

Issues that Triggers Cyber Bullying among Social Networking Sites (SNS) Users in Malaysia that may lead to Depression

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To Link this Article: <http://dx.doi.org/10.6007/IJARBS/v8-i10/4787>

DOI:10.6007/IJARBS/v8-i10/4787

Published Date: 09 November 2018

Abstract

Research is done to study about the issues that triggers cyber-bullying topics among Social Networking Sites (SNS) in Malaysia that may lead to depression. Descriptive quantitative research study was conducted through survey by using questionnaires. The hypothesis testing gained by using two different methods that indicate different result which are Pearson Correlation and Multiple Linear Regression. Based on the findings from Multiple Linear Regression method, significant value in Coefficient Multiple Linear Regression analysis, the null hypothesis of suicidal issue (0.005) and body shaming issue (0.000) are being accepted with significant value below than 0.05.

Keywords: Cyber-bullying, Social Networking Sites (SNS), and Depression

Introduction

Social networking sites are fun to surf during our free time, to gain information and chat around, making new online friends but unfortunately in this modern era, it's already part of a habit where people are lurking on the sites to search for victims where they can throw harsh words, give negative comments, make fun of others and other bad things. Being a keyboard warrior is like an achievement where they somehow feel powerful about themselves after throwing shades to people they don't actually know. Through the easy access to internet, where everyone owned smartphones, cyber-bullying has been lurking around widely in every social networking site. These people may think it is fun to do so, but they don't realize that cyber-bullying may lead to depression to certain people who are already in their lowest state in their life. This is something serious because most internet users are not aware of the effects.

The numbers of youngsters that dealt with depression has been wild lately, especially in Malaysia where we can observe from any social media platforms. It's like a trend already to suffer from depression. Depression can be mild to moderate with symptoms of apathy, little appetite, insomnia, low self-esteem, and low-grade fatigue. Sometimes people are wondering

if they are really depressed and silently seeking for help by telling their peers on the internet world, or they are only looking for attention. Depression cannot be taken for granted; it might kill the person if they didn't get the medical help they needed.

Nowadays, people talk many negative things on social media where they don't really care about the feelings of others. Social media are not a safe place anymore to share how we felt, because people will somehow judge and criticize the individual and make them keep their sorrows to themselves which lead to depression. Moreover, women can't freely use the social media because they might be sexually harassed, defamed and many more. No mercy given to these people, and they will be haunted with the negative vibes which they received by the citizens. Not just normal people who are being assaulted, celebrities are in the same boat too.

Problem Statement

These sites are intended to provide a positive outlet for social networking and recreation. Despite this fact, individuals are victimized and most victims have no knowledge of the person or persons responsible for their acts. Thus, cyberbullying cases are occurring anywhere, jurisdictional laws make disciplining cyberbullies extremely difficult.

One of the problem statements for this issue is that the graph of having depression is increasing and it has become a trend in the community. Next is, the individual are self-claiming that they are suffering from depression without seeing the doctors and experts. Lastly, is it also because of the society that is triggering people who has depression and make it as jokes. When the society gets involved, it will become such a big deal because news in social media spread like a wildfire. The society loves spreading rumors without thinking about others because for them it is fun to torch people's life. This is all has to do with cyberbullying in cyber world which lead users to depression while using the sites.

Issues That Triggers Cyber-Bullying

- **LGBT Issue**

Substantial evidence indicates that sexual and gender minorities, including lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youths, experience more severity of depression compared with their heterosexual peers (Marshall MP, Dietz LJ, Friedman MS, et al., 2011).

Research by The Gay, Lesbian, and Straight Education Network (GLSEN) in 2013 discovered that LGBT youth very nearly three times (42% versus 15%) more inclined to be tormented or annoyed online than hetero undergrads and twice as liable to have been cyberbullied by means of content informing (27% versus 13%). What's more, 32% of LGBT respondents were sexually harassed online amid the previous year. This was four fold the number of as their non-LGBT peers. Furthermore, 25% of LGBT undergrads were sexually harassed by means of instant message amid the previous year.

- **Sexual Harassment Issue**

Innovation has expanded the domain of savagery, with terms, for example, sexual harassment, cyberstalking, and digital harassing being perceived as more current types of viciousness against ladies that widens the brutality to the worldwide network. Cyberharassment, cyberstalking, and digital tormenting incorporate such practices as damaging or disgusting messages, stalking one's online nearness, impersonation, dangers, embarrassment, fraud, and prohibition (Feinberg & Robey, 2009; Geach & Haralambous, 2009; Kuzma, 2013). For instance, innovation has influenced the capacity to annoy and seek after victims through stalking practices, with cyberstalking being characterized as

"undesirable, rehashed online contact and interest" (Drebing, 2014, p. 61) with commonness rates going in the vicinity of 3.7% and 82%.

