

THE IMPACT OF CYBERBULLYING ON ADOLESCENT MENTAL HEALTH: A PANCASILA-BASED APPROACH AS A SOLUTION

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Abstract

The rapid advancement of information technology has significantly impacted various aspects of human life, particularly in the realm of social media usage. While social media platforms offer numerous benefits, they also present substantial negative implications, one of the most alarming being the rise of cyberbullying. This behavior often originates from repeated negative comments that can severely affect the mental health of victims. Therefore, fostering ethics in digital communication is imperative. This study aims to examine the ramifications of cyberbullying and explore how values rooted in Pancasila can be integrated into society as a countermeasure. Utilizing a qualitative research method with a literature review approach, this investigation delves into the increasing prevalence of cyberbullying among adolescents. Furthermore, it discusses viable solutions to ensure the preservation of Pancasila values amidst technological advancements. The findings illustrate that embedding Pancasila values into daily life significantly shapes more responsible community behavior. By adhering to the moral guidelines provided by Pancasila, individuals are equipped to act with greater wisdom and empathy, consequently fostering a more harmonious social environment and promoting positive online interactions.

Keywords: Cyberbullying, Mental Health, Social Media, Pancasila, Adolescents.

INTRODUCTION

Technology has become an essential component of modern human life (Tama et al., 2022). The pervasive influence of technology is undeniable, significantly enhancing the speed and efficiency with which many daily activities are conducted. One of the sectors that have experienced rapid development due to technological advancements is information and communication. The process of conveying information—designed to inform and influence attitudes and behaviors—has transformed dramatically in the digital age.

According to Liedfray (2022), social media encompasses a range of communication tools that facilitate forms of interaction previously inaccessible to the public. The advent of social media platforms has drastically altered individual lifestyles, impacting personal and social aspects alike. While these platforms offer conveniences in communication, they also pose potential risks to societal wellbeing, cultural integrity, and mental health.

The Internet's utility is essential for adolescents engaged in learning (Artati & Herdi, 2023). However, excessive use of social media among adolescents can lead to detrimental effects on their mental health (Maza & Apriyanti, 2022). Typically, adolescents utilize these channels to share personal experiences through posts and photos with friends. While social media provides opportunities for connection and self-expression, uncontrolled use can result in negative consequences, including cyberbullying.

Cyberbullying occurs predominantly during adolescence when individuals are fervently exploring their identities and social networks. The anonymity afforded by social



media allows users to express opinions and share perspectives without fear of immediate reprisal. Yet, this same feature can facilitate harmful behavior, particularly among vulnerable youth, exposing them to negativity and criticism from peers (Alimuddin & Rahmi, 2021).

Notably, the risks associated with the Internet and social media use include the potential for addiction and exposure to inappropriate content (Sudibyo, 2011). Excessive screen time can impact social skills and emotional development, leading to increased anxiety and depression, particularly in individuals encountering cyberbullying. Hence, understanding the influence of such negative online behaviors is crucial for safeguarding adolescents' mental wellbeing, as the infiltration of cyberbullying can have dire consequences for their self-esteem, leading in some cases to suicidal ideation (Ni'mah, 2023).

As modern communication continues to evolve, safeguarding adolescents against the threats posed by cyberbullying requires a societal approach that emphasizes ethics and cultural values. This discussion emphasizes the importance of implementing the values of Pancasila, the foundation of Indonesia's national philosophy, to support resilience and ethical behavior in digital interactions.

LITERATURE REVIEW

Cyberbullying

Cyberbullying, or online harassment, represents a negative behavior conducted by individuals or groups utilizing digital platforms to intimidate, humiliate, or harm others (Muhlshotin, 2017). This can manifest through various online platforms—including social media, emails, and text messages—with perpetrators often remaining anonymous. The anonymity intrinsic to cyberbullying facilitates an environment where offenders can target victims without facing immediate consequences, thereby making this form of harassment particularly insidious (Kowalski et al., 2014).

Research has identified several forms of cyberbullying, including flaming (angry online interactions), harassment (repeated offensive messages), and denigration (spreading false information) (Hinduja & Patchin, 2010). Willard (2005) emphasizes that cyberbullying is a deliberate, repeated act aimed at causing harm or distress to another person through digital means. The implications of cyberbullying extend beyond immediate emotional distress; victims may suffer long-term effects, including anxiety, depression, and diminished self-esteem, which can contribute to a decline in overall mental health.

Mental Health Impacts

The mental health consequences of cyberbullying are profound and multifaceted. Victims often experience acute emotional distress characterized by feelings of shame, fear, and anxiety. Ni'mah (2023) outlines that those subjected to cyberbullying are at a heightened risk for developing serious mental health issues, including depression and post-traumatic

stress disorder (PTSD). The inability to escape from a persistent online harassment scenario exacerbates these mental health struggles, dramatically diminishing their quality of life.

