

## Impact of Compulsive Internet Use on Cyberbullying and Mental Well-Being among Emerging Adults.

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### Abstract

**Purpose:** The purpose of the study was to examine the impact of compulsive internet use on Cyberbullying and mental well-being among emerging adults.

**Methods:** The study used a Correlational design. The sample consisted of 105 participants aged 18 – 30 recruited through purposive sampling. The Compulsive Internet Use Scale (Gert-Jan Meerkerk, 2008), the Mental Well-Being Scale (Warwick–Edinburgh, 2006), and the Cyberbullying survey were used, respectively. Data analysis was conducted using SPSS (V26) by appropriate statistical methodologies.

**Results:** Findings indicate compulsive internet use has a positive association with Cyberbullying, which in turn negatively impacts mental well-being. This correlation indicates that the higher the level of Compulsive internet use, the higher the instances of Cyberbullying and lower mental well-being.

**Conclusion:** From a theoretical standpoint, it showed that the construct of compulsive internet use was related to cyberbullying and mental well-being. The results suggest that individuals who engage in excessive internet use are more likely to experience higher levels of cyberbullying and have poorer mental well-being.

**Keywords:** Cyberbullying, Compulsive internet use, Mental well-being, Emerging adults

### Introduction

According to a 2024 Times of India report, India currently has over 820 million active internet users. Of these, more than half—442 million—are from rural areas. In 2023, internet usage grew by eight percent compared to the year before.. In the digital age, the ubiquitous presence of the internet has revamped innumerable aspects of life, particularly for young adults traversing the transitional phase between adolescence and full adulthood. As this cohort engages with the internet for a vast array of purposes including but not limited to social interactions, learning, and entertainment, the adverse effects of overindulgence of this technology are causing indisputable concerns. One such concern happens to be the relationship between the compulsive use of the internet and its impact on the mental well-being of its users, especially the demographic mentioned above. A genus of psychological issues is being found in emerging adults due to obsessive and excessive online behaviour, which are components of compulsive internet use. This paper aims to explore the multifaceted impact of compulsive internet use on young adults, specifically probing into its role in contributing to cyberbullying and its detrimental effect on mental health. By scrutinizing the equation of these variables, this work seeks to shed light on the deeper manifestations of compulsive internet use and formulate effective strategies to abate its negative effects.

### **Compulsive internet use**

Compulsive Internet Use (CIU) refers to a maladaptive relationship with the tool, including a loss of control over the use, the use for mood changes and withdrawal symptoms (Quiñones-García & Korak-Kakabadse, 2014). Compulsive internet use, also known as problematic internet use is typified by an intense, frequently overpowering need to use the internet, which can have serious detrimental effects on one's ability to function in a variety of spheres of life, including relationships, the workplace, school, and one's general mental health.

These days, nobody is free from the confines of technology; we spend most of our time online, doom-scrolling. What was once intended to be a helpful tool for people to look up information and stay connected with one another, has become a liability due to misuse, overuse and oversight. Fear of missing out, or fomo, is a term used to describe a phenomenon where people feel as though they are missing out on enjoyable experiences that others are having. This phenomenon has increased due to the growing use of the internet because everyone is now virtually connected, creating a large sense of connectivity in the world. This makes people develop an unhealthy relationship with their internet devices in the sense that they cannot stop being on the internet even when they try hard.

Greenfield observed that individuals with online addiction experience a sense of displacement while online, which impairs their ability to manage crucial aspects of their lives due to excessive online engagement (Arpaci, 2018). This leads them to miss important work deadlines, reduce time spent with family, and gradually withdraw from their daily routines. They neglect social interactions with friends, colleagues, and their communities, ultimately causing their lives to become unmanageable because of their internet use.

### **Cyberbullying**

Cyberbullying involves using digital tools to intimidate, threaten, humiliate, or single out someone. This includes sending hostile or aggressive messages through texts, tweets, posts, or other online communications, as well as sharing personal details, photos, or videos intended to cause harm or embarrassment (Ben-Joseph, 2022).

Due to the growing prevalence of social media, cases of cyberbullying are increasing rapidly. People can now hide behind the guise of their online identities, allowing them to remain anonymous and feel freer and more confident in saying mean and harmful things to others—things they might not say in real life. The desire to fit in with online groups and appear "cool" can lead individuals to be extremely cruel to others on the internet, to the point where it becomes bullying.

Furthermore, previous research has indicated that specific moral disengagement mechanisms—such as advantageous comparison and euphemistic labelling (Pornari & Wood, 2010), diffusion of responsibility and attribution of blame (Robson & Witenberg, 2013), as well as distortion of consequences and dehumanization (Romera et al., 2021)—are significantly linked to cyberbullying.

Cyberbullying can have a serious negative impact on a person's psychological health, resulting in low self-esteem and increasing levels of depression and anxiety (Baruah, Dashora & Parmar, 2017). Victims of cyberbullying may experience mental health issues, depression, and social withdrawal, as their experiences on social media are often negative and hurtful.

