

Ragging and Bullying- Analysis of Its Impact on Young Adolescent Girls

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Abstract

Ragging and bullying are serious problems and in maximum cases, children are primarily victims of this. This study is associated with exploring the characteristics of ragging and bullying and their impact on young adolescent girls. At different times in human lives, almost maximum people have experienced bullying. Ragging and bullying have become the result of aggressive behaviour among young children. In order to mitigate these activities, the government has framed a few anti-bullying legislations. This activity impacted the mental health of children which disturbed them in their growing process. All the reasons behind ragging and bullying have been discussed in the below section. The researcher has adopted a "secondary quantitative data-gathering technique" which proved suitable and effective in extracting the right information related to the topic. Thus, to collect the raw data the researcher used an excel sheet, and to evaluate the raw data the researcher used IBM SPSS software. Moreover, this research paper can help the readers to identify the actual reason behind this malicious activity and how to reduce it in a better and more effective way.

Keywords

Adolescent Girls, Aggressive Behavior, Disturbing Childhood, Education, Mental Health, Physical Health, Ragging And Bullying.

INTRODUCTION

Background of the Study

In this recent modern world, ragging and bullying have been found to have a remarkable effect on children's mental and physical health as well as it also impacted educational performances. Among the different types of bullying, cyber bullying is one of the most common and it remains always high among middle and high school students compared to the others. It has been found that **one out of every five (20.2%)** students report being bullied [1]. In addition, colour discrimination behind bullying also has been seen as **23%** of Caucasian students, **23%** of African-American students, **7%** of Asian students, and **16%** of Hispanic students report being bullied at school [1]. However, **70.1%** of LGBTQ students were verbally bullied based on gender expression, and sexual orientation. Depending on the cruel activity of bullying, students who report being frequently bullied are at increased risk for suicide-related behavior. Thus, Italy and Sweden are identified as the holders of the highest rate of "cyberbullying awareness" at **91%** [2]. The study aimed at changing the behaviour of the bullying youth to modify their childhood.

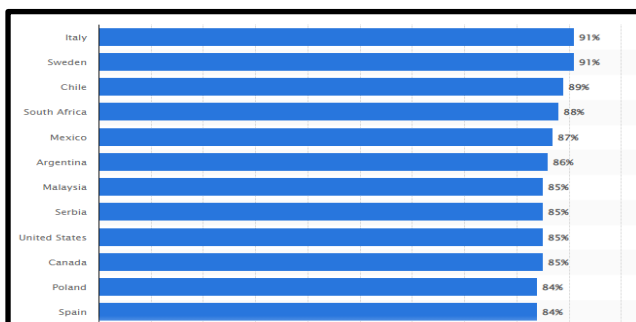


Figure 1: Awareness of Cyberbullying Worldwide [2]

Aim and objectives

The aim of this paper is to describe the impact of ragging and bullying on young adolescent girls. Research objectives have been made to focus on the important key tools of the research topic. The objectives are:

- To find out the potential reasons behind ragging and bullying
- To evaluate the consequences of ragging and bullying on young adolescent girls
- To understand the impact of ragging and bullying on the mental health of young adolescent girls
- To discuss the importance of creating awareness of ragging and bullying among children
- To identify the governmental initiatives for reducing ragging and bullying activities

Overview of the scope

The research paper serves as a systematic review of traditional bullying and victimisation among school-going adolescents. This study will help young adolescent girls to understand the real reasons for ragging and bullying and also help others to reduce their activities to save their childhood. In addition to that, it also should declare physical and mental issues in a more detailed way. Due to social exploitation, this research topic will be suggested as a better approach. As the majority of school-going teenage students never reported bullying or ragging, it can serve as a better perspective to influence them to increase their awareness.