Moreover, the stigma surrounding mental health can deter victims from seeking the help they need, often leaving them isolated in their suffering. Studies show a direct correlation between experiences of cyberbullying and suicidal thoughts or actions, underscoring the urgency of addressing this issue (Putri & Farijana, 2020).

The Role of Parental Guidance

Parental involvement plays a crucial role in mitigating the impacts of cyberbullying. Adolescents without adequate support from their parents may lack the tools and understanding needed to navigate online interactions safely. Moreover, a strong parental presence often equips adolescents with the ability to develop empathy and resilience against negative behaviors, in line with Pancasila principles that emphasize mutual respect and responsibility within familial contexts (Yulieta et al., 2021).

METHOD

To investigate the impact of cyberbullying on adolescent mental health and examine the application of Pancasila values as preventive measures, this study employs a qualitative approach grounded in literature review methodology. This form of research relies on existing literature and previously conducted studies to analyze the problems under investigation.

Data were gathered by exploring various academic sources available through platforms such as Google Scholar to access scholarly articles relevant to the theme of cyberbullying. The collected works were critically assessed to identify underlying factors contributing to cyberbullying, its primary causes, and supporting elements that influence such behaviors. Additionally, this study explores the relevance of Pancasila in addressing the phenomenon of cyberbullying.

Post data collection, thematic content analysis was performed to interpret and understand the meanings derived from the gathered information. This method allows for a nuanced examination of the relationships between cyberbullying, mental health, and cultural values. The findings and discussions emerging from this research will further elaborate on the unique challenges presented by cyberbullying and the potential role of Pancasila in offering solutions.

RESULT AND DISCUSSION

Understanding Cyberbullying

Cyberbullying, defined as the use of digital technologies to harm, harass, or intimidate individuals, is a growing concern among today's adolescents. This form of bullying predominantly manifests on social media platforms, where anonymity often emboldens harmful interactions. Limber, Kowalski, and Agatston (2018) identify that the repetitive and malicious nature of cyberbullying poses serious threats to the psychological well-being of victims. The interaction patterns allowed by digital technology provide a



breeding ground for such behavior, which can escalate quickly and have far-reaching consequences.

Forms of Cyberbullying

Cyberbullying presents itself in various forms, including:

1. Defamation: Spreading false rumors and engaging in character attacks to tarnish an individual's reputation.
2. Harassment: Sending threatening or abusive messages, instilling a sense of fear in the targeted individual.
3. Exclusion: Intentionally ostracizing individuals from online groups or communities, fostering feelings of isolation and rejection.
4. Doxxing: Publicly releasing private or sensitive information about someone without their consent, potentially leading to real-life danger.
5. Impersonation: Creating fake accounts that use someone else's identity to embarrass or intimidate them.

These various manifestations indicate how pervasive and damaging cyberbullying can be, directly influencing the mental health of the victims and their overall well-being.

Mental Health Consequences

The impact of cyberbullying on adolescent mental health is profound and multifaceted. Victims often exhibit heightened levels of anxiety and depression, suggesting that cyberbullying incurs significant emotional distress (Hinduja & Patchin, 2018). The stress resulting from being targeted can severely affect an individual's ability to cope with academic pressures and navigate social environments, compounding their psychological struggles.

In addition to immediate emotional disturbances, the long-term consequences of persistent cyberbullying can lead to more severe health issues, such as chronic depression and suicidal ideation. Various studies highlight that the psychological toll inflicted by cyberbullying can irrevocably harm the victim's self-esteem and sense of self-worth, ultimately complicating their ability to engage socially (Sari & Yustiana, 2022).

Approaching Cyberbullying Prevention with Pancasila

The urgent need for effective measures to combat cyberbullying necessitates a multidimensional approach that includes educational interventions highlighting the values embedded in Pancasila. Pancasila, as the philosophical foundation of Indonesia, promotes fundamental values such as respect, empathy, and social responsibility, providing a robust framework for addressing the issue of cyberbullying.

Pancasila as a Guiding Principle

Pancasila serves as a moral compass that can significantly influence individual behaviors, both in real life and online. Its emphasis on humanity and social justice offers a meaningful framework for mitigating occurrences of cyberbullying.

1. Unity (Sila Ketiga)

The principle of "Unity of Indonesia" encourages individuals to cultivate inclusivity and camaraderie regardless of differing opinions. This creates an environment that is less conducive to the divisive nature of cyberbullying and promotes respectful dialogue instead of hostility.

2. Justice (Sila Kedua)

The second principle emphasizes fairness and equality, urging youth to empathize with victims of cyberbullying. By educating adolescents about the emotional and psychological toll associated with cyberbullying, we foster a culture of understanding that discourages harmful behaviors.