### **Mental Well-being**

The WHO defines mental health as, 'A state of well-being in which the individual realizes his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully and can contribute to his or her community. It is a crucial element of health and well-being that supports both our individual and group capacity to decide, form connections, and influence the world we live in.' Research by the Foresight Mental Capital and

Wellbeing Project highlights that well-being also involves the ability to achieve personal goals. Additionally, positive mental well-being contributes to overall emotional health and the absence of mental disorders.

Carol Ryff gave a comprehensive model of psychological well-being which offers a thorough framework that highlights essential aspects contributing to a person's mental health and overall life satisfaction. Ryff's approach defines psychological well-being through six unique yet interconnected dimensions which are – self-acceptance, personal growth, purpose in life, environmental mastery, autonomy and positive relationships with others (Ryff, 1989).

A while back, mental well-being and positive functioning were thought to be the only indicators of mental health (Keyes, 2002). According to Keyes (2002), mental health can be evaluated on a spectrum, ranging from mental well-being at one extreme to mental disorders at the other. Understanding mental well-being is essential for not only diagnosing and treating mental health issues but also for promoting the positive aspects of psychological health.

### **Review of Literature**

Lozano-Blasco et al., (2022) did a systematic review in which the findings indicated a rise in internet addiction among newer generations, influenced by increased individualism, reduced sociability, and changes in enculturation.

Yang Li et al., (2021) found that risk factors contributing to increased internet use, severity of internet addiction, and severe internet addiction include having fewer social supports, experiencing pressure and mental health impacts from COVID-19, and excessive involvement in video games.

Nopiana et al., (2022) found that there is a relationship between internet addiction and introverted personalities. Excessive time spent online can lead individuals to spend significant time alone, without having to interact and engage with others.

Lin (2020) found high impulsivity, high virtual social support, older age, low subjective well-being, poor family functioning, and high alexithymia all to be independently predictive of internet addiction.

Maftai et al., (2022) in their study found that there was an indirect effect of compulsive internet use on cyberbullying via moral disengagement among teenagers.

Zych et al., (2023) found that in the population from Finland, Spain, and the United States, the relationship between impulsivity and cyberaggression was partially mediated by compulsive internet use.

Giumetti & Kowalski (2022) found that negative effects on well-being associated with cyberbullying through social media include psychological distress, reduced life satisfaction, and suicidal ideation.

Parmar et al., (2024) found that

In India, medical students who experienced cyber victimization and social media addiction were notably more likely to suffer from higher levels of depression, anxiety, and stress.

Vijayarani et al., (2024) asserted that an increasing number of teenagers are facing cyberbullying, which significantly affects their lives and often leads to unforeseen behavioral changes.

Gohal et al., (2023) in their study found that cyberbullying was highly prevalent among adolescents and was linked to substantial psychological effects like a propensity for self-harming behaviour and lower academic performance.

Gupta et al., (2020) in their study found a strong correlation between internet addiction, depressive symptoms

and poor sleep quality among medical students in Delhi.

Macaulay et al., (2022) found that among various response strategies to cyberbullying, the victim's response was the most influential factor in shaping how young people react. This was followed by the incident's publicity, the bully's anonymity, and, to a lesser degree, the type of cyberbullying involved.

Joseph et al., (2021) in their study found that about 20% to 40% of college students in India are at risk for internet addiction.

Tozzo et al., (2022) in their systematic review asserted that combating cyberbullying necessitates a comprehensive approach that would require the collaborative efforts of mental health professionals, educators, and digital experts working together synergistically.

Suresh & Biswas (2019) found that emotions such as loneliness, depression, low self-esteem, and anxiety drive individuals to pursue and maintain relationships in virtual spaces rather than engaging in face-to-face interactions.

Maurya et al., (2022) found that adolescents who were victims of cyberbullying were 2.07 times more likely to exhibit depressive symptoms compared to those who were not subjected to cyberbullying. Additionally, these adolescents were 2.50 times more likely to have suicidal thoughts than those who had not experienced cyberbullying.

Eyuboglu et al., (2021) found that being involved in bullying—whether as a victim, perpetrator, or both—is linked to mental health issues and self-harm behaviour.

Gjoneska et al., (2022) in their study asserted that all instances of problematic internet use (like online gaming and pornography viewing) pose a public health concern and should be addressed from a perspective of mental health.

Savani et al., (2023) found that cyberbullying victimization was notably more common among medical students and has a profound negative effect on their psychological well-being, leading to significant symptoms of depression and anxiety. The intensity of these effects grew with the severity of the cyberbullying experienced.

Gunnell et al., (2020) found that females who spent many hours online were observed to have a heightened risk of developing depression at follow-up, whereas males with extensive internet use were more likely to be at risk for self-harm.

## Methodology

### The objectives of this study

The purpose of this study the association between compulsive internet use, cyberbullying and mental well-being and to assess the impact of compulsive internet use on cyberbullying and mental well-being among the emerging adult population.

- i. To assess the relationship between compulsive internet use and cyberbullying among emerging adults.
- ii. To assess the relationship between compulsive internet use and mental well-being among emerging adults.
- iii. To examine the impact of compulsive internet use on cyberbullying among emerging adults.
- iv. To examine the impact of compulsive internet use on mental well-being among emerging adults.

