

Determinasi Faktor Psikologis dan Sosial terhadap Perilaku Kekerasan di Dunia Maya pada Remaja: Pendekatan Kuantitatif

Adinda Indriyanti A^{1*}, Uswatun Hasanah²

^{1,2} Universitas Negeri Makassar, Indonesia

Corresponding e-mail : adindainriyanti@gmail.com

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ABSTRACT

The rapid development of information technology creates new challenges in the form of cyberbullying, which has a significant impact on mental health, especially the younger generation. This study aims to explore the factors that influence cyberbullying behavior through a survey of respondents selected by purposive sampling. The research instrument covered aspects of attitudes towards cyberbullying, the influence of social media, and the impact on mental health. The results showed that most respondents were neutral towards this phenomenon, but some experienced psychological impacts such as stress and anxiety. This study highlights the importance of early education, supervision, and the establishment of a positive digital environment. The findings are expected to contribute to the scientific literature as well as support public policies to reduce the incidence of cyber violence and its impact on mental health.

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INTRODUCTION

The rapid development of information and communication technology has created a new reality in human social interaction. One of the negative impacts of this progress is cyberbullying, which is a deliberate act of aggression committed through digital media (Camacho et al., 2023). This phenomenon has become a global issue due to its serious psychological impact on victims, such as emotional stress, decreased self-confidence, and mental health disorders (Witjaksono et al., 2021). In the context of the digital era, cyberbullying and cybervictimization are now recognized as significant mental health problems, especially among adolescents and young people who are very active in using social media.

Unlike traditional forms of bullying, cyberbullying has more complex characteristics. Anonymous access, the absence of time and space constraints, and the rapid spread of messages make cyberbullying difficult to recognize and address (Siroj et al., 2024). Perpetrators can carry out repeated attacks without physical barriers, while victims continue to face prolonged psychological distress. This can worsen an individual's mental well-being and create an unhealthy digital environment. For example, an online community that is supposed to be a means of sharing information can turn into a space filled with negative comments and aggressive, destructive behavior. The impact is not only felt by individual victims, but also disrupts the digital social ecosystem as a whole (Kim, 2022).

The urgency of addressing this phenomenon is even greater considering the long-term impact of cyberbullying which can lead to decreased self-confidence, increased anxiety, and risk of depression in victims (Dahlan, 2024). Although Indonesia has Law No. 19/2016 on Electronic Information and Transactions (ITE) that covers aspects of cyberbullying, its implementation still faces challenges in terms of legal awareness and enforcement effectiveness (Jayaputri, 2020). Therefore, a more comprehensive prevention and intervention strategy based on an empirical understanding of the factors that cause such behavior is needed. Previous studies have shown gender differences in self-esteem and social anxiety, but not many have examined how the relationship between these two variables is influenced by gender factors (Xia et al., 2023). This is especially relevant in countries with high social media penetration, such as Saudi Arabia, where more than 91.7% of the population actively use social media (Aljasir & Alsebaei, 2022).

In addition, cross-cultural research indicates that cyber experiences and levels of victimization vary between regions, depending on local social norms and cultural values (Kennedy & Dendy, 2024). Some studies also show that cyberbullying perpetrators generally have low self-esteem, difficulties in emotional control, and social problems, both in school and community settings (Loinaz, 2020). According to Kowalski (Jaskulska, 2024; Pengusul et al., 2019), cyberbullying is a form of bullying carried out through various digital platforms such as instant messaging, email, online forums, and social media. Although it takes place in the virtual realm, its impact on the victim's real life is significant, especially because it is repetitive and carried out by individuals who have greater power or influence.

