyberstalking victims are more likely than other people to engage in suicidal and self-destructive conduct (John et al., 2018) Nearly two times as many students who have suffered cyberstalking will try suicide (Hinduja & Patchin, 2018) The development of low self-esteem, despair, anxiety, family issues, academic challenges, criminality, school violence, and eventually suicide ideas and attempts are linked to cyberstalking experience (Hinduja, 2018). Results from the study by Limbana et al. in 2020 revealed that victims of cyberstalking had a much increased risk of becoming suicidal (Limbana, Khan, & Eskander, 2020).

The correlational matrix revealed that suicidal ideation and family support have a significant negative correlation ($r=-0.356$, $p<.01$). this is in line with the research of Rudd (1990) in which a study was conducted on 737 university students with 450 females and 287 males it was found that social support from members of the family as well as friends have negative association with suicidal ideation, depression and hopelessness. Thus family support serves the role of alleviator for distress. Furthermore, promoting family support can combat suicidal ideation and serve as a protective factor. (Lee et al, 2006).

The findings also resemble Bell at al 2018 study whereby out of different social support dimensions, it was found that only family support is inversely correlated with both depression and suicide history (Bell et al., 2018). Likewise, a study from Mackin et al, (2017) revealed that family support provided protection to adolescent females against development of suicidal ideation following stressful and challenging life events. Furthermore, general social support is also demonstrated to serve the role of protective factor against suicide in the general population (Šedivy et al., 2017). The findings also correlate with the study conducted by Olatunji et al (2020) to investigate the mediating function of self-efficacy in the association between suicidal ideation and social support also concluded that high levels of family support significantly predicts a low levels of suicidal ideation (Olatunji et al, 2020).

The study also found that between males and females, females were the most affected part of sample wherein they experienced high level of suicidal ideation as a result of the ordeal which confirms our 3rd hypothesis H3. Comparing females averages on the variables, the male averages were quite minimal. If we explain the aforementioned results within Pakistani society a probable explanation would revolve around how our culture operates for females. for females, traditional societies place a great deal of sanctity on their character (Howe, 2014). A window on this practice may be available through texts, testimonials and interviews, but if we seek to make visible the negotiations that frame women's choices and how they understand their options, particularly among those who we may acknowledge as choosing suicide evidence is unlikely to be available. We have no real possibility of understanding how women negotiated with individual, family, and community norms in deciding on

suicide as an option in the context of shame and dishonor. This would enable us to interpret Siddiqui (2005) comment that, "under the umbrella of honor, some women have been driven to suicide" as the choice women make when other choices are neither desired nor perhaps appear possible

Good evidence shows that in collectivistic societies emotions are linked as to how behaviors basically reflect on other. The shame is reflected in such societies where it is not internalized or confined to oneself, but is experienced as being a threat to the whole family (Gossman, 2020).

Cultural values and rules shape the dynamics of shame that is why what is shaming in one culture might not be in another culture. In honor/shame cultures (collectivistic cultures) as opposed to western societies, when one individual's honor is sabotaged (typically women), the rest of family considers it as their absolute loss of face (Tov & Diener, 2009). In honour cultures, the deemed dishonourable conduct of one person reflects on the honour of all. That is why individual feels responsible for decaying the family reputation. It is not a leap to suggest that shame and dishonour may lead to rage turned inward in women, which could result in more suicidal behaviour. Individual wellbeing, in such cultures as ours is actually contingent on fulfilling cultural expectations and in such cases, suicide presents as a final way out when individuals fail to meet cultural mandates (Tov & Diener, 2009).

The cyberstalking victim undergoes the threats by the perpetrator which includes eventually everything that will dismantle their reputation. The victim consequently feels herself to be threat to a family's honor and that is why resorts to suicide as means of a

''way out''. If family support is adequate as to let the victim know that his/her wellbeing is what matters the most and refuses to acknowledge the societal honor, the victim fights his way out of the ordeal.