## Hypotheses

**H1:** There will be a significant relationship between compulsive internet use and cyberbullying

**H2:** There will be a significant relationship between compulsive internet use and mental well-being

**H3:** Compulsive internet use will have a significant impact on cyberbullying

**H4:** Compulsive internet use will have a significant impact on mental well-being.

### **Research design**

The research design used in this study is a descriptive correlational research design. This method allows for the examination of relationships between various variables through surveys. This design is a useful approach for exploring the complex relationships between compulsive internet use and cyberbullying and mental well-being. By using correlational research, the study seeks to determine the degree to which these variables are connected and how they impact each other within the study group.

### **Participants**

The participants in this study consisted of 105 emerging adults falling in the age group of 18-30 years old. The study concentrated on younger individuals, and the participants were chosen according to particular age-related criteria.

### **Sampling Technique**

This research employed purposive sampling as its method for selecting participants. Researchers deliberately choose participants based on specific criteria rather than random in purposive sampling. To ensure the sample consisted exclusively of individuals aged 18 to 30, participants were selected using this targeted age-based approach.

### **Data Collection**

The main data collection method used in this study is a "questionnaire," which involves participants answering a set of questions about the variables being investigated. This approach enables researchers to examine the relationships and patterns among these variables.

### **Measures**

To assess the variables of interest, the study utilized the following validated questionnaires:

**Socio-demographic characteristics questionnaire:** A questionnaire related to socio-demographic characteristics, including gender, age, education level, place of residence, and family type, was finally developed.

**Internet details:** Since the study is related to compulsive internet use, questions related to it, including internet connection speed, network type, most preferred application and OTT platform, and preferred use of the internet, were used.

**Compulsive Internet Use Scale:** CIUS is a 14-item measure developed by Gert-Jan Meerkerk and his team. It is intended to gauge the degree and consequences of compulsive internet use. It examines several aspects of internet behaviour that could suggest issues, such as the frequency and intensity of online activity, the level of control over internet use, and its effects on daily life and overall well-being. This scale ranges from never to very often and is based on a 5-point Likert scale. —4 points will be given for —very often) Furthermore, for —never 0 will be given.

**Cyberbullying Survey:** A 6-item cyberbullying survey was used, which had questions related to cyberbullying, cyber victimization, and being a witness to someone else being cyberbullied. All the items are dichotomous in nature, giving respondents yes/no options.

**The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) measures** subjective well-being and assesses eudemonic and hedonic aspects of well-being. The 14-item WEMWBS scale, developed by Tennant et al. in 2007, has 5 response categories, summed to provide a single score. The 5-point Likert scale ranges from none to all of the time.

**Procedure**

The study was conducted under the guidelines provided by the American Psychological Association. All participants were 18-30 years old and capable of giving informed consent. Participants' rights to privacy, autonomy, and dignity were guaranteed, and they received a thorough explanation of the goals and features of the study. The option to withdraw from the study at any moment was made clear to the participants. After obtaining clearance, the participants were provided with a questionnaire that included measures of compulsive internet use, cyberbullying, and mental Well-being.

**Results**

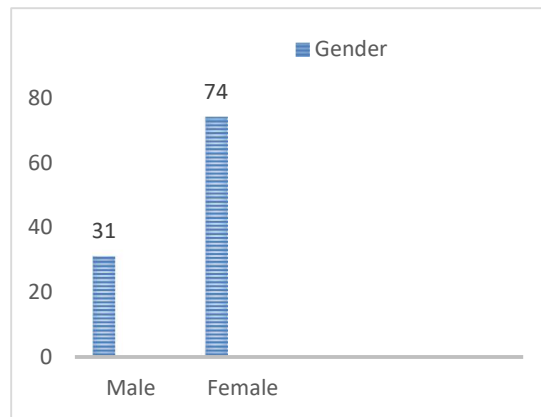


Chart 1: The gender variations are illustrated in Chart 1. The current investigation examined the significance of gender as a factor. The study included 105 emerging adults falling between the age of 18-30 years. Of the 105 participants, 31 (29.52%) were categorized as male and 74 (70.47%) as female.

