CYBERBULLYING AND EMOTIONAL VULNERABILITIES AMONG YOUNG ADULTS: ROLE OF COPING STYLES

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CYBERBULLYING AND EMOTIONAL VULNERABILITIES AMONG YOUNG ADULTS: ROLE OF COPING STYLES

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A thesis submitted in fulfillment of the requirements for the award of the degree of Masters of Science (Clinical Psychology)

Department of Professional Psychology

Bahria University Lahore Campus

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Approval of Research Proposal

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Session: Fall-2022

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Dear MS Student,

I am pleased to inform you that your research proposal on Cyberbullying and Emotional Vulnerabilities among Young Adults: Role of Coping Styles has been approved. You may, therefore, continue you research on this theme and produce a quality thesis, as per the HEC requirements.

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I wish you every success.

Date: January 25, 2024

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Dedication

I must give my cherished parents, especially my parents, the credit. I am grateful for their unwavering faith in my skills, as well as their unfailing love and support, which helped to shape who I am today. I am especially grateful to my brother, whose support, love, and humor have always been a part of my life.

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ZEESHAN MANZOOR

Abstract

The purpose of this study is to examine how cyberbullying affects the emotional vulnerabilities of young adults. Cyberbullying is now a major concern due to the increase in digital communication, and it negatively impacts the mental well-being of young adults. This research primarily aims to identify the vulnerabilities faced by young adults concerning cyberbullying. It investigates the impact of various coping styles on the emotional vulnerabilities of young adults who have experienced cyberbullying. The sample included 437 participants aged 18 to 25. The study utilized multiple psychological measures including RCBI-II, HAM-A, RSES, CESD, SIDAS, and Brief-COPE. A survey approach was used to collect data, which was subsequently analyzed using SPSS. The study found a significant link between cyberbullying and higher levels of anxiety, depression, and suicidal ideation. Surprisingly, self-esteem did not appear to be impacted by cyberbullying. Emotion-focused coping strategies positively impacted self-esteem, whereas avoidant coping strategies heightened emotional vulnerabilities. Females tend to use emotion-focused coping and experience higher levels of anxiety and depression, while males tend to employ problem-focused coping mechanisms more frequently. Tailored interventions and support strategies are crucial in mitigating the psychological impact of cyberbullying among young adults.

Keywords: *cyberbullying, victims, psychological impact, coping strategies, problem, emotions, avoidance*

Table of Contents

Approval of Research Proposal III

Declaration V

Plagiarism Undertaking VI

Acknowledgement VIII

Abstract IX

Chapter 1 1

Introduction 1

1.1 Background: 1

1.2 Research Gap/Rationale 3

1.3 Problem Statement 4

1.4 Research Questions 4

1.5 Objectives 5

1.6 Significance of the Study 5

1.7 Hypotheses 6

Chapter 2 7

LITERATURE REVIEW 7

Chapter 3 17

METHOD 17

3.1 Research Design 17

3.2 Population and Sampling 17

3.3 Data Collection 17

3.4 Measurements 17

3.4.1 Revised Cyberbullying VictimizationInventory II (RCBI-II) 17

3.4.2 Hamilton Anxiety Rating Scale (HAM-A) 18

3.4.3 Center for Epidemiologic Studies Depression Scale (CESD) 18
3.4.4 Rosenberg Self-Esteem Scale (RSE) 18
3.4.5 Suicidal Ideation Attributes Scale (SIDAS) 19
3.4.6 Brief-COPE Inventory 19
3.5 Operational Definitions 19
3.5.1 Cyberbullying 19
3.5.2 Anxiety 20
3.5.3 Depression 20
3.5.4 Self-Esteem 20
3.5.5 Suicidal Ideation 20
3.5.6 Coping Styles 20
3.5.7 Procedure 21
3.6 Data Analysis 21
3.7 Research Ethics 21
Chapter 4 24
Results 24
Chapter 5 46
Discussion 46
5.1 Implications 56
5.1.1 Implications in AI: 57
5.2 Limitations 57
5.3 Future Research Directions 59
5.4 Conclusion 62
References: 63
Appendix 72

Appendix A: *Permission for Data Collection* 73

Appendix B: *Plagiarism Report* 74

Appendix C: *AI Report* 75

Appendix D: *Consent Form for Participation in Research* 76

Appendix E: Demographics 77

Appendix F: *RCBI-II Permission* 78

Appendix G: *RCBI-II Scale* 80

Appendix H: *Anxiety Scale* 81

Appendix I: *Depression Scale* 82

Appendix J: *Suicide Ideation Scale* 83

Appendix k: *Self Esteem Scale* 84

Appendix L: *Brief Cope Scale* 85

List of Tables

Table 4.1: Sociodemographic Characteristics of the Participants 24

Table 4.2: Reliability Alpha..... 28

Table 4.3: Relationship between Variables 30

Table 4.4: Impact of Cyber Victimization, Problem Focused Coping, Emotion Focused Coping, Avoidant Coping on Anxiety..... 32

Table 4.5: Impact of Cyber Victimization, Problem Focused Coping, Emotion Focused Coping, Avoidant Coping on Depression..... 33

Table 4.6: Impact of Cyber Victimization, Problem Focused Coping, Emotion Focused Coping, Avoidant Coping on Self Esteem..... 34

Table 4.7: Impact of Cyber Victimization, Problem Focused Coping, Emotion Focused Coping, Avoidant Coping on Suicide Ideation..... 35

Table 4.8: Moderation Analysis of Coping Styles between Cyberbullying and Anxiety..... 36

Table 4.9: Moderation Analysis of Coping Styles between Cyberbullying and Depression..... 38

Table 4.10: Moderation Analysis of Coping Styles between Cyberbullying and Self Esteem 40

Table 4.11: Moderation Analysis of Coping Styles between Cyberbullying and Suicidal Ideation 42

Table 4.12: Mean Difference for Gender..... 44