METHODS

Research design

The researcher has selected suitable and effective research tools to make the outcome valuable and sustained for a

long-term issue. A *“positivism research philosophy”* has been chosen as it is capable of large-size data and can guide the research process in a positive way by exploring the variables. It helped the researcher with a measurable as well as an observable approach to observe the variables in a positive way. In addition to that, an *“inductive research approach”* has been selected as it is concerned with up growing known premises which are to be utilised. It is very helpful in developing the conclusion by attaching the potential requirements [3]. However, following all aspects of the research topic, the researcher has adopted a *“descriptive research design”* in this research process. In a better descriptive manner, all the data has been stored and kept safe with the help of this research design.

Research type

In any research procedure, data collection is considered one of the vital steps as it makes the study either valuable or not. Following the requirements and objectives of the research topic, the researcher has chosen the *“secondary quantitative data collected method”* to collect all the needed data and information. It has been selected to get accurate and authentic data from existing sources based on websites of different countries across the world [4]. An *excel sheet* has been used to collect the data from existing resources and generate relevant graphs. It has been proved helpful for the researcher as it does not require devoting money, time, and effort to get the proper resources related to the research topic.

Inclusion and exclusion criteria

There were some inclusion and some exclusion criteria for selecting the article in order to collect only reliable, valid, and relevant data for this following study. Articles that are published before 2018 were excluded for gathering only recent data and maintaining the validity of the research article. In addition to that, doctoral dissertations were excluded from the selected article as those studies can provide wrong information. The articles and scholarly journals that are published between “2018 and 2022” were included as well as it was made sure that all the articles were related to the specific research topic. These criteria were critical for ensuring the reliability of this article.

Data analysis

“Data analysis” is another remarkable section of any research process as it helps the researcher to make the outcome with a better understanding that can be understandable for readers. Thus, there are numerous techniques of data analysis; therefore as secondary quantitative data have been selected for this research paper, the statistical analysis has been selected as beneficial for leading this research process. In order to explore the raw data, and lead the statistical analysis, *“IBM SPSS software”* has been used as it is identified as one of the most useful statistical analysis software. Accompanied by generating graphs and tables, the process has been done to make the paper valuable.

RESULTS

Descriptive statistics

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Prevalence of bullying among adolescents	5	15.17%	69.42%	31.3580%	21.85569%
Children bullying ratio	5	29.00%	84.00%	46.2000%	22.07261%
Parents reported cyberbullying	5	19.00%	37.00%	26.8000%	6.79706%
Cyberbullying rate among children	5	26.00%	85.00%	55.8600%	28.06507%
Valid N (listwise)	5				

Figure 2: Descriptive statistics [6]

In SPSS software, creating a positive communication among all the research variables of this research study, the table of “descriptive statistics” is identified as the most effective tool. This table is very useful for exploring the output of the raw data and discussing the features of the data set in an understandable way [6]. However, this table is considered an “informational coefficient” that is helpful in splitting the research variables into small sections to prepare the entire calculation validly and authentically. The table of “descriptive statistics” conveys particular columns such as “minimum value”, “maximum value”, “mean value” and “standard deviation”. All the columns are valuable to evaluate the measurement of research variables. Thus, the authenticity of the table relies mainly on the values of “standard deviation”. Based on the above table, the “standard deviation” values are **21.85569**, **22.07261**, **6.79706**, and **28.06507**. The values highlight that there is a positive connection between research variables and the results are also correct.

Bar chart analysis

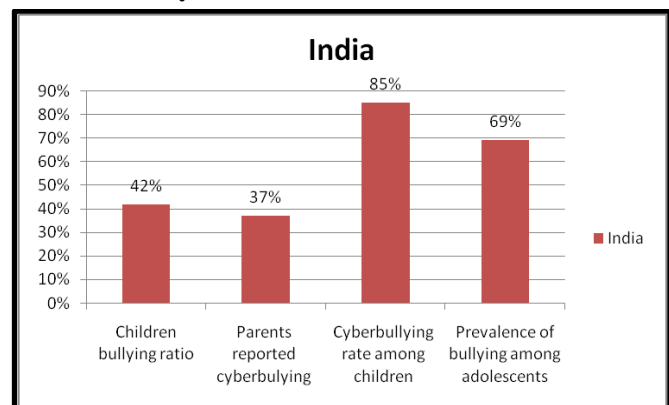


Figure 3: Ragging and bullying cases in India [6]