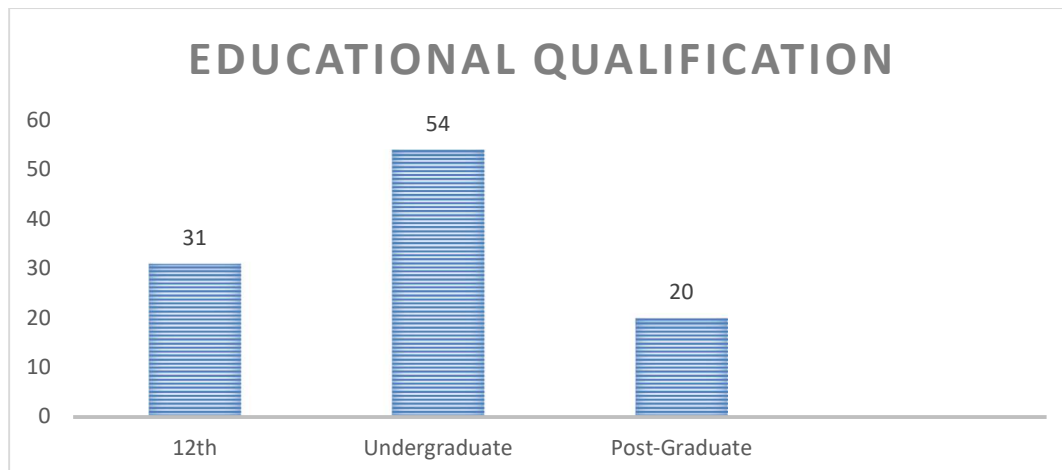


Chart 2: The educational qualifications are presented in Chart 2. Educational qualifications were a significant factor in the current study, which involved 105 emerging adults. Among the total participants, 31 (29.52%) were enrolled in the 12th standard, 54 (51.42%) were classified as undergraduate students, and 20 (19.04%) were classified as post-graduate students.

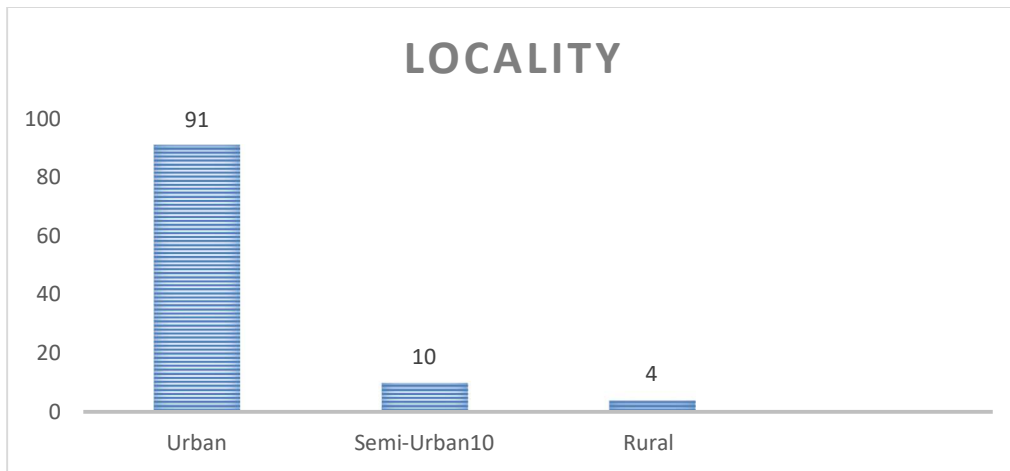


Chart 3: shows the residential locality of the participants. 91 (86.66%) of the participants come from city centers, 10 (9.52%) come from semi-urban areas, and 4 (3.80%) come from rural areas. The total number of participants is 105.

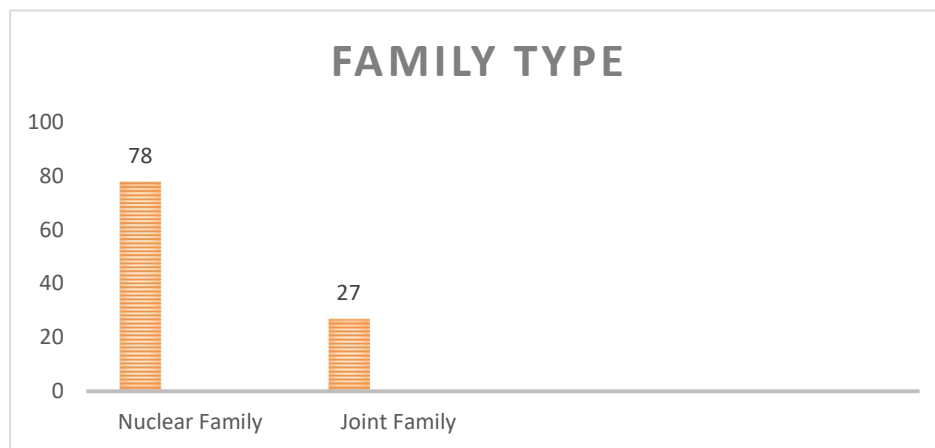


Chart 4: The information that is shown in Chart 4 illustrates the family type that the participants of this study belong to. As per the results, 78 (74.28%) of the participants are members of a nuclear family, while 27 (25.71%) are members of a joint family.