Cyber-harassment is helped out through such scenes as email, moment detachment, chatrooms, and online networking destinations (DreBing et al., 2014). That's the easiest platforms to attack people online because the bullies' identity can't be known. Gathering badgering, which is turning into a group activity for motivations behind degradation, according to Citron (2014), happens when in excess of one individual joins to insult an individual, prompting what is otherwise called a cyber-mob. It can be by group of people attacking one person, and the victims going to fell unprotected and not safe.

- **Suicidal Issue**

Suicidal contemplations are normal, and numerous individuals encounter them when they are experiencing pressure or encountering sorrow. As a rule, these are brief and can be dealt with, however at times; they put the person in danger for endeavoring or finishing suicide. A great many people who encounter suicidal ideation don't help it through, albeit some may make suicide endeavors. Any individual who has suicidal musings ought to request help. In the event that a friend or family member is having these musings, measures ought to be taken to help and secure them.

- **Body Shaming Issue**

Center gathering members shared that a youngster's physical make-up was distinguished as a typical hotspot for cyberbullying assaults, especially for young ladies. Young ladies specifically are focused for their body, which likewise moves their claim point of view of their self-perception. At such a basic age for self-assurance, especially in connection to their own particular bodies, young ladies are encountering cyberbullying what's more, body disgracing from both young men and young ladies. This can significantly influence their view of their bodies, and what they "should" or "ought not" appear on the web.

Shockingly, there are couples of discoveries about body shaming or the connections among body shaming, social appearance tension, and body checking conduct identified with body disappointment in dietary issues and similar information from differing ethnic examples. For the most part, feelings, for example, disgrace and uneasiness are detected more grounded and play a more essential part in social circumstances in East Asia than in Western social orders (Hong and Woody, 2007).

Research Methodology

For this research, researcher use explanatory research. According to More (2009), explanatory research is defined as an attempt to connect ideas to understand cause and effect, meaning researchers want to explain what is going on. Explanatory research looks at how things come together and interact. This study employed the quantitative study approach (explanatory study) to identify the pattern and magnitude of relations and interactions existing between the predetermined exogenous (LGBT issue, Sexual harassment issue, Suicidal issue and Body Shaming issue) and endogenous variables (depression) in order to understand the phenomenon of depression in social network sites (SNS). The design of this study offers an enhanced understanding on the relationships that exist among variables involved in this study. Specifically, the design enable this study to examine the SNS factors explaining depression among SNS users. According to Gay and Airasian (2003), a research design represents the basic structure of the study and serves as guide to the researcher to conduct the study.

In this study, the sample size used was also determined by two technique namely GPower analysis (Erdfelder, Faul and Buchner, 1996), and Green (1991) recommendation on using Multiple Regression Analysis. Two of the statistical analysis used in this study was Multiple Regression. Using GPower analysis, specifically for F – Test in Multiple Regression, the total suggested sample is 138 (effect size $f^2 = 0.15$ (medium); $\alpha = 0.05$; power = 0.95; number of predictors / independent variables = 5). The value of Alpha and power were acceptable for social sciene research, and the number of independent variables was determined by the present research framework. GPower is a general power analysis program that perform high precision statistical power analyses for the most common statistical test in social science research. Moreover GPower is design for sample size calculation based on specific statistical analysis used in the particular study (Erdfelder et al., 1996). For this research, the study involved with 250 respondents. The data was collected through a survey questionnaire. A likert scale was used for the students to answer questions relating to the Cyberbullying issues and depression. Data was key in using SPSS. The quantitative data was also analyzed by using SPSS version 20. Multiple regression is used to test the relationships between Cyberbullying issues as an independent variable, depression as dependent variable (Abdul Rauf Ridzuan et al., 2015).

This research examined the study of issues that triggers cyber-bullying among Social Networking Sites (SNS) users in Malaysia that may lead to depression. Descriptive quantitative research study was conducted through survey using questionnaire form. The hypothesis testing gained by using Pearson Correlation and Multiple Linear Regression.

Results and Discussions

a) Profile of the Social Networking Sites (SNS) users in Malaysia

The profile of the sample is discussed in terms of six characteristics: sex, age group, marital status, education level, occupation, whether they have been bullied on social media, feel safe using social media, think of consequences, medium that promotes cyber-bully and issues that triggers cyber-bully.