Following the above bar graph, it has been understood that in India, **42%** of children are suffering from children bullying activities. Especially in schools, children are victimised by ragging and bullying. In the majority of cases, it has been found that fewer knowledgeable parents are not reported but according to the records, nearly **37%** of parents reported cyberbullying in India. In addition to that, due to rising demand and use of the internet cyberbullying has become a common and serious crime. It has been observed that **85%** of cases registered in India are related to cyberbullying of

children. Among this, the prevalence of bullying among adolescents has also increased to **69%** in India which also shows a concerning area that needs to be protected.

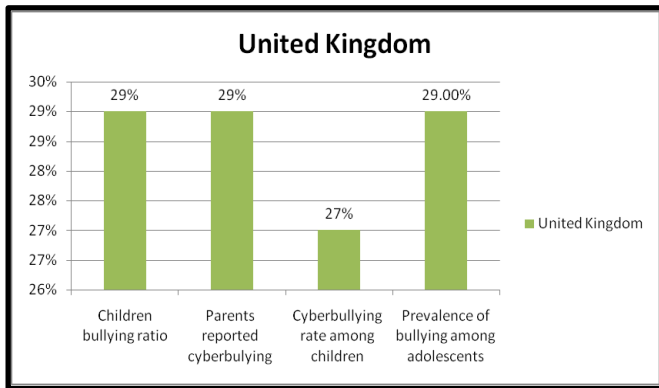


Figure 4: Ragging and bullying cases in the United Kingdom [6]

This above graph shows that there are **29%** of children bullying cases available in the United Kingdom. Schools are the main sources of children ragging and the bullying process as children remain unaware of these things. However, 29% of parents are capable of registering reports against their children's bullying processes. It shows that the parents are active in the UK. In addition to that, due to rising demand and use of the internet cyberbullying has become a common and serious crime. Thus, the ratio of cyberbullying in the UK is quite low compared to other developing countries. In this scenario, **27%** of cases registered in the US are related to cyberbullying of children which is average compared to the other ratio. In this scenario, the prevalence of bullying among adolescents has become **29%** in the UK which also shows a concerning area that needs to be protected.

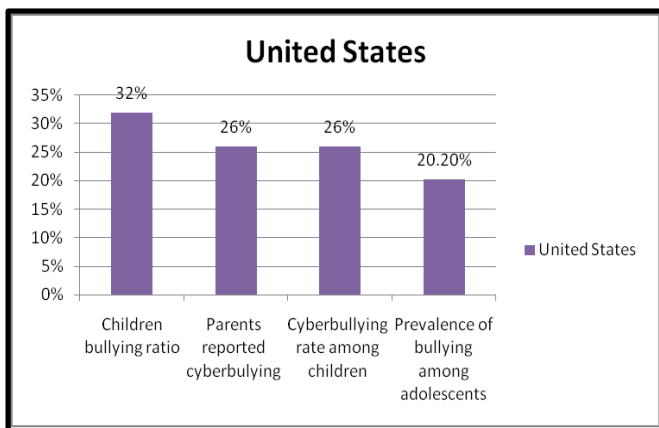


Figure 5: Ragging and bullying cases in the United States [6]

According to the above bar graph, it has been understood that in the United States, **32%** of children are suffering from bullying activities. Especially in schools, children are victimised by ragging and bullying. In the majority of cases, it has been found that fewer knowledgeable parents are not reported but according to the records, nearly **26%** of parents reported cyberbullying in the United States. In addition to that, due to rising demand and use of the internet

cyberbullying has become a common and serious crime. Thus, the ratio of cyberbullying in the US is quite low compared to other developing countries. In this scenario, **26%** of cases registered in the US are related to cyberbullying of children. Among this, the prevalence of bullying among adolescents has become **20.20%** in the US which also shows a concerning area that needs to be protected.

