

Cyberbullying on Social Media and Its Implications for the Mental Health of Generation Z in the Context of the Second Principle

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Abstract

Cyberbullying, an escalating issue, involves humiliating and threatening others electronically, primarily on platforms like Instagram. Generation Z, familiar with technology from childhood, faces the highest cyberbullying rates. This study aims to describe the phenomenon of cyberbullying on social media against the mental health of Generation Z in Jakarta about the view of the second principle of Pancasila. This study uses the literature review theory with data obtained in the form of articles, books, journals, documents, and websites that have been carefully studied to trigger the social phenomenon that is being pursued in society from 2017 to 2023 obtained from the electronic database Google Scholar. The results of this study show that cyberbullying on Generation Z on social media has a huge impact that affects mental health in the context of civilized humanity, which is considered a violation of the second principle of Pancasila which highly upholds the value of justice because the rights and dignity of a person are not respected, where an individual is treated unequally because another individual considers himself to be better in a certain aspect. The individual acts arbitrarily and there is no behavior of mutual love among fellow human beings.

Keywords: Cyberbullying, Mental health, Pancasila.

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INTRODUCTION

The development of technology and the times has led to the emergence of a new negative behavior in the form of cyberbullying. Cyberbullying is bullying/bullying using digital technology. This can occur on social media, online games, or other platforms on the internet. Cyberbullying is bullying or what is more commonly known as bullying is a negative act that is done by others repeatedly or repeatedly. This action often causes the victim to feel helpless, and physically and mentally injured (Nasrullah, 2015). Cyberbullying is now closely associated with significant negative mental and psychosocial consequences among Generation Z, making it a serious public health problem.

Statistical data shows that the internet has been experiencing a trend of increasing users from year to year. According to the Asosiasi Penyelenggara Jasa Internet Indonesia (APJII, 2020), in the period 2019-Q2/2020, the number of

Internet users in Indonesia reached 196.7 million people, an increase of 8.9 percent compared to 2018. Based on APJII data on internet usage in Indonesia, the young age group of 15-19 years and 20-24 years dominates the utilization of internet usage (Wahanisa, Prihastuty, & Noho, 2021; Untari, 2019).

Pancasila, as the ideology of the Indonesian state, has values that must be implemented, including the second sila. The second sila, which reads "humanity that is just and civilized," contains a command and value that every citizen must respect the dignity and dignity of human beings as an implementation of a civilized being. This certainly also includes human rights, which should already be guaranteed by state law. However, in reality, many people still unknowingly ignore human rights, such as cyberbullying on social media. This paper, provides a novelty using the literature review method to examine and describe the phenomenon of Cyberbullying on social media against the mental health of Generation Z in Jakarta in its view of the second sila of Pancasila and provides knowledge about the importance of guarding speech and writing on social media as well as providing concrete solutions to prevent and deal with cyberbullying on social media.

Cyberbullying

Cyberbullying is repeated behavior intended to intimidate, anger, or humiliate those who are targeted (Bauman, 2013). Examples include: Spreading lies about someone or posting embarrassing photos of someone on social media. As time goes on, Generation Z is no stranger to the behavior of Cyberbullying, because it is not only a few times that this Cyberbullying action occurs, but it is quite frequent so that sometimes this action is considered a common behavior. This behavior is caused by the lack of care and empathy of a person towards others and the lack of planting Pancasila values in everyday life.

Cyberbullying has been regulated in the Law on Information and Electronic Transactions in Article 29 which reads: "Any person intentionally and without authorization sends electronic information and electronic documents containing threats of violence or intimidation that are addressed personally". which is where the article concerning threats and insults Article 368 paragraph (1) with a threat of imprisonment of up to nine years, and Article 310 paragraph (1) with a threat of imprisonment of up to nine months but unfortunately the law is only considered as a threat by some people so cyberbullying still often occurs until now. The consequences of the behavior of cyberbullying certainly affect the mental health condition of a person (in Perubahan Atas Undang-Undang Nomor 11 Tahun 2008 Tentang Informasi dan Transaksi Elektronik, Undang-Undang Republik Indonesia Nomor 19, 2016). Cyberbullying is a big problem and can have a variety of impacts or consequences on adolescents. According to Priyatna (2010), adolescents who experience cyberbullying reported feeling angry, sick, ashamed, or afraid. These emotions can lead victims to react to retaliate against the perpetrator, withdraw from social interactions and activities that they normally do before, and "change" to become equally fond of cyberbullying.

According to Navarro, Larrañaga, and Yubero (2016) and Larrañaga et al. (2016), the impact of cyberbullying is: 1) Physical: adolescents experience headaches, stomach aches, sleep disturbances, fatigue, back pain, loss of appetite, and digestive problems. 2) Psychological and Emotional: Adolescents feel fear, feelings of terror, anxiety, suffering, sadness, stress, and symptoms of depression.

