

**Loneliness, Cyberbullying Victimization, and Psychological Adjustments in  
University Students**



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**COMSATS UNIVERSITY ISLAMABAD, LAHORE CAMPUS 2023**

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University Students**



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SP20-BPY-045

Session (2020-2024)

A Thesis Submitted in Partial Fulfilment for the Requirements of the

Degree of BS Psychology

**DEPARTMENT OF HUMANITIES**

**COMSATS UNIVERSITY ISLAMABAD, LAHORE CAMPUS, LAHORE.**

**2023**

## Research Completion Certificate

It is certified that the research work contained in this thesis entitled “**Loneliness, Cyberbullying Victimization, and Psychological Adjustments in University Students**” has been carried out and completed by **Ms. Aqeela Fatima**, Student ID: **SP20-BPY-045**: Student of BS Psychology, session 2022-2024. This study is an independent research work and carried out under given instructions and consideration.

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### **Declaration**

I, Ms. Aqeela Fatima, Student ID: SP20-BPY-045, student of BS Psychology, session 2019-2023, hereby declare that the material printed in this thesis titled “**Loneliness, Cyberbullying Victimization, and Psychological Adjustments in University Students**” is original work and has not been printed, published, or submitted as research work, thesis, or publication in any form in any university or research institution in Pakistan or abroad.

Dated: \_\_\_\_\_

Signature: \_\_\_\_\_

## **Dedication**

With the name of Allah, the Most Gracious and the Most Merciful. My sincere gratefulness goes to my beloved parents, my dearest siblings, my respected supervisor and my closest friends for their endless support and encouragement.

## **Acknowledgments**

In the name of Allah Almighty the Creator and Sustainer of this world. Firstly, I would like to thank Allah Almighty for giving me the capability and resources to complete this dissertation. Graduating from university and the completion of a thesis is something only a privileged few experience and I am grateful to have had this opportunity. Next, I would like to thank my Supervisor and Chairperson of Department Dr. Shameem Fatima for allowing me to conduct this study. Furthermore, I am grateful to Ms. Zaeema Farooq for guidance and support. I am grateful to my family for their endless emotional and financial support throughout my degree. I am thankful to my parents for their prayers and my brothers for their support. I am also extremely thankful to my friends for their support. I have immense gratitude for all my teachers who have taught me over the course of this degree. I am grateful to every person who participated, everyone who directly or indirectly cooperated with me and made this thesis possible for me. The completion of this dissertation has been a lengthy process and I am thankful that I have amazing people in my life who have been patient, kind, knowledgeable and supportive. I would also like to thank all my research participants for their voluntary participation in my study. None of this would have been possible without them. In the end, I am so grateful to myself who conducted this study and coping with every difficulty and challenge.

**AQEELA FATIMA**

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## Chapter 1

### Introduction

As our world turns into increasingly interconnected via the full-size use of digital technology and social media systems, university students are dealing with new challenges that considerably effect their mental properly-being. Loneliness, a subjective emotional experience as a consequence of perceived social isolation, has been recognized as a regular problem amongst university University students (Hawley, et al. 2010). Moreover, the speedy advancement of generation has given upward push to cyberbullying, a form of aggression that happens online, further exacerbating the intellectual fitness concerns amongst this population (Kowalski&Limber, 2012).

Loneliness is a subjective emotional enjoy due to perceived social isolation, characterised by way of a discrepancy between an man or woman's preferred and actual social relationships or social connectedness (Peplau et al., 2010).

University existence frequently includes enormous changes, along with a transition from excessive school or domestic surroundings to a new educational and social placing. For many university students, this period can be difficult, main to emotions of loneliness and isolation. Loneliness has been connected to numerous terrible effects, which include melancholy, anxiety, and decreased academic overall performance (Qualter et al., 2015). Understanding the factors contributing to loneliness among university students is vital for developing effective interventions to beautify their properly-being.

Achieving fantastic psychological adjustments is a crucial aspect of university existence, because it at once impacts students' academic achievement and normal nicely-being. Psychological changes encompass a variety of factors, which includes emotional law, coping mechanisms, and interpersonal relationships. Understanding how loneliness and cyberbullying victimization have an effect on those mental changes is crucial for growing complete guide systems for university students.

### **Psychological Impacts of Loneliness**

Loneliness additionally refers to a complex emotional country characterised by using a subjective perception of social isolation or a loss of meaningful connections with others. It is critical to word that loneliness is different from being on my own; an man or woman can feel lonely even in the presence of others if they perceive a lack of emotional connection or know-how. Research has proven that loneliness can have good sized and destructive outcomes on someone's mental and physical nicely-being. Loneliness has been associated with various bad consequences, along with accelerated strain, depression, anxiety, and decreased overall life Satisfaction.

One distinguished concept that explains loneliness is the Social Needs Theory (Baumeister & Leary, 1995). According to this idea, people have a fundamental want for social connections and belongingness. When those needs are not met, people revel in feelings of loneliness, that may lead to quite a number mental and behavioral effects.

Moreover, the Cognitive Perspective on loneliness focuses on the position of social cognition and how lonely individuals may also broaden maladaptive thought patterns, including poor expectations approximately social interactions or a heightened sensitivity to rejection

(Cacioppo & Patrick, 2008). These cognitive biases can perpetuate emotions of loneliness and lead to a cycle of social withdrawal and further isolation.

Research additionally indicates that loneliness can be motivated by way of genetic, character, and environmental elements people with positive persona developments, including high neuroticism and occasional extraversion, may be more susceptible to experiencing loneliness. (Hawkley et al., 2010).

To combat loneliness and its bad influences, interventions in psychology regularly awareness on improving social competencies, selling social assist, and hard bad thought styles (Masi et al., 2011). Group remedies, social sports, and cognitive-behavioral approaches have shown promise in lowering loneliness and enhancing typical nicely-being.

Loneliness refers to a subjective belief of social isolation and a loss of meaningful connections. It is a complex emotional kingdom which can have widespread terrible results on an individual's intellectual and physical fitness. Understanding the elements that make contributions to loneliness and implementing suitable interventions are crucial in addressing this universal difficulty and selling higher mental properly-being.

### **Cyber bullying Victimization**

Cyberbullying victimization refers to the enjoy of intentional and repeated damage inflicted thru digital communique devices, such as smartphones and computer systems, inclusive of behaviors like hurtful messages, spreading rumors, or sharing embarrassing information without consent (Tokunaga, et,al 2017).

Cyberbullying, refers back to the act of intentionally the use of digital communique technologies together with social media, instant messaging, emails, or different on-line systems to annoy, intimidate, threaten, or harm people. It includes repetitive and competitive conduct directed

in the direction of a target, causing emotional misery and mental harm. Cyberbullying can take numerous bureaucracy, including spreading rumors, sharing non-public information without consent, posting hurtful remarks, or growing faux profiles to impersonate and demean the sufferer.

### **Psychological Impacts of Cyber bullying victimization**

The introduction of the net and social media has added about new forms of interpersonal aggression, which include cyberbullying. Cyberbullying refers to intentional and repeated harm inflicted thru digital gadgets, along with smartphones and computers University university students, who are especially reliant on technology for communication and socialization, are prone to cyberbullying victimization. Research suggests that cyberbullying reports will have profound outcomes on mental health, shallowness, and typical mental adjustment (Kowalski et al., 2014).