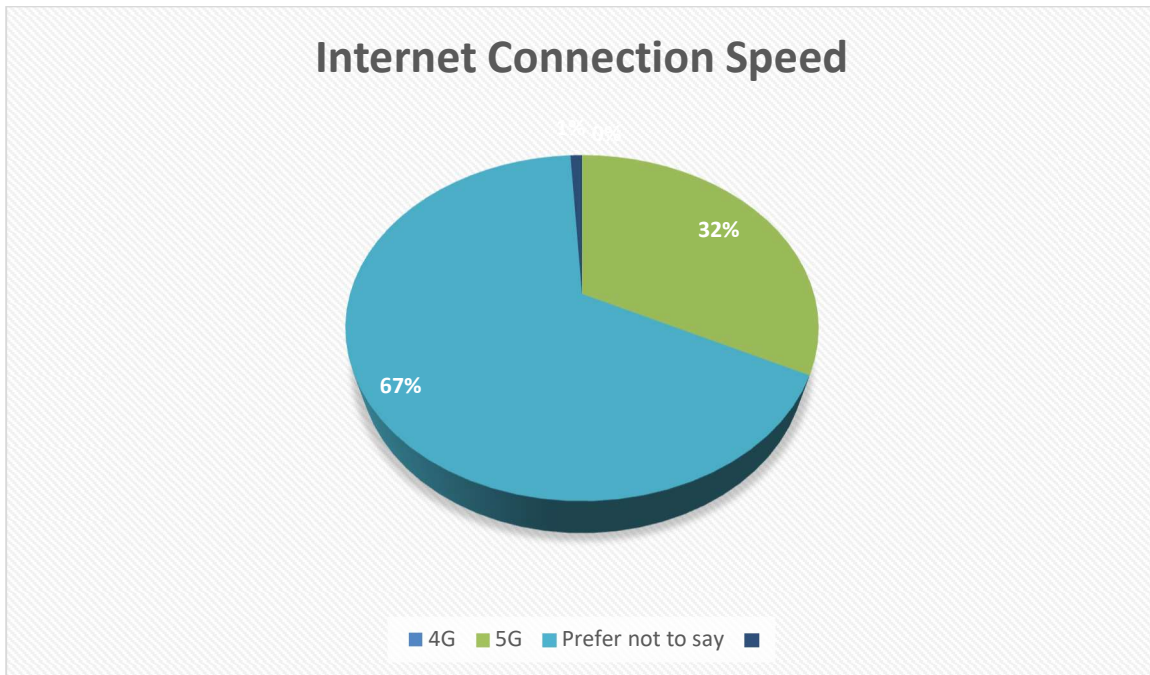


Chart 5: The information shown here illustrates the speed of the Internet connection that the individuals who took part in the study had. Based on the findings, 70 participants (66.67%) used 4G, 33 participants (31.42%) chose the 5G network type, and 2 participants opted not to comment.

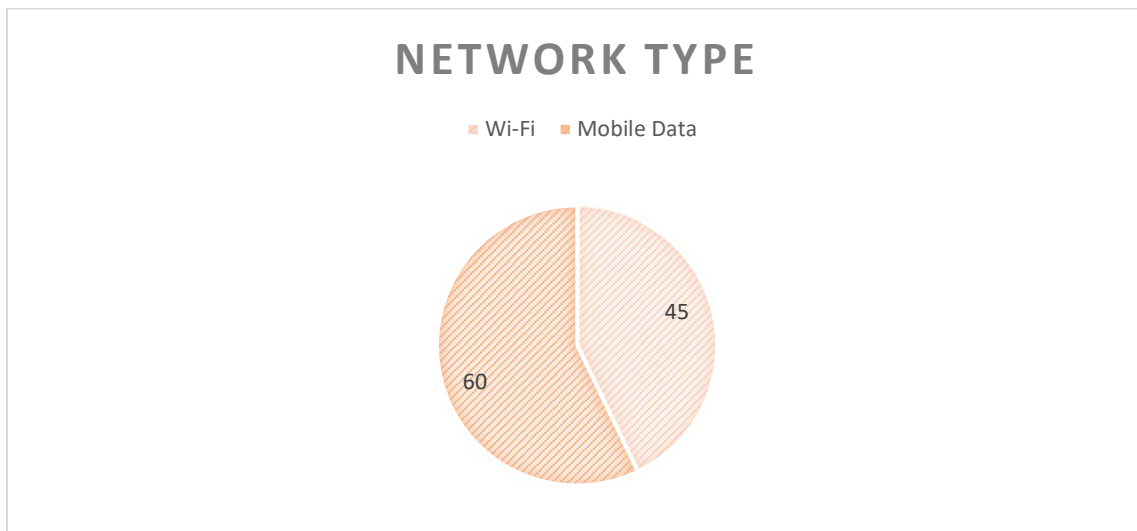


Chart 6: illustrates the types of networks that were used by individuals in the investigation. It was found via study that 60 of the participants, which accounts for 57.14% of the total, were utilising Wi-fi as a network type, while 45 of the participants, which accounts for 42.85%, use mobile data.