3) School-related: Adolescents are less motivated to go to school and have a decrease in concentration or academic grades. 4) Psychosocial: Adolescents have feelings of isolation and loneliness, ostracism, and even social rejection. The negative impact of bullying behavior can affect all aspects of life (psychological, physical, and social) which will continue to affect future development. Therefore, nurses need to prevent and overcome bullying behavior. This is closely related to the role and function of nurses in primary health care (Primary Health Care) which focuses on promotional and preventive efforts related to knowledge and how to control bullying behavior and prevent the impact on health problems (Stuart, 2012).

The second Principle of Pancasila

Pancasila is the foundation and ideology of the Republic of Indonesia. Pancasila has five values. The five are religious values and spirit, humanitarian values and spirit, unity values and spirit, democracy values and spirit, and social justice values and spirit. One of the values of Pancasila that is closely related to community life is the second principle, which reads "Humanity that is Just and Civilized" (Priasih et al., 2023).

Humanity, according to the Indonesian Language Dictionary, has the meaning of human qualities. Humans themselves have the meaning of creatures created by God who have thoughts and intellect. Justice is a quality in which we side with what is right, not biased or one-sided. Whereas civilization comes from the word adab which has the meaning of culture the second principle of Pancasila means that the Indonesian people as creatures created by God Almighty must mutually uphold the dignity and dignity of someone without discriminating against an identity.

Cyberbullying behavior is certainly considered a violation of the second principle of Pancasila, which upholds the value of justice because the rights and dignity of someone are not respected, where an individual is treated unequally because another individual considers himself better in certain respects. The individual behaves arbitrarily and there is no behavior of mutual love among fellow beings.

If this behavior is correlated with the implementation or application of the values contained in the second principle of Pancasila which reads "Humanity that is Just and Civilized", it is certainly still very low because the second principle teaches and demands an attitude of mutual respect and upholding a just attitude towards fellow human beings. In addition, there are many contents presented on social media that are not by the values contained in Pancasila, especially the second principle, namely such as content that contains violence, sexual abuse, or discriminatory acts against certain groups (Sari et al., 2023). If teenagers, especially Generation Z, as social media users do not understand and apply the values of Pancasila, especially the second principle, in their use, it is feared that it can erode their socio-cultural values and cause negative effects on their identity and behavior in the future.

RESEARCH METHOD

This study used the literature review theory with data obtained in the form of articles, books, journals, documents, and websites that were carefully studied to trigger the social phenomenon that is being pursued in society. A literature review

is a research method that is carried out by collecting, reviewing, and analyzing relevant literature or references that have existed on the research topic. Faryadi (2018) revealed that a literature review is a critical evaluation of what has been published about a topic by accredited scholars and researchers. It is often done to summarize research findings, show gaps in current research, or identify areas for future study.

In this literature review study, data were obtained from the electronic database, namely Google Scholar, between 2017 and 2023. The researcher selected the articles themselves according to the title and abstract and differentiated them from the objectives of different documents and articles. Each of the 10 selected articles was carefully read from the abstract, objectives, and data analysis of the researchers to collect information about the impact of cyberbullying on adolescents on social media. Inclusion criteria: articles with relevant titles and content, research articles published in 2017-2023. Exclusion criteria: articles do not have a complete structure, article reviews, which do not discuss the impact of cyberbullying.

RESULTS AND DISCUSSION

Forms of cyberbullying experienced by victims on Instagram

Cyberbullying consists of two individuals involved, namely the bully and the victim. The bully is someone who directly commits aggression, both physical, verbal, or psychological, to others to show strength or demonstrate to others on cybermedia. Meanwhile, the victim is someone who becomes the target or target of bullying carried out by the bully on cybermedia. Machackova et al. (2013) explain that the cyberbullying activities carried out by adolescents on social media are calling their friends by other names, insults, hacking of social media accounts, experiencing social media exclusion, and being gossiped about. However, the most common cyberbullying activity on social media is calling someone by another name and insults.

According to Willard (2007), there are several forms of cyberbullying actions that have taken place, namely: Harassment, Trickery, Denigration, Impersonation, and Flaming. Pay attention to Table 1.

Kartono (2013) stated that the most common form of cyberbullying on social media is harassment, which is cyberbullying that involves writing offensive words in the comment section of a social media account and sending or posting images of someone to humiliate them. This is supported by research findings that state that the informant updated their Instagram story using someone else's photo and added text using offensive words.

The effects of cyberbullying on the mental health of victims

Cyberbullying on Instagram is not only seen as a negative thing but it can also be seen as a motivation for self-improvement. Cyberbullying can also hurt the victim, causing them to feel uncomfortable and stressed. This condition can make the victim lose their motivation to do activities and rarely attend classes. Many victims experience academic failure and decide not to continue their education. This condition can increase the unemployment rate and lead to an increase in juvenile delinquency (Omoniyi, 2020; Brown, 2014).