The mental Impact of cyberbullying on the victims may be extreme and lengthy-lasting. Research has shown that cyberbullying is associated with an multiplied danger of depression, tension, low vanity, and suicidal ideation many of the sufferers (Patchin & Hinduja, 2017). The anonymity and perceived distance of the online surroundings can amplify the terrible effects of cyberbullying, as the perpetrators may also sense less chargeable for their moves, main to more severe behaviors.

Previous examination shown that the connection between cyberbullying and its psychological outcomes. The researchers discovered that sufferers of cyberbullying said higher ranges of social anxiety and depressive signs compared to non-sufferers. Furthermore, the take a look at revealed that cyberbullying became associated with emotions of powerlessness and an improved sense of isolation among victims.

Cyberbullying can also have unfavorable outcomes on the perpetrators themselves. Engaging in cyberbullying behaviors can lead to guilt, shame, and accelerated chance of

developing competitive inclinations (Kowalski et al., 2014). Moreover, folks who take part in cyberbullying might also enjoy problems in forming wholesome relationships and integrating into social businesses.

Cyberbullying is a dangerous and pervasive trouble with giant psychological implications for each the victims and perpetrators concerned. It is vital to elevate cognizance approximately cyberbullying, sell digital empathy, and foster a culture of appreciate and information in on-line areas to mitigate its poor effect on individuals' mental well-being.

The dating among loneliness and cyberbullying victimization has been the situation of several studies research. While loneliness and cyberbullying victimization are distinct principles, they may be often interconnected, with one influencing the other. Here's an overview of the relationship with references:

Studies shown that there is a significant association between loneliness and cyberbullying victimization, particularly among adolescents and young adults. Loneliness can make individuals more vulnerable to cyberbullying, and those who experience cyberbullying may also experience increased feelings of loneliness due to the social isolation and emotional distress caused by the victimization

Numerous studies have investigated the relationship between cyberbullying victimization and psychological adjustment, consistently revealing negative effects on the victims. Some of the key findings include.

Victims of cyberbullying often experience higher levels of anxiety and depression compared to non-victims. Cyberbullying can be pervasive and relentless, leading to a sense of helplessness, isolation, and humiliation, which are strong predictors of anxiety and depression

Cyberbullying can erode a person's self-esteem and self-worth. Negative online feedback and attacks on one's appearance, intelligence, or talents can lead to feelings of worthlessness and inadequacy

Cyberbullying victims may withdraw from social interactions to avoid further victimization, which can lead to social isolation and feelings of loneliness (Li, 2006).

The psychological distress caused by cyberbullying can interfere with a victim's ability to concentrate and perform well academically (Bonanno et al., 2013). In extreme cases, cyberbullying victimization has been associated with increased suicidal ideation and self-harm behaviors (Hinduja & Patchin, 2010).

Longitudinal studies have indicated that the negative psychological effects of cyberbullying can persist over time, affecting a person's mental health well into adulthood (Copeland et al., 2013).

It's important to note that not all individuals respond to cyberbullying in the same way. Several factors can moderate the impact of cyberbullying on psychological adjustment, such as, Individuals with effective coping strategies and support systems may be better equipped to deal with cyberbullying and its effects (Kowalski & Limber, 2013). Resilient individuals may demonstrate better psychological adjustment despite experiencing cyberbullying (Campbell et al., 2019). Strong parental support and communication can mitigate the negative effects of cyberbullying on psychological well-being (Bonanno et al., 2013). A positive and supportive school environment that addresses cyberbullying effectively can protect students from severe psychological consequences (Beran & Li, 2005).

Given the significant negative impact of cyberbullying on psychological adjustment, interventions and prevention efforts are crucial. Schools, parents, and communities can implement

several strategies: Raising awareness about cyberbullying, its consequences, and how to prevent it can empower individuals to take action against cyberbullying. Encouraging peer support and bystander intervention can help victims feel less isolated and increase the likelihood of early intervention. Providing access to counseling and mental health support for victims can help them cope with the emotional repercussions of cyberbullying. Implementing clear reporting mechanisms for cyberbullying incidents can facilitate prompt responses and protect victims. Collaboration among schools, parents, policymakers, and social media platforms is essential to create a safe online environment for all users.

Cyberbullying among university students can occur due to various reasons. Some of the main causes or courses of cyberbullying in this context include. The online environment provides a sense of anonymity and reduced accountability, leading some individuals to engage in cyberbullying behavior they might not exhibit in face-to-face interactions. University settings may involve social hierarchies and competition among students. Cyberbullying can be a means for some individuals to assert dominance or gain a sense of power over others. Differences in beliefs, values, appearance, ethnicity, or other personal characteristics can lead to cyberbullying. Prejudices and stereotypes can fuel negative behavior towards certain individuals or groups.

Cyberbullying may occur as a form of retaliation for real or perceived slights, conflicts, or disagreements among students. The extensive use of social media among university students can lead to conflicts and misunderstandings, which may escalate into cyberbullying incidents. Students might engage in cyberbullying to fit in with certain social groups or to avoid being targeted themselves. Some students may not fully understand the consequences of their online actions or may lack empathy towards the impact of cyberbullying on others. Students experiencing mental health challenges themselves might engage in cyberbullying as a maladaptive coping mechanism.



Observing or being exposed to cyberbullying incidents in the media or among peers might lead some students to replicate similar behavior. The widespread availability and easy access to technology and social media platforms can facilitate cyberbullying incidents.

It's important to note that these are general courses of cyberbullying and may vary based on cultural, social, and individual factors. Addressing cyberbullying requires a multifaceted approach, including education, policies, and supportive environments that promote empathy, respect, and responsible digital citizenship among university students.

### **Psychological adjustment**

Psychological adjustment refers to the process through which individuals cope with and adapt to the challenges, changes, and demands they encounter in their lives. It is a dynamic and ongoing process that involves various cognitive, emotional, and behavioral aspects. The ability to adjust psychologically is crucial for overall well-being, mental health, and a fulfilling life. In this detailed exploration, we will delve into the key components and factors that contribute to psychological adjustment.

Psychological adjustment is a multifaceted concept encompassing several dimensions, including emotional, cognitive, social, and behavioural aspects. It involves the ability to manage stress, cope with adversity, and navigate life's transitions effectively. Individuals who are psychologically well-adjusted exhibit resilience, adaptability, and a positive outlook even in the face of challenges.

### **Cognitive Factors:**

#### ***Cognitive Appraisal:***

Psychological adjustment frequently starts with how people apprehend and interpret conditions. Cognitive appraisal includes assessing the importance of an event or circumstance.

Positive fee determinations make a contribution to a greater adaptive response, on the identical time as terrible price determinations can result in strain and maladjustment.

### ***Cognitive Restructuring:***

This consists of difficult and changing maladaptive belief patterns. Individuals who can reframe negative mind and expand more positive views decorate their psychological adjustment. Cognitive restructuring is a key factor of cognitive-behavioral treatment plans.

### **Emotional Factors:**

#### ***Emotional Regulation:***

Ability to adjust sentiments is a prerequisite for successful psychological adjustment. To do this nicely, one ought to be perceptive, knowledgeable, and capable of control their emotional reactions. Adaptive coping mechanisms permit emotionally clever people to hold emotional fitness.