The mean comparisons of groups based on age shows results indicating non-significant mean differences across age groups on cyberstalking with F (3,215) =0.23, p>0.05. Results however, reveal that the experience of cyberstalking was most severe for the participants belonging to the age group of 20 to 24 years. Also, the majority of the victims belongs to this very age groups. As for family support the F value illustrates that there is a significant difference wherein F (3,215) =3.63, $p \leq 0.01$ in the variance across the age groups on family support. The highest level of family support is received by the age group 15 to 19 years. On account of suicidal ideation, the F value is statistically significant wherein F (2,215) = 7.72, p<.001which indicates that there is a significant difference in the variance of age groups. This indicates that as for suicidal ideation the most vulnerable group is the group of participants whose age ranges between 20-25.

Namely, two separate studies conducted this year indicated that being in your twenties is frequently perplexing and isolating. Many people experience discomfort as a result of the longer interim condition, and some studies contend that younger generations are experiencing more pain than older ones. For example, the typical age of depression start has decreased from late forties or early fifties, where it was 30 years ago, to the mid-20s, and it is predicted to decrease even further (Zilca,2016).

Whatever the cause, the quarter-life crisis often lasts several years and has four distinct stages. People take on jobs and establish relationships, but then feel caught in a

false sense of adulthood. This feeling of being locked into a commitment at work or at

home is where it all begins. They eventually break ways with their romantic partners,

occupations, or social groupings and end up alone and separated. They reflect and adjust

their plans for the majority of this crisis, alone and lonely. (Zilca,2016). It should come as

no surprise that age groups in their 20s have the greatest mental, social, and emotional

suffering when it comes to cyberstalking.

Yet even though the intake of stress continues to rise into the thirties and

forties, the person's emotional response to it declines. This explains why the participants

who were in their thirties have the least averages on suicidal ideation scale. Most people

start to experience an increase in positive emotions as early as their late thirties, and a

few years later also experience a significant improvement in overall satisfaction with life.

This positive process starts after the quarter-life crisis and continues as people find new

ways to deal with interpersonal, work, and family stressors.

However, even while the amount of stress that a person is consuming increases

into their thirties and forties, their emotional reaction to it decreases. This explains why

people in their thirties had the lowest average scores on a scale measuring suicidal

ideation. Most people begin to feel happier and happier as early as their late thirties, and a

few years later they also feel significantly more satisfied with life overall. After the

quarter-life crisis, this constructive process continues as people learn new coping

mechanisms for dealing with relationship, career, and family challenges (Zilca, 2016).

Concluding the aforementioned discussion of results, it is safe to say that like other

crimes cyberstalking is a serious threat to a victim's life which is especially true for

female victims. Their lives are being controlled by the perpetrator and knowing that anytime anything can happen to them makes them mentally vulnerable to the point of resorting to suicide. The results also shows that family support is a good buffering agent against the said crime and it is pertinent that the victim receives the needed support during the ordeal.

5.1 Implications

The study has many practical implications as well as social implications. First the study highlights the relationship of cyberstalking and suicidal ideation. This is sufficient to say that this cyberabuse is a threat to a victim's life. The social evils in the society cannot be prevented as there is always some kind of possibility of untoward happening among people, but increasing public understanding of the crime under study can increase protection. Furthermore, this study, shows the severity of the said crime which can be led to wider scope and coverage of the crime in research and practice. It may reach the research community and academics which can influence government policy, decision making and priorities.

It is pertinent to study this crime in Pakistan as legal bodies often display inability, lack of relevant infrastructure and competency to tackle it. Besides, in depth study is needed so that internet users know the personal boundaries that they have and to protect them in addition to staying steer clear of the chances of being a victim to this crime. Elucidating knowledge about the effect of family support could offer insight into refining approaches to suicide prevention by incorporating and strengthening the joint effects of factors safeguarding against suicide risk.

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Annexures

Brian Spitzberg <spitz@sdsu.edu>
to me

Sun, Aug 15, 2021, 9:44 PM

Dear Iqra,

You are welcome to use any of my measures and adapt them as needed for your research. I'm attaching document that may be of assistance to you.

Brian

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Brian H. Spitzberg, Ph.D., CTM, Senate Distinguished Professor Emeritus
Core Researcher, Center for Communication, Health, & the Public Good
Co-founder & Advisory Board, Center for Human Dynamics in the Mobile Age
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https://psfa.sdsu.edu/comm/people/professors

"No profit grows where is no pleasure ta'en;
In brief, ... study what you most affect."