The research results of Ningrum and Amna (2020) showed that 177 (84.7 percent) of the samples who had experienced cyberbullying victimization felt unaffected by their learning process and felt safe at school, while 32 (15.3 percent) of the samples felt very hurt and disrupted in their studies and also felt unsafe at school.

Table 1. Forms of Cyberbullying

Forms of cyberbullying experienced by victims	Features of Instagram used by the perpetrator to bully the victim
1. Harassment is a form of abuse that is expressed through rude, insulting, or impolite messages. It is done online and repeatedly.	Instagram direct message or victim's text message
2. Trickery is a form of cyberbullying that involves deceiving a victim into providing confidential documents. These documents could be photos or other forms of identification. Once the documents are obtained, the perpetrator can blackmail the victim by threatening to spread the confidential documents, engage in denigration, or impersonate the victim.	Notification to the victim's account
3. Denigration is the act of spreading false or malicious information about someone to damage their reputation. This can be done through social media, and it often involves more than simply sharing negative information. The perpetrator may also fabricate or spread rumors.	Instagram Stories content creators

Based on observations of cyberbullying experienced by victims and the acts of cyberbullying committed by perpetrators on Instagram social media, there is significant data emerged, where the results of this study were described by the author as several forms of mental health that occur as a result of cyberbullying, such as stress, paranoia, temperament, and insecure. In addition, the victims of cyberbullying certainly feel unsafe and vigilant, so that can occupy their minds. If this continues for a long time without any treatment, the effects can worsen and can trigger prolonged depression.

The low implementation of the second Principle

In Indonesia, there is still a lack of awareness about the importance of maintaining healthy social interactions and avoiding bullying on social media. Bullying behavior on Instagram can be harmful and threaten someone's mental health. Netizens initially praise influencers, but then quickly insult and bully them after finding a minor mistake. This can trigger feelings of insecurity and loss of self-esteem for the victim.

The advancement of technology and social media, including Instagram, has accelerated the adaptation to trends and changes in the times. According to Turkle (2011), a social psychologist at the Massachusetts Institute of Technology (MIT), the use of digital technology can lead to social isolation and loss of interpersonal skills because people tend to prefer to communicate through screens rather than speaking directly to those around them. Turkle (2011) also shows that the more often we use technology to communicate, the harder it is for us to express emotions and build strong emotional relationships with others. She believes that this is because we often neglect facial expressions, body language, and vocal intonation, which are all important parts of interpersonal communication.

The low implementation of Pancasila values in the use of Instagram social media is an important issue. This is because Pancasila values play a significant role in shaping the character and behavior of individuals and society as a whole. In addition, the low implementation of the Second Principle can lead to negative consequences such as the spread of content that demeans human dignity, bullying, or insults to others, which is in line with the concept of bullying in social psychology theory. Bullying can occur through social media because users can easily spread messages or content that harms others. Therefore, efforts are needed to prevent and address cases of cyberbullying that occur on Instagram social media.

Discussion of the findings

Cyberbullying is a social phenomenon where the behavior of one or a group of people affects or is affected by the behavior of another person or group. The emergence of this social phenomenon in society begins with the existence of social change. Problems that occur in society occur because of the reciprocal relationship that occurs due to the process of social interaction. Cyberbullying in Indonesia has been regulated in Law Number 11 of 2008 concerning Information and Electronic Transactions (ITE Law). Article 27 paragraph (3) of the ITE Law states that any person who intentionally and without authority distributes and or transmits and or makes accessible electronic information and or electronic documents that contain insults and or defamation. Then in Article 27 paragraph (4) of the ITE Law states that any person who intentionally and without authority distributes and or transmits and or makes accessible electronic information or electronic documents that contain extortion and or threats (in Perubahan Atas Undang-Undang Nomor 11 Tahun 2008 Tentang Informasi dan Transaksi Elektronik, Undang-Undang Republik Indonesia Nomor 19, 2016).

However, this law is still being ignored by many people in the social media community. As a result, there are still many victims who are targeted by cyberbullying. Cyberbullying is generally committed by Generation Z, with ages ranging from 20 to 25 years old. Not only the perpetrators, but the victims also come from the same generation, namely Generation Z. Their activities are inseparable from social media. Everyone can use social media, but not everyone understands the etiquette of social media.

Cyberbullying poses a serious challenge to social life that needs to be addressed in the digital world. It is a terrifying event for everyone, especially for adolescents, causing depression, low self-esteem, inability to concentrate in class, declining academic performance, anxiety, and even suicide (Teasley, 2013).