#### ***Resilience:***

The capability to recover speedy from setbacks is what we imply whilst we talk about resilience. People that are resilient are capable of address adversity, research from their errors, and in the long run be triumphant. To come to be more resilient, one should work on growing a sturdy experience of self, reaching out to others for support, and honing their trouble-solving capabilities.

### **Social Factors**

#### ***Social Support***

Mental adjustment is facilitated by using sturdy social networks and connections that provide mutual assist. A support machine of pals, circle of relatives, and neighbours can also help alleviate the poor consequences of pressure. In addition to assisting with coping, social help may

additionally make you sense more at domestic and secure.

*Cultural Influence*

The role of cultural variables in determining mental adjustment is sizable. As a end result of cultural norms, beliefs, and expectancies, people react to strain in exclusive methods. To apprehend different views and sell inclusive approaches to intellectual health, cultural competency is essential.

## **Behavioral Factors**

### *Adaptive Coping Strategies*

Psychological adjustment isn't always possible without effective coping mechanisms. People have the choice to lease coping techniques which are hassle-targeted, which include coping with the stressor head-on, or emotion-centered, which contain handling emotional reactions. To have interaction in adaptive coping, one must choose coping mechanisms which might be well matched with the nature of the stressor.

### *Health and Lifestyle Choices*

Mental fitness and bodily health are intently associated. To keep common intellectual health, one should exercising frequently, eat healthily, and get enough of sleep. Adopting dangerous conduct and abusing materials may also have a destructive impact on intellectual health.

## **Developmental Perspectives**

### *Life Transitions*

Life modifications, which include infancy, maturity, and vintage age, frequently put mental adjustment to the test. To correctly respond to new difficult conditions that arise at each boom level, one should be capable of change their roles, duties, and expectations consequently.

### **Erikson's Stages of Psychosocial Development**

Erik Erikson mapped out ranges of mental improvement from infancy all the way into old age in his idea of improvement. In order to grow up well, people should overcome the specific psychosocial demanding situations presented by way of each developmental level. Mental adjustment is aided by using a success resolution.

### **Challenges to Psychological Adjustment**

#### *Trauma and Adversity*

Exposure to trauma or great adversity can preclude mental adjustment. Post-demanding stress ailment (PTSD) might also expand, affecting an man or woman's capability to cope and adapt. Therapeutic interventions, including trauma-targeted treatment plans, are vital in these cases. Conditions like melancholy, anxiety issues, and personality problems can hinder mental adjustment. Effective remedy, along with psychotherapy and remedy whilst vital, is crucial for dealing with intellectual fitness disorders and promoting adjustment.

### **The Role of Intervention**

#### *Therapeutic Approaches*

Psychotherapy, counseling, and different therapeutic interventions play a important position in facilitating psychological adjustment. Cognitive-behavioral remedy (CBT), dialectical

conduct therapy (DBT), and mindfulness-based totally techniques are examples of effective therapeutic modalities.

***Medication and Psychiatry:***

In some cases, pharmacological interventions are essential to cope with imbalances in neurotransmitters and alleviate signs and symptoms of intellectual fitness issues. Psychiatric care, along side therapy, can offer a comprehensive method to psychological adjustment.

### **Relationship between loneliness, cyberbullying victimization**

Loneliness and cyberbullying victimization proportion a complex relationship, regularly reinforcing every different in a harmful cycle. Loneliness, characterised with the aid of a perceived lack of significant social connections, can power people to searching for solace in on line interactions. However, the digital realm introduces new risks, with cyberbullying becoming a standard chance.

Individuals experiencing loneliness may additionally turn to on line platforms in an attempt to alleviate their emotions of isolation. Unfortunately, the anonymity and distance furnished by using the virtual surroundings can disclose them to the danger of cyberbullying. The absence of face-to-face communication cues can result in misinterpretations, making on-line interactions more vulnerable to poor behaviors.

The erosion of humans's limited social guide systems, delivered on with the aid of cyberbullying, exacerbates emotions of loneliness. Online assaults may additionally amplify beyond the digital realm and affect actual interactions, leaving objectives greater vulnerable and alienated. Loneliness will become worse as a result of this loss of course, which feeds into itself by way of making humans much more likely to be victims of cyberbullying as they are searching for out online connections.

We want all-encompassing techniques to break this loop. People may additionally discover ways to recognize the indicators of cyberbullying and take steps to guard themselves via recognition and schooling efforts. It is vital to set up a welcoming online community that promotes

empathy and accountable online behaviour. Promoting each on line and offline healing procedures, encouraging significant interactions, and imparting assets to cope with social isolation are all part of the answer to loneliness.

By undermining some thing social support sufferers may also have, cyberbullying may also increase feelings of isolation. Because cyberbullying may additionally increase beyond the online international and impact sufferers' real connections, sufferers regularly feel even more exposed and on my own. Loss of social assist compounds feelings of isolation, which in flip heightens the chance of cyberbullying considering that extra humans might be likely to spend more time online because of their accelerated propensity to be lonely.

The intellectual toll is worsened considering that cyberbullying may occur at any time due to the constant availability of online technology. Experiencing social defeat and retreat may be exacerbated through the consistent publicity to terrible online interactions, that may reason elevated pressure, fear, and melancholy.

Breaking the cycle among loneliness and cyberbullying victimization calls for a multifaceted technique. Education and cognizance campaigns can help individuals recognize the signs and symptoms of cyberbullying and develop strategies to defend themselves. Additionally, fostering a supportive on line surroundings that promotes empathy and responsible virtual citizenship is crucial.

Addressing loneliness necessitates each on line and offline interventions. Encouraging significant offline social connections, imparting mental health assets, and teaching coping mechanisms for dealing with loneliness can assist individuals build resilience towards the terrible affects of cyberbullying.

### **Relationship between loneliness and psychological adjustment**



Relationship among loneliness and psychological adjustment is good sized, as loneliness can profoundly impact an character's intellectual and emotional well-being. Psychological adjustment refers to an man or woman's capacity to conform and cope with the needs and stressors of lifestyles, and loneliness may be a key component influencing this process.

Loneliness is a subjective experience characterized by means of a perceived discrepancy between one's preferred and real social connections. When people sense lonely, it could trigger a number emotional and cognitive responses that affect their psychological adjustment. Several key components of this courting are well worth exploring:

**Emotional Well-being:** Loneliness is frequently associated with bad feelings together with sadness, anxiety, and melancholy. The lack of meaningful social connections can lead to a sense of emptiness and emotional misery, affecting an man or woman's common emotional nicely-being and their potential to deal with existence's demanding situations.

**Cognitive Functioning:** Loneliness can impact cognitive processes, consisting of attention, reminiscence, and choice-making. Individuals experiencing loneliness may additionally exhibit cognitive biases that affect their perceptions of social situations, main to increased sensitivity to social threats and rejection.

**Stress and Coping:** Loneliness can make a contribution to heightened pressure levels as people may lack the social assist had to cope with life's stressors. The absence of a supportive social community could make it more difficult to control and adapt to diverse life events, probably hindering psychological adjustment.