Despite the growing awareness of this phenomenon, research on the causal factors of cyberbullying remains fragmented. Most previous studies have focused on specific aspects, such as online game addiction or adolescent aggressive behavior, without looking at the interplay between external factors (such as social media accessibility and environmental influences) and internal factors (such as individual personality and emotions). This study seeks to fill this gap by analyzing both factors simultaneously, resulting in a more thorough understanding of the dynamics of cyber-violent behavior (Nurhalimah et al., 2023). Thus, this study aims to identify and analyze the factors that influence online violent behavior, including external and internal aspects of individuals. This approach is expected to contribute to the development of more effective prevention and intervention strategies. In addition to making theoretical contributions to the scientific literature, the results of this study also have practical implications for educators, parents and policy makers in creating a safe, inclusive and healthy digital environment for all users.

METHOD

This research methodology uses a quantitative approach, which aims to measure the relationship between variables objectively and measurably through numerical data (Creswell & Creswell, 2018; Sugiyono, 2011). This approach allows researchers to conduct statistical analysis to identify patterns, relationships, and influences between the variables studied. In this context, the quantitative approach was chosen because it is able to produce findings that can be generalized to a wider population and provide an empirical basis for making valid and reliable conclusions.

This research uses survey design as the main method. The sample was drawn from a population of individuals who actively use social media with an age range of 15 to 25 years, totaling 100 respondents. Data collection was conducted through a structured questionnaire designed to measure various factors, both external such as social media accessibility, as well as internal factors such as personality characteristics and emotions of respondents. Through this quantitative survey approach, the research aims to obtain representative data and enable

statistical analysis of relationships between variables. Thus, the research results are expected to provide valid, reliable, and generalizable conclusions to a wider population of social media users (Berlanti et al., 2024).

The sampling method used is purposive sampling, where researchers select responses based on certain criteria that are relevant to the research objectives (Zickar & Keith, 2024). Researchers will distribute questionnaires to find out what factors influence violent behavior in cyberspace. The questionnaire contains questions about cyberbullying (Tsani et al., 2024). The table below is used to measure aspects related to the phenomenon in this study. This table also serves as a guide to compiling research instruments in an organized or structured manner, so that each aspect becomes the main focus of our research clearly visible and in accordance with the research objectives.

Table 1. Research Instruments

No	Aspect/Sub Factor	Statement Number
1	Aspects of Attitudes Toward Violence in Cyberspace	1-5
2	Aspects of Social Media and Environmental Influence	6-10
3	Aspects of Impact on Mental Health	11-15

All statements in the questionnaire were developed based on previous studies and theoretical foundations related to cyberbullying and online behavioral psychology. Each item was measured using a Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree) to capture the degree of respondents' agreement with each statement (Budiaji, 2019). This measurement allows the researcher to perform quantitative analysis to examine correlations and causal relationships among the variables. The structured organization of the instrument ensures the validity and reliability of data collection, making it possible to draw meaningful and generalizable conclusions regarding the factors influencing violent behavior in cyberspace.

RESULTS AND DISCUSSION

Cyberbullying is a form of aggressive behavior carried out through digital media with the aim of hurting, humiliating, or intimidating other individuals (Jubaidi & Fadilla, 2020). Unlike traditional bullying that occurs in person and is limited by time and space, cyberbullying has a wider reach, can spread quickly, and takes place repeatedly without geographical or temporal restrictions. These unique characteristics make cyberbullying a complex social phenomenon that is difficult to control in the context of cyberspace.

In practice, cyberbullying can be carried out through various forms of digital activities, such as sending aggressive or insulting messages, sharing photos and videos that humiliate victims, impersonating victims to bring down their reputation, and spreading negative comments and hate speech on social media. In addition, perpetrators often utilize anonymity on the internet to hide their identity, increasing the frequency and intensity of attacks against victims. Social media has become a major tool in the spread of these acts due to its interactive, open and accessible nature, allowing perpetrators and victims to engage in synchronous and asynchronous social interactions [16].