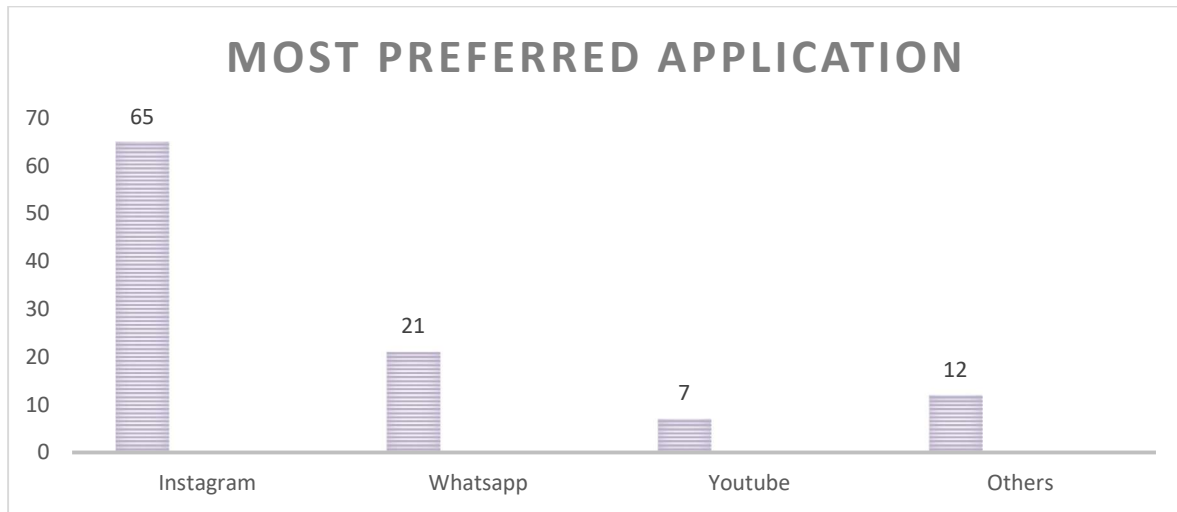


Chart 7: The information that is shown here displays the application that was selected by the participants as their most preferred one. 65 (61.90%) of the participants preferred Instagram, 21 (20%) preferred WhatsApp, 7 (6.66%) preferred YouTube, and 12 (11.42%) preferred other applications such as Pinterest and Snapchat, according to the research.

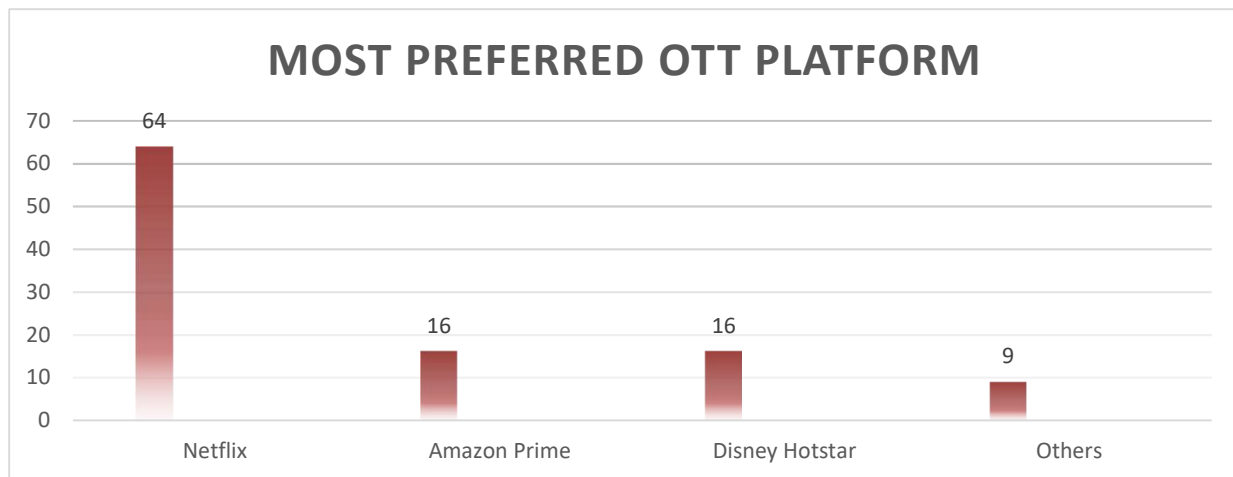


Chart 8: The information shown here displays the OTT platform that was selected as the most preferred by the individuals who took part in the study. The study found that 64 (60.95%) of the participants liked using Netflix, 16 (15.23%) preferred using Amazon Prime and Disney Hotstar, and 9 (8.57%) preferred using other platforms such as SonyLiv, Zee5, PrimeVideo, etc.

**Table 1: Descriptive Statistics**

	Mean	Std. Deviation
Compulsive Internet Use	38.0095	8.64302
Cyberbullying	25.4667	8.71346
Mental Well-Being	44.6476	9.92760

The descriptive statistics for the three variables, namely Compulsive Internet Use, Cyberbullying, and Mental Well-Being, are presented in Table 1. The mean and standard deviation for each variable is reported here. The mean score for compulsive internet use is 38.01 (SD = 8.64). This means that, on average, participants often spend much time on the internet in a way that's hard to control. The standard deviation of 8.64 indicates moderate variability in compulsive internet use behaviours among the participants. These results suggest that participants display a variety of behaviours, with some showing more or less a tendency toward compulsive internet use. The mean score for cyberbullying is 25.47 (SD = 8.71), indicating that the participants have reported moderate levels of involvement in or experiences with cyberbullying. The standard deviation of 8.71 points suggests that there is variability in cyberbullying experiences. This indicates that while the overall level of cyberbullying is moderate, some participants experience much higher or lower levels of cyberbullying behaviour. The mean mental well-being score of the participants is 44.65 (SD = 9.93), suggesting that, on average, they have relatively high levels of mental well-being. On the other hand, the more significant standard deviation of 9.93 suggests a broader range in the data, suggesting that the well-being of participants shows more variability compared to the other variables. These findings indicate that although most participants report high levels of well-being, a significant group experiences much lower levels of well-being.