William Shakespeare. (1564-1616). *"The Taming of the Shrew", Act 1 scene 1.*

Concise Health Risk Tracking Self-Report   Inbox ×

Taryn Mayes <Taryn.Mayes@utsouthwestern.edu>   Tue, Mar 29, 6:28 PM
to me, Isamu, Caren

Hi, Iqra,

Dr. Rush forwarded me your email requesting to use the CHRT-SR for your thesis. You are more than welcome to use the scale. The way to access it and obtain permission is through Mapi Research Trust:

https://eprovide.mapi-trust.org/advanced-search?search=chrt

There are a few different versions here, so feel free to select the one that would be best for your purposes. I would probably recommend the 12-item version.

As a student, you can obtain the scale at no cost.

If you have any questions, please let me know.
Taryn

Taryn Mayes
Program Manager
Center for Depression Research and Clinical Care
UT Southwestern Medical Center
5323 Harry Hines Blvd.
Dallas, TX 75390-9119
Office: 214-648-0158
Fax: 214-648-0167

Requesting permission to use Brief family Relationship scale. Inbox ×

Readers97 <iqrahidayat97@gmail.com>   Thu, Mar 10, 11:50 AM
to ctfok ▾

Hi there,

I am Iqra Hidayat, currently enrolled as an MS (Clinical Psychology) scholar at Bahria University Islamabad, Pakistan. I am conducting research as my MS thesis on Cyber Stalking, Family Support, and Suicidal Ideation. I went through your paper ' The Brief Family Relationship Scale: A Brief Measure of the Relationship Dimension in Family Functioning.' Your scale for measuring family relationships is very much pertinent to my research. I really want to use your scale to collect my data regarding cyberstalking.

Kindly allow me to use the scale as a measurement tool in my research. Looking forward to your permission.

Regards,
Iqra

Ching Fok <ctfok@alaska.edu>   Thu, Mar 10, 11:36 PM
to me ▾

Yes, of course you can.
Carlotta

•••

Readers97 <iqrahidayat97@gmail.com>   Fri, Mar 11, 12:06 AM
to Ching ▾

cyberbullying

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Consent Form

Asslamalaikum,

I am Iqra Hidayat, research scholar from Bahria University Islamabad Campus. I am conducting thesis on cyberstalking victims under supervision of Dr. Wizra Choudhary (Assistant Professor). Cyberstalking, precisely is a cybercrime consisting of threatening, libeling, defaming, blackmailing, spreading false accusations, and/or harassing the victim online. Given the high prevalence rate of cybercrimes in Pakistan particularly cyberstalking, the study is aimed to focus on the victims of the said crime, their familial support and if there is presence of suicidal thoughts.

If currently you are going through cyberstalking, then please take time to sincerely respond to the questions. Your participation in the study will contribute to the research body of knowledge regarding the issue. That research can influence the policy and actions of the concerned authorities. Your participation in the research shall be of service to the society. This questionnaire is going to take 15 minutes of yours.

By filling in your responses and completing the questionnaire you give your consent. Your participation is voluntary. The collected data shall be used solely for the research purpose. Questions are non-invasive. Your anonymity shall be protected. Information shared by you shall be kept confidential. You can withdraw from the study any time you want. No penalty shall be imposed on you. If you desire to know the results of this study, you can contact the researcher via following Gmail Address:

Iqrahidayat97@gmail.com   Signature:

                                                                            Date:

Demographic Sheet

Age:

Gender:

Birth order:

Residency:

Number of hours spent daily on social media:

Since when are you going through cyberstalking? (Only mention the year)