**Self-Esteem and Identity:** Loneliness can impact self-notion and shallowness. Individuals who experience lonely can also question their social worth and war with a terrible self-photograph.

This, in flip, can effect their capability to navigate social interactions and form tremendous relationships, affecting their general mental adjustment.

**Physical Health:** Loneliness has been linked to damaging physical health outcomes, which include improved infection, cardiovascular troubles, and compromised immune function. The connection between mental and bodily fitness underscores the complete effect of loneliness on universal nicely-being and psychological adjustment.

Addressing loneliness includes interventions aimed toward enhancing social connections, enhancing social talents, and fostering a experience of network. Building and preserving significant relationships can positively impact an man or woman's mental adjustment via presenting the essential aid systems to navigate lifestyle's challenges

### **Relationship between loneliness, cyberbullying victimization and psychological adjustment**

The primary aim of this thesis is to investigate the associations between loneliness, cyberbullying victimization, and psychological adjustments among university students. Specifically, the research will address the following objectives. To assess the prevalence and levels of loneliness among university students. To examine the extent of cyberbullying victimization experienced by university students. To explore the relationship between loneliness and cyberbullying victimization.

To investigate the impact of loneliness and cyberbullying victimization on various aspects of psychological adjustments, including emotional well-being, coping strategies, and social functioning. To identify potential moderating or mediating factors that may influence the relationship between loneliness, cyberbullying victimization, and psychological adjustments.

This research holds significant implications for universities, mental health practitioners, policymakers, and students themselves. By shedding light on the intricate interplay between loneliness, cyberbullying victimization, and psychological adjustments, this study aims to contribute to the existing body of knowledge in the field of psychology and student well-being.

The findings can tell the development of focused interventions and support systems that address loneliness and cyberbullying victimization, in the end promoting more healthy psychological changes and basic campus nicely-being.

(Hawkley & Cacioppo 2009)examines the association between loneliness and intellectual fitness effects in university students. Findings imply that chronic loneliness is a tremendous predictor of elevated anxiety and despair levels, emphasizing the want for centered interventions to deal with loneliness on campus.

## **Literature Review**

A examine become conducted on loneliness and cyberbullying victimization through Kowalski et al., In 2018. This study explores the relationship between loneliness and cyberbullying victimization, presenting treasured insights into the subject. Loneliness can exacerbate the negative effects of cyberbullying victimization on people, specifically in the context of mental and emotional properly-being. When a person is already experiencing feelings of loneliness, cyberbullying can intensify their feel of isolation and distress. They can be extra vulnerable to the dangerous consequences of cyberbullying, inclusive of depression, anxiety, and occasional vanity. (Kowalski et al., 2018).

The research carried out through Hinduja & Patchin in 2010 makes a specialty of the connection between bullying, cyberbullying, and suicide. The study is titled. *Bullying, Cyberbullying, and Suicide* and is posted in the magazine *Archives of Suicide Research*. The principal objective of this research changed into to study the hyperlinks among traditional bullying, cyberbullying, and suicidal behaviors among teenagers. The authors aimed to research the connection between those kinds of victimization and the chance of suicidal ideation and suicide attempts.

The studies highlighted a robust connection between being a victim of conventional bullying or cyberbullying and suicidal ideation or suicide attempts amongst youngsters. Victims of cyberbullying have been determined to be at a better danger of experiencing suicidal ideation in comparison to people who were no longer victimized. The have a look at also emphasised the position of “bullycide,” a term used to explain suicides directly attributed to the experience of being bullied. The authors discussed the need for prevention and intervention strategies to deal with these issues and mitigate the damage resulting from bullying and cyberbullying. This research introduced attention to the serious effects of each traditional bullying and cyberbullying, shedding light on the mental and emotional toll it could have on youngsters.

The provided references exhibit research that spotlight the relationship among loneliness and cyberbullying victimization. Kowalski et al., (2012) performed a meta-analysis of cyberbullying research among youngsters and located that individuals reporting higher tiers of loneliness had been much more likely to become objectives of cyberbullying. On the other hand, Hinduja and Patchin (2013) investigated the social impacts on cyberbullying behaviors among center and high faculty university students, revealing that those who skilled cyberbullying additionally mentioned higher degrees of loneliness. These research imply a bi-directional courting

among loneliness and cyberbullying victimization. Loneliness can growth the chance of becoming a sufferer of cyberbullying, even as experiencing cyberbullying can accentuate emotions of loneliness and social isolation. It is important to recollect each elements while designing interventions and guide systems to deal with the bad outcomes associated with cyberbullying amongst adolescents and teens.

Another have a look at became conducted in loneliness and cyberbullying by using Lambe et al., 2016. Loneliness along with cyberbullying can further lessen an individual's shallowness and self-worth. The findings factor to the mediating function of ruminating at the cyberbullying-victimization link. The series mediator on this association was tension and rumination. As a result of these influences, cybervictimization will become less likely, university students are less probably to interact in cyberbullying, the incidence of cyberbullying amongst adolescents decreases, and remedies for cyberbullying and cybervictimization are advanced. (Lambe, et al., 2016).

A look at become performed to check the effect of loneliness and online harassment susceptibility by way of Wang et al., 2011 that outcomes that lonely people may be extra vulnerable to online harassment, making them more likely goals for repeated cyberbullying (Wang, et al., 2011).

A take a look at turned into conducted throughout COVID-19 pandemic posted on-line in May 2022. This study was performed to test the feelings of melancholy and loneliness in teens at some point of the pandemic. Research has shown that cyber-victims kids and teenagers alike are at more risk for mental health problems such as despair as a result of this terrible form of aggression. Yet, a paucity of studies has tested the person mechanisms germane to cyber-sufferer depression. Moderated mediation effects showed a negative effect of cyberbullying on depression, which

become mediated through multiplied fears of being by myself. The impact of frequency of cyberbullying on worry of loneliness changed into more potent for younger adults as compared to youth.

At one time in 2014, Sampasa-Kanyinga et al. Investigated cyberbullying and its results on university students, particularly looking at how cyberbullying causes social withdrawal and isolation, which in turn perpetuates loneliness. The examine observed that victims of cyberbullying and bullying via professors were more likely to have suicide mind. They also made extra efforts than individuals who had no longer confronted those risks. Substance abuse, sedentary life-style, and sociodemographic variables have been all managed for, yet the effects remained unchanged. According to mediation research, melancholy absolutely mediated the connection between being a cyberbullying sufferer and all of the results of suicide thoughts, intentions, and tries.

When it got here to school bullying victims and suicidal thoughts or intentions, melancholy rather mediated the affiliation, however it completely mediated the one between bullying victims in school and suicide tries. In a 2014

The role of socio-emotional components in CB has been the problem of several investigations. It changed into determined that taking part in CB turned into connected to feelings of loneliness, rejection from peers, and an absence of social help. Loneliness may additionally train us social and emotional instructions. Both the previous, characterized via a scarcity of near friends and an incapability to construct strong social bonds, and the latter, describing an unmet need for close friendship, had been proven to be associated with on-line victimisation. Children who have been victims of cyberbullying were much less probable to have friends and had poorer tests of their social popularity whilst the usage of buddies. These outcomes are steady with those of an Israeli study of young humans in which researchers determined that cyber-victimization is

associated with lower levels of social and emotional loneliness, less international cognizance, and extra depressed mood compared to non-cyber-sufferers. Significant institutions had been determined amongst Turkish university students who experienced cyberbullying and said extra emotions of loneliness.