3. Humanity (Sila Pertama)

Pancasila's commitment to respecting the dignity of all individuals applies beyond mere physical interactions. While determining one's personal integrity, it impresses upon digital communication the necessity of kindness and morality as guiding principles.

4. Social Solidarity (Sila Keempat)

Emphasizing collective responsibility encourages a community dynamic that actively supports victims of cyberbullying. Communities built on empathy are more likely to confront cyberbullying effectively and support those who suffer from it.

5. Democracy (Sila Kelima)

The principle advocating for equal voices within society fosters an environment where individuals can express themselves without fear of derision. Promoting public forums for discussion allows adolescents to articulate their thoughts and share experiences constructively, reducing the likelihood of cyberbullying.

Empowering Adolescents Through Pancasila Values

To counteract cyberbullying effectively, awareness-raising initiatives and educational programs must actively incorporate Pancasila values into their frameworks. These programs should inform participants about the consequences of digital hostility while fostering a culture that prizes empathy and respect.

1. Educational Institutions

Schools should integrate Pancasila-based moral education classes that cultivate responsible digital citizenship. These classes should address how to treat others respectfully online and discuss the repercussions of engaging in cyberbullying.

2. Parental Involvement

Parents play a critical role in guiding their children's online behaviors. Open discussions about Pancasila principles at home can instill values of empathy, respect, and responsible



online behavior, providing children with a robust ethical framework to navigate digital interactions effectively.

3. Community Engagement

Community organizations can run awareness campaigns and programs centered around Pancasila values, encouraging adolescents to become advocates against cyberbullying. Initiatives may include workshops, seminars, and collaborative projects designed to empower students to engage positively in their online environments and to stand firmly against bullying behavior.

4. Peer-Led Programs

Engaging students in leadership roles through peer-led initiatives can create a supportive network within educational settings. By fostering a community of trust where students can discuss their experiences, they contribute to creating an environment that discourages negative behaviors. Peer mentors can guide younger students in understanding the consequences of cyberbullying and promote respectful communication.

5. Technology Education

Schools should not only address behaviors associated with cyberbullying but must also educate students on the responsible use of technology. Implementing specific curricula focused on digital literacy, including critical thinking about what they encounter online, can empower students to discern between credible and harmful content. This education, aligned with Pancasila values, helps shape responsible digital citizens.

6. Reporting Mechanisms

Establishing clear procedures and encouraging students to report incidents of cyberbullying can strengthen school policies' effectiveness. Schools should create an environment where victims feel safe to speak out without fear of further bullying or retaliation. Ensuring transparency in the reporting process, along with supportive follow-up actions, can foster trust between students and institution leaders.

Creating a Culture of Digital Citizenship

Through fostering Pancasila values, we can cultivate a culture of positive digital citizenship among adolescents. This approach not only aids in preventing cyberbullying but also promotes the development of healthier online environments where empathy and respect thrive.

a) Social Media Etiquette

Educating youth on appropriate online behavior based on Pancasila principles contributes to healthier interactions. Instilling good practices such as thinking before posting and considering the impact of one's words on others can mitigate issues related to online harassment.

b) Conscious Engagement Online

Encouraging adolescents to engage consciously with their peers online emphasizes mindfulness in interactions. The acknowledgment that each online comment has the

potential to affect someone's mental health fosters a more responsible approach to digital communication.

c) Building Resilience

Pancasila's values empower adolescents to build resilience; understanding the support from their community can embolden them to stand against bullying and promote a culture of safety and positivity.

d) Advocating for Change

By actively promoting discussions around cyberbullying in community forums and schools, adolescents can advocate for changes in how digital interactions shape their environments. This can lead to the implementation of policies that prioritize respect and well-being in virtual communities.

CONCLUSION

Cyberbullying represents a significant social issue with profound mental health implications for adolescents. The challenges it presents necessitate comprehensive strategies that include community engagement, educational initiatives, and the adoption of strong ethical frameworks grounded in Pancasila values.

By embedding these values into educational curricula and community practices, we can foster a culture of empathy and respect, creating an environment where the prevalence of cyberbullying diminishes. This multifaceted approach ensures that as technology continues to evolve, the principles of kindness, understanding, and responsibility remain at the forefront of our digital interactions.

The findings of this study highlight the crucial need for collective responsibility among educators, parents, and communities to protect adolescents from the damaging effects of cyberbullying. Emphasizing Pancasila values offers a compelling solution to fostering a safer, more supportive online culture that empowers adolescents to thrive both digitally and emotionally. By equipping young individuals with the tools to navigate the complexities of digital interactions, we shape a brighter future for our society, one where respect for human dignity prevails over hostility and aggression.

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