Keeping in view your experience of cyber stalking, rate the following questions based on the number of times following experiences have occurred.	never	once	2-3 times	4 times	5 or more times
1. Leaving affectionate messages via internet or on sim (e.g., expressed attraction or affection left on voice-messages, e-mail, instant messages etc.)					
2. Sending exaggerated messages of affection					
3. Sending excessively needy or demanding messages (e.g., pressuring to see you, assertively requesting you go out on date, arguing with you to give him/her "another chance", etc.)					
4. Sending excessively disclosive messages (e.g., inappropriately giving private information about his/her life, body, family, hobbies, sexual experiences, etc.)					
5. Sending sexually harassing message (e.g., describing hypothetical sexual acts between you, making sexually demeaning remarks, etc.)					
6. Pretending to be someone she or he wasn't (e.g., falsely representing him- or herself as a different person or gender, claiming a false identity, status or position, pretending to be you, etc.)					
7. Meeting first online and then threatening you (i.e., corresponding with you through an on-line apps and then following, harassing, or otherwise stalking you)					
8. Meeting first online and then following you (i.e., communicating with you through on-line apps and then following, harassing, or otherwise stalking you)					
9. Attempting to disable your computer, mobile or social media accounts (e.g., downloading a virus, sending too many messages for your system to handle, etc.)					
10. Directing others to you in threatening ways (e.g., pretending to be you and talking to others)					
11. Taking over your electronic identity or persona (e.g., representing him or herself to others as you in fake social media IDs, pornography or singles sites, etc,)					

12. Meeting first on-line and then following you (e.g., following you in while driving, around campus or work, to or from the gym or social activities or any other place you visit, etc.)					
13. 'Bugging' your car, home, or office (e.g., planting a hidden listening or recording device, etc.)					
14. Sending threatening written messages (e.g., threatening your economic security, job, family members, pets, property, or you)					
15. Sending threatening pictures or images					
16. Sabotaging your private reputation (e.g., spreading rumors about you, your relationships or activities to friends, family, partner, etc.)					
17. Exposing private information about you to others (e.g., sending mail out to others regarding your secrets, embarrassing information, unlisted numbers, etc.)					
18. Obtaining private information without permission (e.g., covertly entering your computer files, voicemail, or the files of co-worker, friend or family member, etc.)					
19. Sabotaging your work/school reputation (e.g., spreading rumors about you, your relationships or activities in organizational networks, social media apps, etc.)					
20. Sending pornographic/obscene images or messages (e.g., photographs or cartoons of nude people, or people or animals engaging in sexual acts, etc.)					
21. Altering your social media identity or persona (e.g., hacking your social media accounts and changing information in it about you and your displays)					
22. Constantly monitoring, tagging, or gifting your social media accounts (e.g., tagging your photos, inviting your joining or reciprocity of groups, writing on your site, asking about your posts, etc.)					
23. Using your social media accounts to get information on others.					
24. Leaving aggressive electronic messages (e.g., expressed insults or demands on voicemail, e-mail, instant messages, social media, etc.)					

Please read the questions carefully and choose the answer to indicate whether you strongly disagree (0), disagree (1), are neutral (2), agree (3) or strongly agree (4)

	Strongly disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly agree (4)
1) I feel as if things are never going to get better.					
2) There is no one I can depend on					
3) I have no future					
4) It seems as if I can do nothing right					
5) I wish my suffering could just be all over					
6) Everything I do turns out wrong					
7) I feel as if there is no reason to live					
8) I wish I could just go to sleep and not wake up					
9) The people I care the most for are gone					
10) I have been having thoughts of killing myself					
11) I have thoughts about how I might kill myself					
12) I have a plan to kill myself					

	Strongly Agree (0)	Agree (1)	Disagree (2)	Strongly Disagree (3)
1. In our family we really help and support each other.				
2. In our family we spend a lot of time doing things together at home.				
3. In our family we work hard at what we do in our home.				
4. In our family there is a feeling of togetherness.				
5. My family members really support each other.				
6. I am proud to be a part of our family.				
7. In our family we really get along well with each other				

	Strongly Agree (0)	Agree (1)	Disagree (2)	Strongly Disagree (3)
1. In our family we can talk openly in our home.				
2. In our family we sometimes tell each other about our personal problems.				
3. In our family we begin discussions easily.				

	Strongly Agree (3)	Agree (2)	Disagree (1)	Strongly disagree (0)
1. In our family we argue a lot.				
2. In our family we are really mad at each other a lot.				
3. In our family we lose our tempers a lot.				
4. In our family we often put down eachother				

	Strongly Agree (3)	Agree (2)	Disagree (1)	Strongly Disagree(0)
5. My family members sometimes are violent.				
6. In our family we raise our voice when we are mad.				