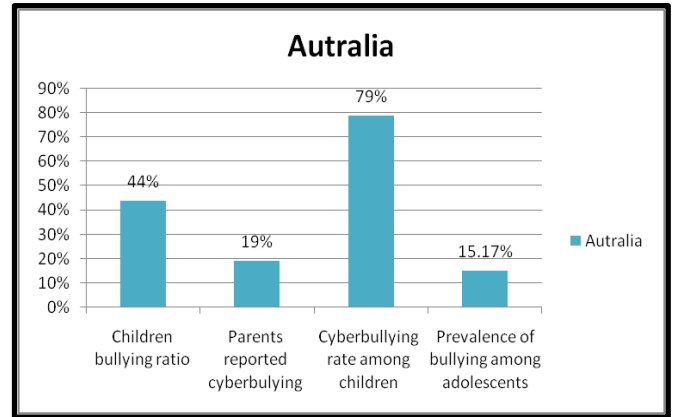


Figure 6: Ragging and bullying cases in Australia [6]

This above graph shows that there are **44%** of children bullying cases available in Australia. Schools are the main sources of children ragging and the bullying process as children remain unaware of these things. However, 19% of parents are capable of registering reports against their children's bullying processes. It shows that the parents are not aware and active in Australia. In addition to that, due to rising demand and use of the internet cyberbullying has become a common and serious crime. Thus, the ratio of cyberbullying in the UK is quite low compared to other developing countries. In this scenario, **79%** of cases registered in Australia are related to cyberbullying of children which is quite high compared to the other ratio. In this scenario, the prevalence of bullying among adolescents has become **15.17%** in Australia which also shows a concerning area that needs to be protected.

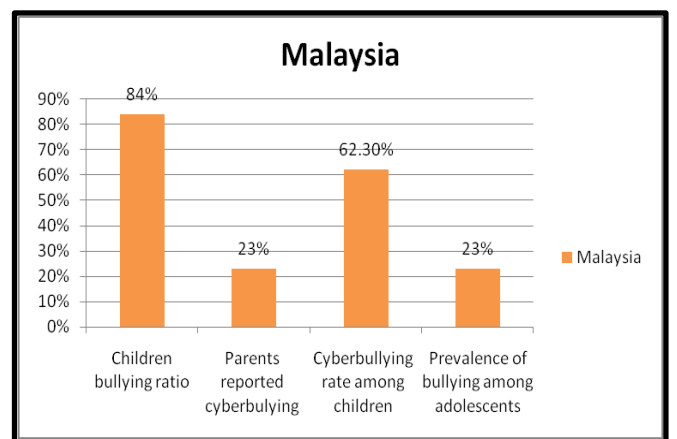


Figure 7: Ragging and bullying cases in Malaysia [6]

Based on the above bar graph, it has been understood that in Malaysia, **84%** of children are suffering from child bullying activities. The ratio of children bullying is higher in

Malaysia. Especially in schools, children are victimised by ragging and bullying as they have limited knowledge. In the majority of cases, it has been found that fewer knowledgeable parents are not reported but according to the records, nearly **23%** of parents reported cyberbullying in Malaysia which is quite lower. In addition to that, due to rising demand and use of the internet cyberbullying has become a common and serious crime. Thus, the ratio of cyberbullying in Malaysia is high. In this scenario, **62.30%** of cases registered in the US are related to cyberbullying of children. Among this, the prevalence of bullying among adolescents has become **23%** in Malaysia which also shows a concerning area that needs to be protected.

Correlation analysis

Correlations					
		Children bullying ratio	Parents reported cyberbullying	Cyberbullying rate among children	Prevalence of bullying among adolescents
Children bullying ratio	Pearson Correlation	1	-.326	.400	-.125
	Sig. (2-tailed)		.592	.505	.841
	N	5	5	5	5
Parents reported cyberbullying	Pearson Correlation	-.326	1	.069	.926 [*]
	Sig. (2-tailed)	.592		.912	.024
	N	5	5	5	5
Cyberbullying rate among children	Pearson Correlation	.400	.069	1	.441
	Sig. (2-tailed)	.505	.912		.457
	N	5	5	5	5
Prevalence of bullying among adolescents	Pearson Correlation	-.125	.926 [*]	.441	1
	Sig. (2-tailed)	.841	.024	.457	
	N	5	5	5	5

*. Correlation is significant at the 0.05 level (2-tailed).

