

## Abstract

This study aimed at the investigation of effect of cyber bullying and school bullying on the psychological distress among the high school adolescents. Cross-sectional research design and purposive random sampling technique was used to carry out the research. A sample of 500 high school adolescents (125 boys & 125 girls) each of which from public ( $M=1.51$ ,  $SD=.51$ ) and private ( $M=1.51$ ,  $SD=.51$ ) schools was selected. The data were collected from public and private schools, Lahore. An adapted Cyber Bullying and Online aggression Scale was used to investigate cyber bullying among the high school adolescents. An adapted and translated Bully Victimization Scale was used to investigate school bullying among the high school adolescents. Urdu version of Depression, Anxiety and Stress Scale was used to find out psychological distress along with the demographic sheets. Point bivariate correlation showed there was significant relationship between cyber bullying, school bullying and psychological distress among high school adolescents. It was identified that there was significant gender differences between cyber bullying, school bullying and psychological distress among high school adolescents. It was also identified that there was no significant differences between cyber bullying, school bullying and psychological distress on school systems among high school adolescents. It was identified that cyber bullying and school bullying was the significant predictor of psychological distress among high school adolescents. The findings of study revealed that further study needed to be conducted on these variables as cyber bullying and school bullying reported high psychological distress among high school adolescents.

**Keywords:** *cyber bullying, school bullying, psychological distress.*