**Table 2: Effect of compulsive Internet use on Cyberbullying**

Model Summary					
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	
	.918 <sup>a</sup>	.843	.841	3.44302	

Model	Unstandardized Coefficients		Standardized Coefficients		t	Sig.
	B	Std. Error	Beta			
(Constant)	14.819	1.042			14.216	.000
Cyberbullying	.911	.039	.918		23.502	.000

The research shows that cyberbullying is a significant predictor that accounts for a substantial portion of the variation in the dependent variable.

With a coefficient of determination ( $R^2$ ) of .843, cyberbullying accounts for about 84.3% of the variation in the outcome variable. The model fits the data well, as shown by the high  $R^2$  score. In addition, the number of predictors in the model was considered while calculating the modified  $R^2$  value of .841. This adjustment confirms the model's robustness. The standard error of the estimate reflects the average deviation of the observed values from the regression line, which is 3.443. This number indicates a respectable degree of forecast accuracy. The regression coefficients indicate the strength and direction of the relationship between cyberbullying and the dependent variable. When the degree of cyberbullying is zero, the intercept ( $B = 14.819$ ,  $p < .001$ ) shows the estimated value of the dependent variable. The results show that the dependent variable should have a baseline score of 14.82 in the absence of cyberbullying, as shown by the constant term. According to the unstandardized coefficient for cyberbullying, the dependent variable rises by .911 units for every unit increase in cyberbullying,  $B = .911$  ( $p < .001$ ). The study shows a positive coefficient, signifying a direct relationship between cyberbullying and the dependent variable. With a t-value of 23.502 and a p-value of .000 at the 95% confidence level, substantial evidence supports a statistically significant connection between the variables. Cyberbullying seems to have a considerable positive influence on the dependent variable, explaining a substantial portion of the variability, according to the standardised beta coefficient ( $\beta = .918$ ). The findings imply that cyberbullying and the dependent variable have a statistically significant and positive association. The model shows a substantial explained variation ( $R^2 = .843$ ), indicating a strong positive correlation between the outcome variable and cyberbullying. The results are robust, as evidenced by the high statistical significance ( $p < .001$ ), underscoring the significant role of cyberbullying as a predictor of the dependent variable. This illustrates the considerable impact of cyberbullying on behaviours or outcomes related to excessive internet use or mental health.

**Table 3: Effect of compulsive Internet use on Mental Well-being**

**Model Summary**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics		
					R Square Change	F Change	df1
1	.143 <sup>a</sup>	.020	.011	9.87360	.020	2.141	1

**Coefficients<sup>a</sup>**

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	48.788	2.989		16.321	.000
	Mental Well-Being	-.163	.111	-.143	-1.463	.146

The analysis of the model summary indicates that the ability of Mental Well-Being to predict the dependent variable is limited. There is a modest association between Mental Well-Being and the dependent variable, as indicated by the R-value of 0.143. Based on the obtained  $R^2$  value of .020, It can be concluded that Mental Well-Being accounts for just 2% of the variability in the dependent variable. This suggests that the model does not consider Mental Well-Being to be a significant predictor. The analysis reveals that the model's Adjusted  $R^2$  score of .011 indicates minimal variation explained by the number of predictors in the model. The standard error of

the estimate is 9.874, reflecting the average discrepancy between observed and predicted values. This suggests that the model's predictive accuracy for the dependent variable is relatively low. The total model is not statistically significant ( $p > 0.05$ ), as indicated by the F change statistic of 2.141 with  $df1 = 1$ . This suggests that no substantial evidence supports the prediction that Mental Well-Being predicts changes in the dependent variable. Additional details regarding the relationship between Mental Well-Being and the dependent variable can be found in the coefficients table. When analysing mental well-being, a constant value of  $B = 48.788$  ( $p < .001$ ) represents the expected value of the dependent variable. This data suggests that, in the absence of any variation in mental well-being, the dependent variable is projected to have a baseline score of 48.79

According to the unstandardised coefficient for mental well-being,  $B = -0.163$ , the dependent variable decreases by 0.163 units for every unit increase in mental well-being. The negative correlation between mental well-being and the dependent variable is inconclusive; however, as this association does not reach statistical significance ( $t = -1.463$ ,  $p = .146$ ), the variables appear to exhibit a modest, negative association, as indicated by the standardized beta coefficient of  $-.143$ . The regression analysis results suggest no observable correlation between Mental Well-Being and the dependent variable. The obtained  $R^2$  value of  $.020$  and the non-significant p-value ( $p = .146$ ) indicate no significant relationship between mental well-being variations and the dependent variable's explained variance. Although a small and non-significant negative correlation exists between Mental Well-Being and the result, the correlation does not hold statistical significance. This study's findings indicate that other variables may play a more significant role in explaining the dependent variable. Therefore, it is necessary to conduct further research to explore potential confounding variables or additional predictors.