Figure 8: Correlation analysis [6]

In SPSS software, “correlation analysis” allows the data to show how powerfully two contrasting research variables are connected with each other. As “correlation analysis” is a statistical method, is it able to explore all the variances in a single table [7]. Due to showing the association between two variables it has been identified as an important table under SPSS analysis. In this table, “p-value” is considered the main indistinguishable tool that is the marker of the relationship between two research variables. Depending on the “p-value” the measurable section of this table generates that if the variables remain within 1 which is larger than 0, the variables are correct and acceptable (value >0). In the above table, the maximum values of numerical data have become larger than 0, therefore, the value of two numerical data is less than 0 but it indicates that there is a positive relationship between the variables.

DISCUSSION

Reasons behind ragging and bullying

Ragging and bullying are similar kinds of violence and both of them are on the same surface as these kinds of violence cause depression and anxiety to the victims. This violence is formed out of aggression and causes verbal and mental abuse to the victims. However, with all of these similarities, the act of ragging and bullying is different and both of violence has their negative impact on the victims. The governments of different countries have taken different punishable laws against these acts of violence [8]. Sometimes

bullying has caused physical abuse and the victims of the violence have suffered from serious traumatization.

There are many organisations and NGOs that especially work for the victims who suffer from ragging and bullying, especially the girls who study in schools or colleges. Most girls in their schools or colleges became victims of these acts of violence and from that they suffers from major depression and anxiety issues. There are countless ways to rag or bully someone and some of them are public and overt which have tremendous effects on the psychology of the victims [9]. The victims of the bullies are innocent and they are naturally very sober in behaviour, after bringing ragged or bullied victims became more introverted and afraid to face the world.

Consequences of ragging and bullying on young adolescent girls

Overall the world, young adolescent girls are victimised by the tendency of ragging and bullying in schools. It has been seen that nearly half of the female victims of cyber bullying are younger girls aged 12 to 18 [10]. In this result section, data from five developing countries have been collected to recognise the current status of ragging and bullying across the world. In the United States, near about **32%** of female children are victimised by bullying and ragging on school premises [11]. Along with this, based on the record of 2020, just over **4 in 10 (44%)** young people aged 12–17 had at least 1 negative online experience in the 6 months prior to September in Australia [12]. Australian girls are experiencing this type of bullying.

Apart from this, **84%** report being bullied online and/or offline in Malaysia therefore, **33%** of children say they have been subjected to a range of online activities that some may consider online bullying [13]. According to the records, parents are also engaged in reporting bullying and the rate becomes different based on different countries. The ratio has become **37%, 29%, 26%, 19%, and 23%** in India, the United Kingdom, the United States, Australia, and Malaysia respectively [14]. It also has been found that **79%** of children aged 10-18 have been bullied on YouTube [15]. In addition, out of **13,387 UK students aged 12–18, 27%** identified their bullying experience as cyberbullying [16]. About **62.3%** of teenagers have registered cases of cyberbullying [17]. This has become challenging for adolescents to face critical situations at this young age.

Besides this, about **23%** of young adolescents have registered cases of cyberbullying depending on increasing internet access [18]. Bullying has become a common activity among Australian children and **15.17%** of the prevalence of bullying among adolescents has been seen [19]. It has both short-term and long-term impacts on the bullied and can scar larger. It has been seen that bullying and ragging activities represent incredibly insecure especially for adolescents.

The impact of ragging and bullying on the mental health of young adolescent girls

“Adolescent bullying” is considered a “public health issue” of serious global concern. It provides a serious impact

on the bullied to mental health that becomes a serious trauma for a lifetime. Ragging and bullying are common aggressive global behaviour that includes verbal abuse, physical assault, and neglect. It is recognized more convenient to do with children because they are naive [20]. Social bullying or cyberbullying was more common among females and it always remained higher among females compared to males. A school is a place where a child spent the maximum time and learns several things. Young adolescents are experiencing the phenomenon of school bullying in their daily lifestyles.