Cyberbullying can occur through various digital communication platforms, including text messages, electronic mail (email), chat rooms, online forums, and various types of social media such as Instagram, TikTok, X (Twitter), and Facebook. These characteristics mean that the impact

is not only psychological, but also social, as the victim's self-image and social relationships can be significantly disrupted. In this study, the analysis was conducted to understand the extent to which external and internal factors influence the tendency of individuals to engage in violent behavior in cyberspace. The discussion in this section begins with the presentation of respondents' demographic data, which provides an overview of the characteristics of the research participants. This demographic information is important as a basis for understanding the profile of respondents and the social context behind their behavior patterns in using digital media.

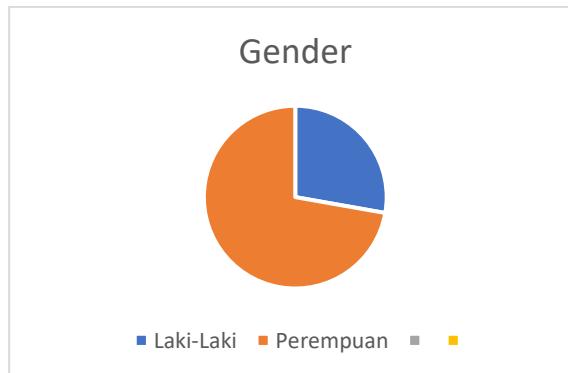


Figure 1. Demography Respondent

This pie chart shows the results of the study on the distribution of the population by gender. The research found that the proportion of women is greater than that of men, as shown by the orange wedge being larger than the blue wedge. This data indicates that women dominate the population in the context of this study, although no specific reason for this difference is mentioned. The results of this study can provide important insights in various contexts, such as planning policies that are more inclusive of women, customizing public services, or understanding the social structure of the region. The predominance of women in the population may also reflect certain demographic patterns, such as birth rates, migration rates, or higher life expectancy among women. This research provides a basis for further analysis to understand the factors that influence this gender distribution.

Table 2. Aspects of Attitudes towards Cyber Violence

No	Item/Statement/ Question	Mean	Median	Modus	Minimum	Maksimum	Sum
1	I feel that cyber violence (such as abusive comments) is not as severe as physical violence	2,12	2,00	1.00	1	5	191
2	Sometimes I want to take a break from social media to avoid mental stress	3.33	3.00	3.00	1	5	300
3	I think there are certain situations where cyber violence is acceptable	3.47	3.00	3.00	1	5	312
4	I find it easier to commit violence in cyberspace because I don't have to meet in person.	3.46	4.00	4.00	1	5	311

5	In my opinion, as long as there is no physical violence, cyber violence is not a big deal.	3.28	3.00	3.00	1	5	295
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The results of the research on the aspect of attitudes towards cyber violence show a variety of views from respondents regarding the five statements asked. In the first statement, the majority of respondents disagreed that cyber violence is not as severe as physical violence, with an average score of 2.12, indicating that they take cyber violence quite seriously. The second statement showed that many respondents felt the need to take a break from social media to avoid mental stress, with an average score of 3.33. Meanwhile, in the third and fourth statements, the average scores of 3.47 and 3.46 respectively indicate that respondents tend to find cyber violence acceptable in certain situations, and find it easier to do so because it is not face-to-face. Finally, in the fifth statement, the average score of 3.28 indicates a neutral to agree view that cyber violence is not a big deal as long as it does not involve physical violence. Overall, with a total of 1,158 responses and an average score of 231.6, the results of this study illustrate that attitudes towards cyber violence are quite diverse, with some respondents taking it seriously while others show tolerance under certain conditions.