The take a look at by means of Giordano et al., (2019) located that teenagers who revel in cyber courting violence victimization are much more likely to record higher tiers of depress (Reyns, B. W., & Henson, B. 2016).

A take a look at carried out to test the cyber courting and cyberbullying victimization and voilance in university students. This take a look at investigates cyber courting abuse (which incorporates harassment, control, and cyberbullying behaviors within a romantic relationship) amongst youngsters.

The studies explores the co-prevalence of cyber relationship abuse and traditional cyberbullying. It located that those two styles of victimization frequently overlap, indicating that adolescents experiencing cyber dating violence may also be much more likely to revel in cyberbullying victimization. ( Peskin, M. F., Markham, C. M., et al., 2017)

I study carried out by H.B. Yıldırım and G. Çam in 2020 that tells us that the influence of social aid, loneliness, and self-efficacy on cyberbullying victimization amongst 400 university university students. Findings advocate that high ranges of social help and self-efficacy are associated with lower levels of cyberbullying victimization, at the same time as high stages of loneliness are associated with higher levels of cyberbullying victimization.

One have a look at become performed through C. Welborn et al., in (2015) to test the connection between loneliness and mental adjustment. This review article discusses the neurobiological mechanisms underlying loneliness. This research evaluate at the position of



diverse mind areas, neurotransmitters, and hormones in loneliness and advocate that loneliness can be a hazard element for neuropsychiatric disorders. This examine recommend the loneliness can have an effect on the brain hormones that causes the miss adjustment.

A longitudinal study through Hawkley and Cacioppo (2009) explored the relationship among loneliness and intellectual fitness effects over numerous years. The research revealed that chronic loneliness predicts multiplied tension and depression tiers, emphasizing the want for centered interventions on university campuses.

The introduction of digital communicate has introduced forth new challenges, with cyberbullying victimization becoming a significant issue for university students. Hinduja and Patchin (2017) conducted a comprehensive study exploring the superiority and threat elements related to cyberbullying victimization. The studies highlighted the function of social media utilization and on-line behaviors, supplying precious insights for preventive techniques and campus rules.

Navigating the demanding situations of university existence requires powerful coping strategies and mental modifications. Compas and Wagner (2017) performed a qualitative have a look at to explore the coping mechanisms employed by university students going through instructional stressors and social challenges. The research identified both adaptive and maladaptive coping mechanisms, dropping mild on the tricky factors influencing mental adjustments in the course of the university years.

Loneliness now not handiest affects intellectual fitness however additionally has a reciprocal dating with instructional overall performance. Qualter et al., (2015) conducted a longitudinal take a look at inspecting how loneliness and educational performance impact every other. The

consequences advised a bidirectional have an impact on, emphasizing the vital position of addressing loneliness to beautify cognitive features and promote educational fulfillment.

The prevalence and impact of cyberbullying on intellectual fitness in university students were tested in a meta-analysis through Tokunaga (2010). The observe synthesized existing research, confirming a sturdy association between cyberbullying victimization and adverse intellectual fitness consequences. The findings underscore the want for targeted interventions to deal with the psychological effects of online harassment.

The dating among social media use, loneliness, and online social support was explored by using Primack et al., (2017). The have a look at delved into the nuances of ways social media influences loneliness, highlighting the moderating position of the exceptional of on-line social connections. This studies affords treasured insights into the complicated dynamics of virtual social interactions among university university students.

Mishna et al. (2012) carried out a qualitative study to delve into the coping mechanisms employed with the aid of university students going through cyberbullying. The research furnished wealthy insights into the various techniques university students use to navigate and mitigate the emotional effect of on line harassment, contributing to a deeper understanding of resilience in the face of cyberbullying.

The transition to university represents a critical period with potential mental implications. Arnett, Žukauskienė, and Sugimura (2014) conducted a longitudinal take a look at inspecting the mental adjustments and demanding situations faced by way of university students throughout this transition. The studies highlighted the vulnerability of students at some stage in this era, emphasizing the need for knowledge and assisting them for nice intellectual health outcomes.

Wang, Zhang, and Wang (2018) conducted a move sectional have a look at to take a look at the relationship between era use and loneliness among university students. The effects found out nuanced styles, emphasizing the significance of promoting healthful generation use to mitigate feelings of social isolation and loneliness.

Sourander et al. (2010) carried out a potential take a look at examining the effect of cyberbullying victimization on educational engagement amongst university students. The research highlighted the damaging consequences of cyberbullying on motivation and awareness in instructional pursuits, emphasizing the importance of addressing online harassment for promoting positive educational outcomes.

Hinduja & Patchin (2017) carried out an intensive observe to discover the prevalence and danger elements associated with cyberbullying victimization in this demographic. The research encompassed surveys, interviews, and analyses of on-line behaviours to offer a complete information of the phenomenon. The findings underscored the pervasive nature of cyberbullying, with a high-quality percentage of university students reporting victimization. The look at delved into the position of social media utilization, online interactions, and the impact of cyberbullying on the intellectual health of affected students. It also recognized patterns of online behaviours that contribute to the prevalence and perpetuation of cyberbullying incidents.

Results from this study have essential ramifications, inclusive of the want to take preventative moves in opposition to cyberbullying on university campuses. In order to create a greater secure on-line surroundings for students, cognizance campaigns, academic programmes, and assistance options might be quite beneficial. Universities may also enforce targeted interventions to sell a culture of virtual respect and obligation through knowledge the dynamics and chance elements of cyberbullying.

University students' strategies of overcoming educational and social pressures have been the subject of a qualitative examine with the aid of Compas and Wagner (2017). The examine sought to apprehend how university university students negotiate the complexity of university life via in-intensity interviews and observations. University students have been observed to be involved in a huge variety of coping techniques, both healthy and bad, in step with the study's effects. Adaptive strategies blanketed achieving out for social assistance, accomplishing self-care workouts, and building resilience to adversity. On the opposite side, many had been also identified with maladaptive coping techniques, which include drug use or avoidance. The examine's authors careworn the want of knowledge that humans have special coping mechanisms and adapting assistance programmes thus. Developing tailored interventions that inspire awesome version calls for an knowledge of the intellectual modifications that students go through in the course of their time at university. Incorporating this understanding into counselling offerings, continuing guide tasks, and orientation programmes might assist academic establishments make the pass to university easier for university students.

A have a look at carried out with the aid of Qualter et al. (2015) aimed to analyze the symbiotic dating between university students' emotions of loneliness and their educational achievement. The examine included retaining tabs on participants over an extended time frame, recording their degrees of loneliness and academic performance. While the study indicated that loneliness had a destructive impact on university students' ability to analyze, it also found that scholars' low grades made them sense even more lonely. Understanding the importance of tackling loneliness as a intellectual fitness problem and a component that would avert university university students' ordinary instructional fulfilment is highlighted by this reciprocal hyperlink. The research indicates that treatments that purpose to improve instructional overall performance can also assist

decrease feelings of loneliness, and the identical holds authentic for interventions that intention to improve instructional performance. The implications of this studies amplify to educators, mental health experts, and policymakers concerned in shaping the university experience. Recognizing the interaction among loneliness and educational performance permits for the development of comprehensive techniques that address each the psychological and educational nicely-being of students.