## Discussion

The growing reliance on technology and social media is giving rise to cyberbullying. A study was carried out to examine how cyberbullying impacts university students' anxiety, self-esteem, and distress levels. The research elucidates the potential ramifications of cyberbullying. Our findings indicate that most of the country's emerging adult population has Internet access and uses it compulsively, so they cannot regulate their Internet usage. Emerging adults are particularly vulnerable due to their heightened use and reliance on new and advanced technology. Behavioral patterns linked to compulsive internet use, such as frequent and extended online sessions, can result in ineffective coping mechanisms. People might turn to the internet to avoid real-life stress, which can create a dependency cycle that exacerbates negative mental health effects. People become so absorbed in virtual interactions that they neglect important aspects of their own lives, often worrying about missing out on enjoyable experiences for others as well as recent global events. Those who participate in excessive online activities are more prone to increased anxiety and depression. This link may be due to disturbed sleep patterns, reduced face-to-face interactions, and exposure to harmful or distressing content.

According to Mitchell, Ybarra, and Finkelhor (2007), the substantial increase in the percentage of teenagers using the Internet since 2000 may cause this phenomenon. Participants can access the internet from different locations using computers or mobile devices. Our research indicates that this increased accessibility has also contributed to a rise in the rate of cyberbullying. According to Rahmaputri, Setiasih, and Kesumaningsari (2022), most parents do not limit their children's Internet usage. Based on the findings, it can be inferred that the youth currently enjoy greater freedom in their internet usage and engagement in online activities. The growing availability of internet access is contributing to a rise in cyberbullying incidents. Our research indicates that around half of the participants have reported experiencing cyberbullying, either as victims, perpetrators, or witnesses. According to Ahmad and Kamran (2019), the number of cyber victims and cyberbullies is on the rise due to rapid technological advances. Research suggests that cyber victimisation can have a significant impact on the psychological well-being of those who experience it. Research has shown that cyber victimisation can lead

to elevated levels of anxiety and distress among individuals.

Furthermore, it has been found to hurt the self-esteem of individuals who fall victim to cyber-attacks. Research shows that people who have been victims of cyberbullying often isolate themselves socially. They frequently experience anxiety about their prospects. They express fear and a reluctance to engage in conversation with others. According to Maurya, Muhammad, Dhillon, and Maurya (2022), cyberbullying can have long-lasting effects on students, causing them to experience victimisation for extended periods. This can result in the development of depression and other forms of mental disorders.

The key findings of this study align with the findings of earlier research by Skilbred-Fjeld, Reme, and Mossige (2020), Mukhtar et al. (2023), and Gohal, Alqassim, Eltyeb, and Rayyani (2023). Individuals who experience cyberbullying face a range of negative consequences, but those who engage in cyberbullying are also adversely affected by their actions. Research indicates that cyberbullies often display high levels of anxiety, low self-esteem, and more significant distress compared to those who do not participate in bullying behaviour. Previous research has consistently shown that cyberbullying is linked to various adverse outcomes, such as feeling unsafe at school, externalising problems, suicidal ideation, and reduced empathic responsiveness (Litwiller & Brausch, 2013; Nixon, 2014; Pelfrey & Weber, 2014; Sourander et al., 2010; Steffgen, Konig, Pfetsch, & Melzer, 2011; Wang, Iannotti, & Luk, 2012).

As a result, the general mental well-being of society declines since continuous exposure to online harassment erodes emotional stability and social unity. Tackling issues like compulsive internet use and cyberbullying is essential for creating a healthier online environment.

### **Limitations**

Although this study offers valuable insights, it's important to take into account several limitations when interpreting the results:

1. The sample size is too small to generalize the results to a broader population.
2. The participants of this study were limited to emerging adults
3. This study employed a descriptive research design, so other research designs can also be explored for studying these variables.
4. This research is restricted to individuals in Indian society, primarily based in Jaipur and Delhi NCR.
5. There was reliance on a survey format for cyberbullying rather than a more comprehensive questionnaire.

### **Conclusion**

Based on the study's findings, it is concluded that compulsive internet use negatively impacts an individual's well-being. Being overly dependent on online interactions causes their real life to suffer, also resulting in disturbed sleep patterns, increased anxiety, and depression, as well as reduced overall emotional state. This is the age of technology and the Internet. We cannot imagine living in a world without internet access at all times. People are abusing the Internet as their dependability has increased massively, and they cannot stay away from their gadgets for longer periods. Cyberbullying is a common phenomenon that is present globally, and the ratio of cyber victims is more than that of cyber bullies. In terms of gender, cyber bullies and cyber victims are equally represented among males and females, with gender not influencing involvement in these activities. Student responses indicate that cyber victimization and cyberbullying significantly impact health, anxiety, self-esteem, and overall distress. There is a positive correlation between anxiety and both cyber victimization and cyberbullying, with increasing incidents of cyber victimization leading to heightened anxiety among emerging adults.

In conclusion, cyber victimization and cyberbullying have been found to result in increased anxiety, decreased

self-esteem, and heightened distress; however, whether low self-esteem, high anxiety, and distress have an impact on experiences with cyberbullying and cyber victimization or whether they result in reduced self-esteem, increased anxiety, and more significant distress remains uncertain. Compulsive internet usage has been found to result in increased experiences with cyberbullying and impacts mental well-being negatively. necessary to investigate the long-term effects of compulsive internet use on cyberbullying and mental well-being, as well as to include a more demographically diverse sample to better understand the different ways these variables interact and manifest across various groups.

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