

The Psychological Consequences of Cyberbullying among Adolescents

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Abstract: *Cyberbullying has truly become a major social and psychological issue for teens, dramatically made worse by the common use of online sites and social media. Unlike in-person bullying, cyberbullying is not restricted to certain places. Therefore, it is active, intrusive, and often inescapable for victims. This research explores a variety of psychological consequences of cyberbullying, along with examining its meaningful effect on adolescent mental health, emotional stability as well as social well-being. Those who are cyberbullied frequently experience increased anxiety, depression, poor self-regard, and also suicidal ideation. The intense trauma linked to cyber harassment severely interrupts cognitive and emotional growth, then guiding toward social isolation, school problems, and lasting mental suffering.*

This study evaluates the current legal and policy frameworks around cyberbullying and the effectiveness of existing preventive measures. To understand how adolescents can be protected from digital harassment, the roles of multiple social media platforms, parental supervisions, and school interventions are analytically analyzed. This is done to understand how adolescents can be protected from digital harassment. As worries mount concerning the mental health crisis linked to cyberbullying, this research underscores the undeniable necessity for thorough strategies including education, law enforcement, mental health support, plus technical safeguards. By actively encouraging digital literacy, substantially strengthening legal policies in addition to broadly promoting mental health awareness, society can work toward reducing the serious psychological consequences of cyberbullying as well as creating a safer online environment for adolescents.

Keywords: Cyberbullying, Adolescents, Psychological Impact, Mental Health, Online Harassment, Social Media, Anxiety, Depression, Self-Esteem, Suicide Prevention, Digital Safety, Legal Frameworks, School Interventions, Parental Role, Emotional Trauma