Tokunaga (2010) conducted a comprehensive meta-analysis to synthesize current studies and provide a nuanced know-how of the connection among cyberbullying victimization and intellectual fitness effects. The meta-evaluation encompassed research that explored diverse intellectual health indicators, which include anxiety, despair, and suicidal ideation, inside the context of cyberbullying. The aggregated findings continuously indicated a robust association between cyberbullying victimization and damaging intellectual fitness results among university students. This research underscores the want for focused interventions and aid services to deal with the mental consequences of cyberbullying. Mental health specialists on university campuses can utilize those insights to tailor their strategies and offer effective help to students who have skilled on line harassment.

Hawkley and Cacioppo (2009), the researchers delved into the difficult relationship between loneliness and mental fitness outcomes over numerous years. The study, carried out with a diverse cohort of university students, determined that chronic loneliness served as a strong predictor of heightened anxiety and depression levels. The implications of those findings are profound, suggesting that addressing loneliness should be a concern in university settings to mitigate the hazard of mental fitness demanding situations. Loneliness, frequently exacerbated by way of the transition to university existence and the related social changes, changed into proven to have a

bidirectional courting with mental health. The research emphasized the need for targeted interventions to interrupt the cycle of loneliness and its destructive outcomes at the psychological properly-being of students. Understanding loneliness inside the context of university lifestyles goes past mere social interactions. It consists of having meaningful relationships, a aid system, and a experience of belonging. Accordingly, the have a look at highlights the need of making a campus climate that values social connection and presents resources for university university students to deal with loneliness.

To better understand how university students address educational and social pressures, Compas and Wagner (2017) carried out a qualitative research. A range of coping mechanisms, from adaptive to maladaptive, was shown by way of the study, which blanketed in-intensity interviews and observations. Among the numerous methods in which students demonstrated resilience were by way of actively seeking out social help, overcoming troubles, and growing a feel of autonomy. The want for focused cures is similarly highlighted via the prevalence of maladaptive processes, including avoidance and denial. The results validated how intellectual changes are ever-converting, highlighting the want to encourage university students to increase adaptive coping techniques. Counselling services and resilience-constructing programmes are examples of campus-wide guide programmes which have been proposed to help students better cope with the challenges of university lifestyles.

In a radical longitudinal observe carried out by Qualter et al. (2015), the researchers checked out the symbiotic courting among academic success and feelings of isolation. The study, which lasted for plenty educational phrases, observed a two-way impact. Standard instructional engagement, motivation, and cognitive ability were all appreciably impacted through chronic loneliness. At the identical time that students have been experiencing improved feelings of

loneliness because of educational problems, a vicious cycle become developing that provided challenging settings for their holistic development. The examine's conclusions highlighted the need of treating loneliness, not just for mental fitness but also for instructional overall performance. The effects highlighted the need for comprehensive aid mechanisms, including mentoring programmes and educational counselling, to stop the vicious cycle of instructional underachievement and isolation.

Schulenberg et al. (2004) investigated the effect of the transition to university on mental adjustment, highlighting the vulnerability of university students within the direction of this period. The look at emphasizes the need for targeted help programs to facilitate a smoother transition and enhance mental properly-being.

Mishna et al. (2012) explored coping mechanisms employed by using manner of university students going thru cyberbullying. The look at diagnosed more than a few techniques, including searching for social help, self-distraction, and disagreement, contributing to the know-how of resilience in the face of online harassment.

A observe by using Holt-Lunstad et al. (2015) investigated loneliness in university university students, revealing that social isolation has full-size implications for mental fitness and educational overall performance. The study emphasizes the need for centered interventions to deal with loneliness on university campuses.

## **Objectives**

1. The aim of this study is to investigate the relationship between loneliness, cyber bullying and psychological adjustment in university students.
2. To investigate how uncertainty affects the association between loneliness, cyberbullying and psychological adjustment.

## **Hypothesis**

1. There will be a significant positive association between loneliness, cyberbullying and psychological adjustment in university students.
2. Female university students will report higher levels of cyberbullying and lower levels of psychosocial adjustment compared to male university students.

## **Chapter 3**

### **Methodology**

#### **Research Design**

This study used a correlational research method to examine the connection between young adults experiences of loneliness, cyberbullying victimisation, and psychosocial adjustment.

#### **Sample**

A total of 400 young adults, comprising 200 men and 200 females, ranging in age from 19 to 25 years old ( $M=20.84$ ,  $SD=1.53$ ), made up the sample. Data from both public and private university students were collected using a convenient sampling strategy based on the following criteria:

#### **Inclusion/Exclusion Criteria**

Both male and female Participants age range from 19 to 30 was included. Moreover, young adults from any university belonging to any discipline were included.



Individuals with any psychiatric disorder or physical disability or those who were receiving any kind of mental health treatment were excluded from the study. Moreover, children, adolescents and elderly were also excluded.

### **Operational definitions:**

#### **Loneliness**

**Loneliness**, distressing experience that occurs when a person's social relationships are perceived by that person to be less in quantity, and especially in quality, than desired. (Gardiner et al, 2018)

A self-reporting degree of social isolation and loneliness such as 20 gadgets. The participant's score scale for each object degrees from one to four. This updated assessment is a hybrid of the authentic UCLA Loneliness Scale and its revised version. The first set of adjustments included reversing the scoring of ten out of twenty authentic items. The intention of the second one revision was to simplify the scale so that people with much less schooling should use it.

#### **Cyber Bullying Victimization (CBVS)**

Cyber Bullying Victimization is willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices" (Hinduja & Patchin, 2015; Patchin, 2014). The intent of cyberbullying incidents is to threaten, harass, embarrass, or socially exclude another using online technology (Williams & Guerra, 2007).

This device is an adjusted version of the Adolescent Victimization via Mobile Phone and Internet Scale. This new scale is an development over the preceding one due to the fact, with using smartphones, there may be not any intent for isolating cell and Internet use.

As a result, the Cyber-Victimization Scale asks respondents to charge their stage of cyber

victimisation from 1 (by no means) to 5 (continually) the use of a Likert-kind scale. This scale measures the diploma to which the adolescent has skilled cyberbullying during the last three hundred and sixty five days. It became created because of a self-record measure's progressed capacity to detect cyber-victim behaviours among teens.

### **Psychological adjustment Scale (PAS)**

Psychological Adjustment is the condition of a person who is able to adapt to changes in their physical, occupational, and social environment. In other words, adjustment refers to the behavioural process of balancing conflicting needs, or needs challenged by obstacles in the environment (Eva M. Romera, 2016)

### **Demographic Information Form**

Demographic information form will include all the participant's basic information, i.e., name (optional), age, gender, qualification, years of experience, marital status, family system, socioeconomic status, birth order, and presence of any physical illness.

