

THE EFFECTS OF CYBERBULLYING ON HUMANITIES AND SOCIAL SCIENCES STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Cyberbullying refers to the act of using digital devices to harass, intimidate, or harm an individual. It typically occurs through social media platforms, messaging services, and online gaming. This form of bullying can result in emotional distress, anxiety, social isolation, and diminished self-esteem. As technology continues to advance and become more accessible, the prevalence of cyberbullying also increases. This study aims to determine the effects of cyberbullying on Humanities and Social Sciences (HUMSS) students at Bestlink College of the Philippines by assessing its impact on mental health, academic performance, and self-esteem. This study employs a descriptive quantitative research design using purposive sampling. Data were collected through a structured survey questionnaire distributed among selected HUMSS students. The responses were analyzed to evaluate the perceived effects of cyberbullying across the identified variables. In terms of mental health, the highest-ranked response indicated that the spreading of rumors or humiliating comments online significantly affected students' emotional well-being, with a weighted mean of 3.52, interpreted as "strongly agree." Regarding academic performance, the highest response showed that victims of cyberbullying struggled to concentrate on their studies, with a weighted mean of 3.50. For self-esteem, the leading response indicated that victims required more motivation to regain confidence, with a weighted mean of 3.56. All results were verbally interpreted as "strongly agree." The findings suggest that cyberbullying has substantial negative effects on students' mental health, academic performance, and self-esteem. To address this, the study recommends fostering positive online behavior and mutual respect among students. By promoting empathy and responsible digital conduct, the school community can reduce incidents of cyberbullying and create a safer, more supportive online environment. Encouraging peer involvement in prevention efforts can strengthen relationships and empower students to collectively stand against harmful online behavior.

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