Given the serious nature of the dangers caused by cyberbullying, it is important to continue to develop efforts to raise awareness among the public, especially social media users, about how to use social media responsibly and wisely, and to anticipate anything that could harm or hurt others. Spreading hate, threats, and anger on social media is a form of violence with far-reaching and serious consequences. Cyberbullying perpetrators often feel superior and justify their behavior toward victims. Women are often targeted by cyberbullying, both by men and by other women (Notar, Padgett, & Roden, 2013).

Mendez-Baldwin et al. (2015) stated that 1 in 3 teenagers had been victims of cyberbullying and they conveyed the incidents they experienced to their parents, teachers, or other adults. There is a need for vigilance from parents, teachers, or lecturers as well as people around the victim, to pay attention to changes in behavior that occur, such as being often moody, lacking self-confidence, being lazy about activities, changes in sleep and eating patterns, and withdrawing from social life. Parents must know the social media used by their children, so they can control if there are problems that arise from the social media used. Open communication is needed between parents and teenagers as a form of anticipation of cyberbullying.

Cyberbullying has an impact that is felt not only by the victim but also by the perpetrator. Adolescents are going through many changes, including biological, psychological, and social changes. When adolescents have a conflict with their environment, if not handled properly, it can have negative consequences (Kumala & Sukmawati, 2020; Oktariani et al., 2022; Rahayu, 2012). This study found that victims of cyberbullying experience impacts such as stress and anger. Similarly, research by Nixon (2014) found that most cyberbullying targets experience at least one symptom of stress. In addition, the physical impact that occurs is a headache because the victim is thinking about something that happened to them, one of which is the presence of cyberbullying actions.

The role of Pancasila as the nation's way of life in dealing with this impact is as a guide, guide, and direction in daily human activities. Djahiri also expressed his opinion (in Sarbini, 2011) that the practice of Pancasila values in the school environment can encourage people in it to be able to see education as humanizing, civilizing, empowering, and socializing.) in human life. In preparing the nation's next generation who are ready to compete globally, development in the education sector is needed as a form of reconstruction aimed at forming global citizens. Education plays a very important role in conditions where citizens are experiencing a shift with globalization which has been tied to every aspect of human life. To overcome this shift, education is needed to provide concepts of good citizenship for the nation's next generation.

Currently, education in schools, especially Pancasila and Citizenship Education teachers, are implementing tighter social control in the practice of Pancasila values in everyday life. As a result, the existence of mass media can change morality to remain committed to the values of Pancasila reflect a patriotic spirit, and continue to prioritize the common good over personal interests. It is important to realize that the existence of Pancasila and Citizenship Education is formulated to create citizens who fulfill their rights and obligations as the identity of a nation. Pancasila is a national identity that is embedded in the younger generation.

The learning process of Pancasila and Civic Education teaches how to encourage the younger generation to utilize the existing developments by upholding

the practice of Pancasila values as the widest possible self-development. Positioning Pancasila as the main identity that is attached to the younger generation.

CONCLUSION

Based on the discussion above, the author sees that the Mental Health of Generation Z in Jakarta can be affected by cyberbullying that occurs on Social Media. Bullying on social media is a phenomenon that is currently widespread not only in Indonesia but also throughout the world. Generation Z is one of the largest users of social media, which has the consequence of cyberbullying against Generation Z. Cyberbullying behavior can take the form of harassment, trickery, denigration, and flaming. Such behavior causes the victim to experience mental disorders ranging from stress, paranoia, insecurity, and temperamentalism. Mental health has a profound impact on a person's psychology, where someone can become traumatized for the rest of their lives.

Cyberbullying should be taken seriously, especially with policies that regulate cyberbullying to punish the perpetrators. In Indonesia, cyberbullying has been regulated by Law Number 11 of 2008 on Electronic Information and Transactions (UU ITE). Additionally, cyberbullying violates the second principle of Pancasila. According to the author, cyberbullying is the same as the absence of mutual love among fellow human beings. This can be seen in the condition where an individual is treated unequally because another individual considers himself better in any way, while the second principle is a principle that upholds humanity. As fellow human beings, it would be better if we respect each other by not disparaging or bringing each other down.

To minimize cyberbullying that can happen to anyone, young people or Generation Z need to take steps to increase their self-awareness and self-control. In this case, Generation Z needs to use social media more wisely, especially when making statements, uploading content, and writing comments on a post. The implementation of Pancasila in everyday life is important for all Indonesian citizens because Pancasila contains values that can filter or filter out the negative currents of technological advancement. In addition, the enactment of laws governing cyberbullying behavior is expected to deter perpetrators, to anticipate subsequent cyberbullying actions.

The role of Pancasila as the nation's way of life in dealing with this impact is as a guide, guide, and direction in daily human activities and teaches how to encourage the nation's future young generation to take advantage of existing developments by upholding the practice of Pancasila values as the widest possible self-development. Positioning Pancasila as the main identity attached to the nation's next-generation

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