Cyberviolence and its psychological effect on adolescent's mental health

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ABSTRACT

Introduction: Cyberviolence, particularly cyberbullying and digital sexual violence (DSV), has emerged as a significant concern among adolescents due to the rapid expansion of digital platforms. This study aims to analyse the psychological effect of cyberviolence on adolescents, focusing on risk factors, coping mechanisms, and potential intervention strategies. Materials and Methods: A literature review was conducted using electronic databases such as PubMed, Scopus, and Google Scholar. All data were collected based on inclusion criteria, which consisted of peer-reviewed articles published within the last 10 years; studies lacking empirical data were excluded. Results: Findings indicate that victims of cyberbullying and DSV experience heightened risks of anxiety, depression, self-harm, and social withdrawal. Additionally, multiple factors such as gender, preexisting mental health conditions, excessive and uncontrolled internet usage, and negative family dynamics contribute to adolescent's vulnerability towards cyberviolence. Intervention strategies, including digital literacy programs, adequate policy regulations, and psychological support systems, are explored to mitigate the harmful effects of cyberviolence. Conclusion: This study underscores the need for comprehensive preventive measures to safeguard adolescent's mental health in the digital era.

Keywords: Cyberbullying, digital sexual violence, psychological effect, adolescent mental health