### **Procedure**

Initially, the approval for the research was taken from the ethical review board of COMSATS University. The scales for the research were selected keeping in view their psychometric soundness and permissions were taken from the authors. After this, the consent form was constructed and the relevant demographic characteristics were added in it. Then, the permission letter for the data collection was approved by the head of the department and data was collected in physical one to one settings. Finally, after all this, the participants were approached and provided with informed consent. The participants voluntarily participated in the research. The researcher ensured them to maintain their confidentiality. After the introduction and informed consent form, participants were provided with the demographic sheet and then they were asked to

fill out the loneliness (LS :20) cyberbullying victimization ( CBVS ; 18)and psychological adjustment. (PAS ;20)They then responded to the measures. In the end, the researcher appreciated the participants for their time and ensured their confidentiality later on. The data was then analyzed by using Statistical Package for Social Science (SPSS; V. 21).

### **Ethical Considerations**

1. Approval regarding the research topic and procedure for conducting the research was approved by Psychology Department of COMSATS University Islamabad, Lahore Campus. The study aim and purpose were communicated to the participants.
2. The participants were assured that the information required from them would be kept confidential and not be shared with anyone whois not directly involved in the research.
3. All the information was briefed and further details were cleared by the researcher verbally. It was keenly ensured that the participation was completely voluntary and did not provide any violation to the participant's comfort and privacy. They were also made aware of their intentional withdrawal from study whenever they choses to. It was further ensured that no physical, psychological or emotional harm would be experienced by the participant.

### **Statistical Analysis**

Descriptive statistics including standard deviation, mean, frequencies and percentages. Skewness, kurtosis and Cronbach alpha value were calculated. For hypothesis testing, correlational analysis, hierarchical regression analysis and independent sample t-test was conductedonSPSSversion27.



## Chapter 4

### Results

For this records evaluation, we consulted SPSS model 26. Statistics that describe demographic and research characteristics. Researchers calculated Cronbach Alpha ratings to study the internal consistency of the take a look at's scales. To start, the variables' associations have been hooked up using Pearson Correlation.

<b>Study variables</b>	<b>no. of items</b>	<b><math>\alpha</math></b>	<b>mean</b>	<b>S.D</b>	<b>Range</b>
Loneliness	20	.69	60.88	4.67	27.00
Cyberbullying victimization	18	.55	50.77	7.40	36.00
Psychological adjustment	20	.69	60.76	9.78	50.00

All scales and subscales indicated good reliability above 0.6 (Kowalski et al. 2018). It was hypothesized that there will be a significant correlation between Loneliness, Cyber bullying victimization and psychological adjustment among young adults.

**Table 2***Correlation of demographics with study variables (N=400)*

<b>Correlations</b>				
		Loneliness	Cyberbullying	Psychological adjustment
Loneliness	Pearson Correlation	-	-.111	-.053
Cyberbullying	Pearson Correlation		-	.499**
Psychological adjustment	Pearson Correlation			-

There is a negative correlation of  $-.111$  between Loneliness and Cyberbullying, but it is not statistically significant ( $p = .496$ ).

There is a positive and statistically significant correlation of  $.499^{**}$  between Cyberbullying and Psychological adjustment ( $p = .001$ ). There is a negative correlation of  $-.053$  between Loneliness and Psychological adjustment, but it is not statistically significant ( $p = .362$ ). This indicates that the correlation between Cyberbullying and Psychological adjustment is significant at the  $0.01$  level.

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## Chapter 5

### Discussions

Finding out if cyberbullying victims' capacity to heal mentally was related to their emotions of isolation was the major goal of this study. The results of this research provide important qualifications to the generalisations made about the relationship between cyberbullying victimisation and psychological adjustment. But they also support previous predictions in the majority of instances. It was our premise that being a victim of cyberbullying and struggling to adapt psychologically are both influenced by feelings of isolation. Regarding this, the main finding of the study was that the correlation analysis revealed that loneliness have a moderately positive correlation with cyberbullying victimization and no correlation with the psychological adjustment.

Measures of correlations and regressions are covered in this section. According to results, age, gender, family system, area of residence, result of previous semester, employment status, birthorder has no discernible relationship with loneliness cyberbullying victimization and psychological adjustment.

The correlation analysis revealed that there is no significant relationship between gender of the participants and loneliness. This finding was in line with the research of Besharat et al.'s



and Boogar et al.'s study findings which also revealed that there is no correlation between gender of their study participants and cyberbullying victimization. (Besharat, Golinejad, & Ahmadi, 2004; Rahimian Boogar et al., 2007) The main focus of cognitive schema, which has an impact on how

people organize their relationships with others and how they perceive the outside world. Without treatment, the schema typically stays the same. The aforementioned explanations lead us to the conclusion that attachment styles are developed on the basis of internal experiences and schemas that are acquired through interactions with parents and other people over time. These factors play a far larger role in the formation of loneliness than does gender alone. The age of the participants in our study had no correlation with dark tetrad personalities but this finding contradicts the study findings of Forsyth et. al.'s as they found that the demographics which included age of the participants, were all positively correlated with cyberbullying victimization (Forsyth, Anglim, March, Bilobrk, & differences, 2021) Also in a study done by Plouffe et. al., they found that the attributes of the psychological adjustment showed a moderate to strong correlation with each other which included age and gender, in our study there was no correlation between gender and any of the cyberbullying victimization

Marital status also has a very weakly positive correlation with Close subscale and Anxiety subscale of Loneliness. The anxious Loneliness has a relationship with marital status and these findings are contradicting to the study done by Simpson et. al and Moghadam et. al., as they found the avoidant loneliness to be correlated with marital status and not the anxiousloneliness . (Moghadam, Rezaei, Ghaderi, Rostamian, & care, 2016; Simpson et al., 2011)

In our study, there was no relationship between results of previous semester and loneliness , this finding is parallel to the findings of Moghadam et. al.'s study results which were that there was no significant relationship between GPA of the participants and attachment styles. On the other hand, in our study it was clear that which educational level had the respective result but this finding was not available in the Moghadam et. al.'s study as they described the age range and educational level to which each GPA belongs were not identified in our

research. Moghadam et. al. also described that one of the drawbacks of their study was that the impact of other factors was not taken into account, and they haven't even been taken into account in other studies but our study covers this limitation, as we analyzed the effects of one variable on other through regression analysis. (Moghadam et al., 2016)

The correlation analysis of our study applied between loneliness cyberbullying victimization and psychological adjustment. Revealed that there is no significant correlation between the two variables in young adults ( $p = 0.48$ ). This analysis disapproved the proposed hypothesis that stated “There is a likely relationship between loneliness cyberbullying victimization and psychological adjustment. This finding is parallel to the findings of studies in literature including the study of Ai Shin et. al., which concluded that there was no statistically significant variation in the participants'loneliness. However, in their study according to the actual mean scores of the analysis, friends of preoccupied people thought their friendship was of lower quality than that of the safe, dismissive, and fearful groupsbecause of bullying. The results of hypothesis 4 in their study demonstrated that the loneliness had a significant impact on how well perceived. This suggests that loneliness influenced their evaluation of each The regression analysis of our study indicated that close subscale of attachment styles has a positive effect on Friendship quality this finding is in line with the above mentioned finding of Ai Shin et. al.’s study as people who have a close and secure attachment style will have a positive effect on their friendship quality because they will value their friendships with other people. Ai Shin et. al.’s study also found that according to a comparison of the four attachment groups' actual mean scores, friends of those who were anxiously attached reported feeling less satisfied with their friendship. This finding is again parallel with the finding of our study as the regression analysis in our study loneliness cyberbullying victimization and psychological adjustment. (Lim & Instruction, 2021)