Table 1
Demographic Profile Analysis

ITEM	FREQUENCY	PERCENTAGE %
SEX		
➤ Male	69	27.6%
➤ Female	181	72.4%
AGE GROUP		
➤ 15-19	50	20%
➤ 20-24	156	62.4%
➤ 25-29	39	15.6%
➤ 30 & above	5	2%
MARITAL STATUS		
➤ Single	165	66%
➤ In relationship	73	29.2%
➤ Married	11	4.4%

➤ Divorced	1	0.4%
EDUCATION		
➤ SPM/STPM/Foundation	54	21.6%
➤ Diploma/Degree	181	72.4%
➤ Master/PHD	15	6%
OCCUPATION		
➤ Government Sector	4	1.6%
➤ Private Sector	51	20.4%
➤ Self-employed	13	5.2%
➤ Unemployed	16	6.4%
➤ Student	166	66.4%
BEEN BULLIED ON SOCIAL MEDIA		
➤ Yes		
➤ No	150	60%
	100	40%
FEEL SAFE USING SOCIAL MEDIA		
➤ Yes		
➤ No	48	19.2%
	202	80.8%
THINK OF CONSEQUENCES		
➤ Always	163	65.2%
➤ Sometimes	87	34.8%
➤ Never	-	-
MEDIUM THAT PROMOTE CYBER BULLY		
➤ Twitter	36	14.4%
➤ Instagram	7	2.8%
➤ Facebook	20	8%
➤ All above	187	74.8%
ISSUES THAT TRIGGERS		
➤ LGBT Issue	12	4.8%
➤ Sexual Harassment Issue	15	6%
➤ Suicidal Issue	4	1.6%
➤ Body Shaming Issue	39	15.6%
➤ All above	180	72%

Table 1 shows the summary of the frequency analysis of the respondents based on the questionnaire given. The target respondents of Social Networking Sites (SNS) are from different background. Based on the female is the dominant population in the sample of study which is involving 72.4%. The highest age group of respondents is a group age of 20-24 years old which represent 62.4%. The highest education background is mostly from Diploma/Degree qualification which indicated 72.4%. From 250 Social Networking Sites (SNS) users, 60% has been cyber-bullied.

Table 2

Coefficient for Multiple Regression Analysis

Model	Unstandardized Coefficients		Standardized Coefficients			
	B	Std. Error	Beta	t	Sig.	
	(Constant)	1.535	.181		8.486	.000
1	LGBT Issue	.098	.059	.103	1.640	.102
	Sexual Harassment Issue	-.055	.058	-.065	-.943	.347
	Suicidal Issue	.176	.061	.203	2.860	.005
	Body Shaming Issue	.402	.064	.443	6.325	.000

a. Dependent Variable: Depression towards Cyberbullying

The Coefficient table above shows Beta value for all the independent variables when they are regressed jointly against dependent variable. Based on the standardized coefficients reading, the Beta values for all independent show positive relationship towards the dependent variables.

- **H1** The higher the level factors of **LGBT issue**, the higher the level of depression towards cyber-bullying.
Factor 1 is regarding LGBT issue which indicated Beta value of positive relationship ($\beta=0.103$) with the significant level ($p=0.102$). Thus the null hypothesis is rejected and accepts the new alternate hypothesis.
- **H2** The higher the level factors of **sexual harassment issue**, the higher the level of depression towards cyber-bullying.
Factor 2 is referring to sexual harassment issue which indicted the lowest negative reading ($\beta=-0.065$) at significant level ($p=0.347$). Thus the null hypothesis is rejected and accepts the new alternate hypothesis.
- **H3** The higher the level factors of **suicidal issue**, the higher the level of depression towards cyber-bullying.
Factor 3 is referring to suicidal issue which indicted Beta value of positive relationship ($\beta=0.203$) with the significant level ($p=0.005$). Thus the null hypothesis is accepted due to the significant value is ($p<0.05$).
- **H4** The higher the level **body shaming issue**, the higher the level of depression towards cyber-bullying.

Factor 4 stated that the positive reading of body shaming issue ($\beta=0.433$) at significant value ($p=0.000$). Thus the null hypothesis is accepted due to the significant value is ($p<0.05$).

Conclusion

Based on Multiple Linear Regression analysis indicated the standardized significant value must be or less than 0.05. They were two independent variables which contribute to depression which comes from the suicidal issue and body shaming issue. Body shaming issue is the main contributor towards depression ($B=.443$). From this finding, researcher can conclude that most of social networking site users tend to get depress when people keep talking about body shaming whether they are fat or skinny on internet. They also tend to feel depress when most of the internet users make fun of them when they already have the intention to end their life. Social networking site users need to be more careful and not easily offended by the statements received from social media.

HYPOTHESES	Sig.	RESULT
H1 The higher the level factors of LGBT issue, the higher the level of depression towards cyber-bullying.	.102	HO REJECTED
H2 The higher the level factors of sexual harassment issue, the higher the level of depression towards cyber-bullying.	.347	HO REJECTED
H3 The higher the level factors of suicidal issue, the higher the level of depression towards cyber-bullying.	.005	HO ACCEPTED
H4 The higher the level body shaming issue, the higher the level of depression towards cyber-bullying.	.000	HO ACCEPTED

Acknowledgement

Researchers would like to say thank you to Deputy Rector of Research in UiTM Cawangan Melaka, Associate Prof Dr Shafinar Ismail and Melina Mahpuz, Deputy Dean of Research and Industry Linkage from Faculty of Communication & Media Studies, UiTM Shah Alam for their encouragement and motivation to do this research.

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