# Cyberbullying; Its Impact to Self-Esteem as Perceived by Senior High Students

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Cyberbullying or cyber harassment is a form of bullying or harassment using electronic means. Cyberbullying and cyber harassment are also known as online bullying. It has become increasingly common, especially among Teenagers. The 2017 School Crime Supplement (National Center for Education Statistics and Bureau of Justice) indicates that, among students ages 12-18 who reported being bullied at school during the school year, 15% were bullied online or by text. Along this line, this study was guided by two objectives: a) To determine the perception of senior high students to Cyberbullying and b) To know the impact of Cyberbullying to self-esteem as perceived by senior high students. This study used descriptive method. A closed-ended questionnaire was used to gather data with Seventy two (72) respondents from theMindanao State University-Sulu Senior High Department.

The findings of the study are as follows: It was found out that In table 4.1 shows the respondents responded Strongly Agree (4.58) in the statement; Cyberbullying is a sinful Act and responded agree in the following statement; Cyberbullying destroys someone's Dignity (4.41), Cyberbullying is a heinous crime (4.46), Cyberbullying is spreading fake information(4.22),Cyberbullying is done by coward (3.95), Cyberbullying victimized the innocent (4.33) , Cyberbullying is the cause of most mental health problems (4.18), Cyberbullying is done intentional (4.05), Cyberbullying is teaching the young

generation to overthrow respect and discipline (4.02), Cyberbullying needs to be eliminated (4.39). With an average mean in this category is 4. 26 which means that all respondents Agree in the statements regarding cyberbullying. While In table 4.2 the respondents responded Strongly disagree in the following statements; Cyberbullying will make you feel respected (3.06), Cyberbullying increases trust to people(3.09). and, responded agree in the following statements; Cyberbullying losses self-esteem (4.29), Cyberbullying will make you doubt your  Self-worth (4.20),Cyberbullying deteriorates self-confidence (3.99), Cyberbullying will make you doubt your capabilities (3.83), Cyberbullying hinders me to communicate with friends(3.94), Cyberbullying deteriorates interest to have an inter-personal relationships(3.58), Cyberbullying indulge suicide (3.86) and Cyberbullying leads to being alone (4).With The average mean in this category is 3. 78 which indicates that the respondents agree that the statements are the impact of cyberbullying to self-esteem.

Based on the above findings and conclusion of the study, the researchers would like to recommend to our young individuals today, to use the social the social media in your advantage and always think before clicking because your post can help or destroy someone. And it is also advice, that our parents must always guide their children in using social media properly.

Lastly, the researchers would like to recommend to the future researchers to study more about the cyberbullying specially its impact to community.

## Introduction

Cyberbullying or cyber harassment is a form of bullying or harassment using electronic means. Cyberbullying and cyber harassment are also known as online bullying. It has become increasingly common, especially among Teenagers. The 2017 School Crime Supplement (National Center for Education Statistics and Bureau of Justice) indicates that, among students ages 12-18 who reported being bullied at school during the school year, 15% were bullied online or by text.

The researchers noticed that there are many individual posting mean words in social media. This became practise of many people specially millenials and generation Z. Maybe, they are thinking that Social Media is their Diary which they can write or express their feelings without too much thinking. They rant out their emotions without thinking of the feelings of the other people. They are destroying someone's mental and emotional health as well as reputation by exposing their hatred in social media.

This study talks about the impact of cyberbullying to self-esteem as perceived by the senior high students.

## RESEARCH METHODOLOGY

### Research Design

This study used descriptive design because it helped the researcher to determine the impact of variables on each other in this research study.Descriptive survey research design is used to obtain pertinent and precise information concerning the current status of a problem/issue and where possible grow valid general conclusion from the facts available (kerlinger, 2002).

### Respondents of the Study

Seventy two students (72)were the respondents of this study from the Mindanao State University-Sulu Senior High School Department.

### Research Instrument

A close-ended questionnaire was used to obtain the data needed for this study. Specifically, it was consisted of three parts. Part I is Demographic profile and Part II and II were consisting of 10 items per part.

### Research Procedure

The researcher sent a written permitaddress to the Director of Mindanao State University-SULU Senior High Schoolto conduct the study. The questionnaire was administered on January 10-11 2019.

### Statistical Treatment of Data

For the interpretation of data, the researchers used the weighted arithmetic mean (WAM) for the Part II and Part III questions.

