

Abstract

The study was designed to investigate the impact of cyberbullying on self-esteem and emotional well-being among young adults. It was hypothesized that young female adults experience more cyberbullying than young male adults. Victims of cyberbullying would have low self-esteem. Cyberbullying is a strong predictor of pleasant feelings among bullies and unpleasant feelings in victims. Correlational design and purposive sampling technique was used to draw the data. Sample consisted of 300 young adults (n=150 males and n=150 females) with an age range of 21-29 years. The cyber bully/victim scale (2010) by Mehmet Baris Horzum, Rosenberg's self-esteem scale (1989) and emotional well-being scale (2008) by Ed Dienerand & Rober Biswas was used to measure the level of cyberbullying and its impact on self-esteem and emotional well-being. Results indicated that males are more likely to be the victim of cyberbullying and they have low self-esteem. Self-esteem has significant negative correlation with cyberbullying. There is a positive significant correlation between emotional well-being and cyberbullying. Females are more likely to be involved in bullying behaviors and they have high self-esteem. Pleasant feeling have been found in bullies and unpleasant feelings have been found in the victims of cyberbullying. Cyberbullying predicts low self-esteem in victims. Cyberbullying predicts pleasant feelings in bullies and unpleasant feelings in victims. The study has wide implications in the area of forensic psychology. Current study presents depth information about cyberbullying, its ways, and effects.

Key words: Cyberbullying, Self-esteem, Emotional well-being, Gender and Young Adults.