Table 3. Aspects of Social Media and Environmental Influence

No	Item/Statement/ Question	Mean	Median	Modus	Minimum	Maksimum	Sum
1	People around me don't take social media violence too seriously	2.70	3.00	3.00	1	5	243
2	I often see people committing violence on social media	3.17	3.00	3.00	1	5	285
3	Social media makes it easier for me to engage in debates or conflicts	1.98	1.50	1.00	1	5	178
4	I feel the need to follow what my friends are doing on social media	3.03	3.00	3.00	1	5	273
5	If I use social media longer, I'm more likely to get into conflicts	3.79	4.00	4.00	1	5	341

The results of this study reveal respondents' attitudes and experiences regarding violence and conflict on social media based on five statements. In the first statement, with an average score of 2.70, the majority of respondents indicated that people around them tend not to take social media violence too seriously. The second statement showed an average score of 3.17, indicating that quite a number of respondents often witness violence on social media. For the third statement, with an average score of 1.98, most respondents did not feel that social media made them easily involved in conflicts or arguments. Meanwhile, in the fourth statement, with an average score of 3.03, many respondents felt social pressure to follow what their friends were doing on social media. The fifth statement had the highest average score of 3.79, indicating that many respondents felt that longer use of social media increased their likelihood of engaging in conflict.

Table 4. Aspects of Impact on Mental Health

No	Item/Statement/ Question	Mean	Median	Modus	Minimum	Maksimum	Sum
1	Bad experiences on social media sometimes make me feel stressed or sad	2.73	3.00	3.00	1	5	246
2	Violence on social media can affect how I feel throughout the day	2.31	2.00	2.00	1	5	208
3	Sometimes I feel scared or anxious after experiencing violence on social media	2.69	3.00	1.00	1	5	246
4	I feel my mental health suffers if I experience cyber violence	3.29	3.00	3.00	1	5	296

The results of this study illustrate respondents' experiences of the impact of social media violence on their mental health. In the first statement, with an average score of 2.73, many respondents revealed that bad experiences on social media sometimes made them feel stressed or sad. In the second statement, with an average score of 2.31, the majority of respondents did not feel that social media violence affected how they felt throughout the day. For the third statement, with an average score of 2.69, some respondents acknowledged that they sometimes feel scared or anxious after experiencing violence on social media. The fourth statement showed an average score of 3.29, indicating that most respondents felt their mental health suffered if they experienced cyber violence.

Based on the research results reflected in the three tables above, it can be concluded that while most respondents recognized the negative impact of social media violence on mental health, their perceptions and experiences of cyber violence varied widely. The first table shows that many respondents feel that cyber violence is taken quite seriously, although some people still think that cyber violence is acceptable in certain situations. This is reflected in the higher perception of the ease of committing violence online as there is no direct interaction. Meanwhile, the second table highlights the phenomenon of conflict on social media, where most respondents admit to witnessing violence frequently and find it easier to engage in debates or conflicts. Respondents also indicated that longer use of social media increases the likelihood of engaging in conflict. Finally, the third table reveals the emotional impact of cyber violence, with some respondents admitting that bad experiences or violence on social media can make them feel stressed, sad, anxious or even mentally disturbed. Overall, while respondents did not fully agree that social media violence is a big problem, many felt a negative impact on their mental health. This research points to the need for greater awareness of the dangers of online violence and the need for efforts to mitigate its impact on individuals' mental well-being.

CONCLUSIONS

The results of this study show that social media violence or cyberbullying has a real impact on users' mental health, although the degree of influence varies among respondents. Most respondents stated that the experience of cyberbullying can cause stress, sadness, anxiety and emotional distress, although not all felt these impacts intensely. The findings indicate that exposure to digital violence, whether as a victim or witness, can affect an individual's

psychological well-being, especially among young users who actively interact on social media. In addition, the study also highlighted that perceptions of cyber violence are mixed. Some respondents consider aggressive behavior in digital spaces to be serious and unacceptable, while others still consider it a normal part of online interactions. Factors such as the duration of social media use, social norms in the digital community, and an individual's level of sensitivity to emotional stimuli influence these views.

Overall, the results emphasize the importance of increasing digital literacy and social awareness in using social media in a healthy and responsible manner. Educational efforts, psychosocial interventions, and strengthening digital protection policies need to be developed to minimize the negative impact of online violence on mental health. Thus, this study provides an important contribution to understanding the relationship between violent behavior on social media and psychological well-being, as well as a basis for developing more effective cyberbullying prevention and response strategies.

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