## RESULTS AND DISCUSSION

### Table 4. 1 THE PERCEPTION SENIOR HIGHSTUDENTS TO CYBERBULLYING.

| INDICATIONS | MEAN | VERBAL DESCRIPTIONS |
|---|---|---|
| 1.    Cyberbullying is a sinful Act | 4.58 | Strongly Agree |
| 2.    Cyberbullying destroys someone's Dignity | 4.41 | Agree |
| 3.    Cyberbullying is a heinous crime | 4.46 | Agree |
| 4.    Cyberbullying is spreading fake information | 4.22 | Agree |
| 5.    Cyberbullying is done by coward | 3.95 | Agree |
| 6.    Cyberbullying victimized the innocent | 4.33 | Agree |
| 7.    Cyberbullying is the cause of most mental health problems | 4.18 | Agree |
| 8.    Cyberbullying is done intentional | 4.05 | Agree |
| 9.    Cyberbullying is teaching the young generation to overthrow respect and discipline | 4.02 | Agree |
| 10.    Cyberbullying needs to be eliminated | 4.39 | Agree |
| Total | 4.26 | Agree |

Legend: 4.50-5.0 (Strongly Agree), 3.50-4.49 (Agree), 2.50-3.49 (Strongly Disagree), 1.50-2.49 (Disagree), 1.00-1.49 (Undecided)

**Interpretation**

In table 4.1 shows the respondents responded Strongly Agree (4.58) in the statement; *Cyberbullying is a sinful Act* **and responded agree in the following statement;** *Cyberbullying destroys someone's Dignity***(4.41),** *Cyberbullying is a heinous crime* **(4.46),** *Cyberbullying is spreading fake information***(4.22),***Cyberbullying is done by coward* **(3.95),** *Cyberbullying victimized the innocent* **(4.33) ,** *Cyberbullying is the cause of most mental health problems* **(4.18),** *Cyberbullying is done intentional* **(4.05),** *Cyberbullying is teaching the young generation to overthrow respect and discipline* **(4.02),***Cyberbullying needs to be eliminated* **(4.39).**

**The average mean in this category is 4. 26 which means that all respondents Agree in the above statements regarding cyberbullying.**

**Table 4. 2 THE IMPACT OF CYBERBULLYING TO SELF-ESTEEM AS PERCEIVED BY THE SENIOR HIGH STUDENTS.**

| INDICATIONS | MEAN | VERBAL DESCRIPTIONS |
|---|---|---|
| 1.  **Cyberbullying losses self-esteem** | 4.29 | Agree |
| 2.  **Cyberbullying will make you doubt your  Self-worth.** | 4.20 | Agree |
| 3.  **Cyberbullying deteriorates self-confidence** | 3.99 | Agree |
| 4.  **Cyberbullying will make you doubt your capabilities** | 3.83 | Agree |
| 5.  **Cyberbullying hinders me to communicate with friends** | 3.94 | Agree |
| 6.  **Cyberbullying deteriorates interest to have an inter-personal relationships** | 3.58 | Agree |
| 7.  **Cyberbullying will make you feel respected** | 3.06 | Strongly Disagree |
| 8.  **Cyberbullying increases trust to people** | 3.09 | Strongly Disagree |
| 9.  **Cyberbullying indulge suicide** | 3.86 | Agree |
| 10.  **Cyberbullying leads to being alone** | 4 | Agree |
| **TOTAL** | 3.78 | Agree |

Legend: 4.50-5.0 (Strongly Agree), 3.50-4.49 (Agree), 2.50-3.49 (Strongly Disagree), 1.50-2.49 (Disagree), 1.00-1.49 (Undecided)

**Interpretation**

In table 4.2 the respondents responded Strongly disagree in the following statements; *Cyberbullying will make you feel respected* (3.06), *Cyberbullying increases trust to people*(3.09). and, responded agree in the following statements; *Cyberbullying losses self-esteem* (4.29), *Cyberbullying will make you doubt your  Self-worth* (4.20),*Cyberbullying deteriorates self-confidence* (3.99), *Cyberbullying will make you doubt your capabilities (3.83), Cyberbullying hinders me to communicate with*

*friends(3.94), Cyberbullying deteriorates interest to have an inter-personal relationships(3.58), Cyberbullying indulge suicide (3.86) and Cyberbullying leads to being alone (4).*

The average mean in this category is 3. 78 which indicates that the respondents agree that the above statements are the impact of cyberbullying to self-esteem.