The majority of young adolescent girls deal with issues in school such as emphasis on beauty, dating, and group conformity which leads them towards bullying and ragging based on their peer group status. In the majority of cases, it has been observed that bullying impacted long-term mental health. Bullying is not responded to effectively rather it can cause lead an individual child into isolation [21]. Disruptive behaviour is a sign of understanding the bullied activity as well as it also can be an expression of difficulties or distress in this regard schools are required to be mindful to reduce the action. The bullying behaviour has been illustrated in a negative action that is intended at hurting the individual being victimised. These findings probably support targeting "high-risk personality traits" in ragging and bullying prevention.

Importance of creating awareness of ragging and bullying among children

Creating awareness of ragging and bullying is very important not only among the children but also among the welders to prevent these acts of violence. In comparison with boys, more girls are bullied in their school or college and they become traumatised after these violent acts. Many of them have suffered from depression, and anxiety and some of them have been physically abused. Developing strategies to spread awareness about ragging and bullying is very necessary. Countries such as India, Australia, Malaysia, the UN, the UK and many others have taken many initiatives to control the rate of this violence. Bullying is a universal phenomenon that has destroyed the careers of many girls and those who become the victims sometimes become suicidal [22]. While knowing all these factors every country and every region must build potential strategies for the prevalence of these violent activities. Educating everyone about the factors related to this violence and educating everyone about the ways to prevent these acts are necessary.

The basic method of this violence depends on the country's cultural context and the initiatives also differ in the context of the cultural aspects of the individuals. These activities are differently practised in different countries across the whole world. Girls are ragged and bullied in different ways but the most common activity is sexual they get harassed in the name of bullying. Girls do not feel safe in their educational places which is a very shameful fact and all countries need to focus on making more strict and punishable acts against this violence. The governments of all countries should increase

campaigns to spread awareness about this violence [23]. Even girls get bullied through social media and in this rapidly changing world people randomly use the internet which sometimes badly impacts the girls and they become victims of cyberbullying.

Governmental initiatives for reducing ragging and bullying activities

Countries such as India, Malaysia, the United Kingdom, the United States and many others have taken many initiatives to prevent this violence from their countries. The government of India has announced laws against this violence in schools and colleges and to prevent this the government is taking surveys to understand the rate of ragged or bullied students so that they can keep a record which will help in taking proper steps against the violence [24]. The Indian government also has taken many steps against cyberbullying that are increasing these days all across the world.

Almost 61% of people around the world have suffered from cyberbullying and the Indian government has taken proper actions against cyberbullying to prevent these violent acts [25]. Other countries have made National Crime Prevention Strategies altogether to control the rate of crime that is happening all around the world. All the other countries have taken the NCPS process to prevent the violence that happens to the students of schools and colleges and especially to girls. This strategy gives more protection and safety to the girl students and helps them to speak up against violence and help their country to prevent this violence from the country.

CONCLUSION

It can be concluded based on the entire analysis of the above section that global ragging and bullying activities have become serious concerning factors. Overall the world young adolescent girls are experiencing bullying and ragging in the schools where they spent most of their times. In the maximum cases, young adolescent girls have become socially lonely and prefer being isolated. In addition, it also impacted mental as well as physical health. However many young adolescents are also victimised by lacking close friends, being socially anxious, and being shy and introvert nature. Based on different countries, the result has been analysed in this paper to understand the current status of bullying and ragging in schools.

It has been observed that there is required to be recognition and support for the emotional needs of children and young people who are being bullied and who bully others. In addition to that, the increasing internet penetration among adolescents is also the reason behind cyber bullying and cyber ragging activities. Thus, government has implemented several legal functions to protect this area but needs more focus. In order to control and reduce bullying and ragging needs both parents and schools to take serious actions to make a safe place, especially for young adolescent girls worldwide.

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