The correlation analysis of our study applied between loneliness cyberbullying victimization revealed that there is a statistically significant, moderately positive correlation of loneliness cyberbullying victimization and psychological adjustment. ( $p = 0.000$ ). This analysis approved the proposed hypothesis that stated “There is a likely relationship between loneliness cyberbullying victimization and psychological adjustment. The regression analysis of our study revealed that the close subscale of loneliness had a positive effect on Machiavellianism, narcissism, psychopathy and sadism subscales of cyberbullying victimization. The depend subscale of loneliness had a negative effect on Machiavellianism, psychopathy, and sadism however, it had a positive effect on narcissism subscale. The anxiety subscale of loneliness has a positive effect on Machiavellianism, narcissism, psychopathy and sadism. These findings are homogenous with the study findings of Nickisch et. al. The results of their bivariate analyses showed that both attachment styles, psychopathy, sadism, and Machiavellianism were positively correlated. (Nickisch, Palazova, Ziegler, & Differences, 2020) Our findings were also parallel to the study findings of Aşkim Nur Uysal’s study, with regards to Machiavellianism subscale, which established that anxiety and attachment avoidance are related to Machiavellianism. However, with regards to narcissism subscale, our study findings contradict the findings of Aşkim Nur Uysal’s study as they found there was no correlation found between avoidance loneliness and the anxiety loneliness and narcissism subscale of cyberbullying victimization . Furthermore, results of Aşkim Nur Uysal’s study showed that psychopathy is also associated with attachment anxiety style, this finding of theirs is also parallel to our study findings as the anxiety subscale of loneliness had a positive effect on psychopathy subscale of cyberbullying victimization , indicating that people high on psychopathy expressed greater concern about their relationships, defying the hypothesis that psychopathic people have higher attachment

avoidance. (Uysal, 2016) This finding may indicate that young adults have highly anxious attachment style because the majority of our participants were university-aged adults. However, Blackburn (1993) noted that while both primary and secondary psychopathy share the trait of antagonistic interpersonal styles, primary psychopathy does not experience anxiety, whereas secondary psychopathy does.

Qualter et al. (2015), the researchers investigated the reciprocal relationship between loneliness and academic success. The take a look at, spanning more than one educational semesters, revealed a bidirectional affect. Persistent loneliness negatively affected cognitive capabilities, motivation, and normal instructional engagement. Simultaneously, instructional struggles contributed to heightened emotions of loneliness, creating a cycle that posed challenges to students' holistic development. The implications of the studies emphasised that addressing loneliness isn't most effective essential for mental health however is likewise intertwined with academic outcomes. The findings underscored the importance of holistic support systems, consisting of educational counselling and mentorship packages, to interrupt the cycle of loneliness and educational underachievement.

### **Limitations and Suggestions**

1. The sample is limited to adults from universities students As data collection was done from only Universities in Lahore, if research would be conducted from different Universities in Pakistan, results could be generalized well. Therefore, the suggestion would be to take a sample from different cities in Pakistan as well as from different countries soon. Only university students are included in this study of age 18 to 24 so it can't be generalized to every age group and illiterate segment of society, specific

population, or cultural context, limiting the generalizability of the findings to other populations or settings. So, the suggestion would be to include them in future studies

2. Participants' subjective interpretations and the influence of social desirability bias can significantly distort self-reported measures. Individuals may portray themselves in a more favorable light, minimizing negative traits or exaggerating positive qualities, to align with perceived societal isolation.
3. The sensitive nature of the topics explored (loneliness, cyberbullying) could have influenced the willingness of participants to fully disclose personal information.
4. Considering expanding the range of in the study will enrich the social isolation comparison. This inclusion will provide more nuanced insights into how universities students has been recognized as a prevalent issue among university students.
5. Investigating the link between Loneliness ,cyberbullying victimization and psychological adjustment at university student .Longitudinal studies can be carried out to investigate the causal links between variables across time .Loneliness and cyberbullying victimization and psychological adjustment
6. Using objective performance metrics Loneliness,cyberbullying victimization and psychological adjustment and mixed methods techniques can give a more thorough understanding of the complicated interaction between universities and workplace performance.

**Implications:**

1. According to the research, personal traits and psychological resources among students should be the subject of individualised. students should think about it. students may assist in overcoming challenges, maintaining motivation, and performing at higher levels by identifying and fostering essential resources such as resilience, Evaluations of a candidate's personality characteristics and psychological talents may be included in an universities and recruitment for students.
2. According to the study, which emphasizes the relationship between personal attributes, psychological resources, and in universities to investing in students' well-being and satisfaction may have a positive influence on their performance. universities may implement initiatives to promote awareness about bullying, provide stress-reduction measures, and establish a pleasant atmosphere.
3. The study opens up new avenues for research into students' personal characteristics, psychological resources, and professional performance. Future study might delve at how these resources affect performance, possible moderators or mediators of the link, and the long-term effects of therapies that target these resources.
4. This understanding is crucial for comprehending the psychological processes that influence students' well-being and academic experiences. The results suggest opportunities for targeted interventions to support students. Automatic thoughts, fear of negative evaluation, and emotional inhibition, providing effective tools for stress management and psychological adjustment. This understanding is crucial for comprehending the psychological processes that influence students' well-being and psychological experiences. The results suggest opportunities for targeted interventions to support students. For

instance, we can use many interventions to reduce procrastination by arranging different workshops which helps students to focus on their studies. The study's revelation that males procrastinate as compared to females. . This understanding enables universities to implement policies prioritizing education, thereby fostering workshops or different programs where students engaged themselves. Universities can adopt proactive measures to identify students at risk and provide targeted support before it can show adverse effects, promoting a healthier campus environment. The study's implications extend to fostering resilience and coping strategies among university students. Implementing programs that equip students with effective coping mechanisms prepares them. The study's implications extend to fostering psychological adjustment and coping strategies among university students.

## **Conclusion**

After very careful investigation and analysis, this study has examined the relationship between Loneliness ,cyberbullying victimization and psychological adjustment at university student. Based on this study, a subjective emotional experience resulting from perceived social isolation, has been recognized as a prevalent issue among university students. That means an individual's universities environments are predictive factors for the prevalence of social isolation in adults. Understanding the disparities between these sectors in loneliness, psychological adjustment, and social isolation performance, might assist customize interventions and methods to



better support students in their different places? While the data did not support the initial hypothesis of a favorable association between loneliness, cyberbullying victimization and psychological adjustment the study nevertheless gives useful insights into the elements that impact social isolation among students. Universities may create focused interventions to nurture of students eventually improve the overall performance. The study looked at the link between Loneliness, cyberbullying victimization and psychological adjustment at university student. To conclude, the goal of this study was to fill the gap in the literature by investigating potential correlation between Loneliness, Cyberbullying Victimization, and Psychological Adjustments in University Students. The results add to the body of literature by illustrating the effects of Loneliness, Cyberbullying Victimization, and Psychological Adjustments in University Students, the direct effects of loneliness (Close, Depend, Anxiety) on cyberbullying victimization and psychological adjustment).

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