

THE DIFFERENCES BETWEEN FACE-TO-FACE BULLYING AND CYBERBULLYING IN HIGH SCHOOLS

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<https://doi.org/10.5281/zenodo.15192118>

Abstract. *Bullying remains a significant issue in high schools, manifesting in two primary forms: face-to-face bullying and cyberbullying. While both types of bullying aim to harm, intimidate, or manipulate victims, they differ in methods, impact, and accessibility. Face-to-face bullying involves direct physical or verbal aggression in school settings, often leading to immediate emotional and physical distress. In contrast, cyberbullying utilizes digital platforms such as social media, messaging apps, and online forums, enabling perpetrators to remain anonymous and extend harassment beyond school hours. Cyberbullying's persistent nature and the difficulty of escaping its reach can intensify psychological effects on victims. Understanding these differences is crucial for developing targeted prevention and intervention strategies to create safer school environments.*

Key words: *Bullying, education, cyberbullying, school, children, victims*

РАЗЛИЧИЯ МЕЖДУ ЛИЧНЫМ ТРАВЛЕНИЕМ И КИБЕРБУЛЛИНГОМ В СТАРШИХ ШКОЛАХ

Аннотация. *Издевательства остаются серьезной проблемой в средних школах, проявляясь в двух основных формах: личное издевательства и киберзапугивание. Хотя оба типа издевательства направлены на причинение вреда, запугивание или манипулирование жертвами, они различаются методами, воздействием и доступностью. Издевательства лицом к лицу включают в себя прямую физическую или словесную агрессию в школьных условиях, часто приводящую к немедленному эмоциональному и физическому стрессу.*

Напротив, киберзапугивание использует цифровые платформы, такие как социальные сети, приложения для обмена сообщениями и онлайн-форумы, что позволяет преступникам оставаться анонимными и распространять преследования за пределы школьных занятий. Постоянный характер киберзапугивания и сложность избежать его воздействия могут усилить психологическое воздействие на жертв.

Понимание этих различий имеет решающее значение для разработки целевых стратегий профилактики и вмешательства для создания более безопасной школьной среды.

Ключевые слова: Буллинг, образование, кибербуллинг, школа, дети, жертвы.

Introduction

Today, the problem of bullying and harassment among students remains one of the most pressing issues. This negative phenomenon negatively affects the psychological state of students, their self-confidence and the educational process. There are two main forms of bullying: traditional face-to-face bullying and cyberbullying. Face-to-face bullying is carried out directly in educational institutions or other public places, where physical or verbal violence is manifested. Cyberbullying is carried out through modern technologies - constant psychological pressure is exerted on victims on social networks, messaging applications and Internet forums.

This article analyzes the specific features of face-to-face bullying and cyberbullying, their impact on students and ways to eliminate the problem.

Literature analysis and method

Today, the problem of bullying and harassment among high school students remains one of the most pressing issues. This phenomenon negatively affects the psychological state of students, their self-confidence and the educational process. There are two main forms of bullying: traditional face-to-face bullying and cyberbullying. Face-to-face bullying is carried out directly in educational institutions or other public places. It involves physical or verbal violence, teasing, name-calling and threats. This type of bullying can cause physical and psychological harm in a short time. Victims feel lonely, have low self-esteem and experience stress or depression.

Cyberbullying, on the other hand, is carried out through modern technologies and is more dangerous. Victims are constantly subjected to psychological pressure through harassment, insults, humiliation or threats on social media, messaging apps and online forums. The most dangerous aspect of cyberbullying is that it can occur 24/7 and anonymously. This can increase the stress and anxiety of victims, and can even increase the risk of suicide.

The main difference between face-to-face bullying and cyberbullying is the way it is carried out.

The former occurs in schools or public places and involves direct confrontations, while the latter allows for remote bullying via digital platforms. Both forms negatively affect students' mental health and hinder their education.

To address this problem, schools and parents need to work together to educate students about cyber safety and internet etiquette. It is important to teach students self-defense skills, develop a strong anti-bullying policy, and expand psychological support services. In this way, it will be possible to create a safe and healthy learning environment in secondary schools.

An analysis of the differences between face-to-face bullying and cyberbullying in secondary schools shows that both types of bullying can cause serious harm to the mental and physical health of students. Face-to-face bullying occurs directly, that is, through face-to-face confrontations, and is immediately felt in the learning environment. The negative impact of this situation is immediately apparent and can cause psychological problems such as fear, anxiety, stress, and depression in the affected students. In turn, these situations are relatively easier to detect and resolve in a timely manner, because the problem can be immediately noticed by school staff or parents.

Cyberbullying, on the other hand, has become more widespread and dangerous with the development of digital technologies. The anonymity and 24/7 nature of this type of bullying have a greater psychological impact on victims. Students do not feel safe and it becomes almost impossible to escape from bullying. The insults and humiliating content that are spread quickly through the Internet damage the reputation of victims, alienate them from society and can even lead to suicidal thoughts. Therefore, it is much more difficult to identify and eliminate cyberbullying. Both types of bullying negatively affect the educational process of students. There is a loss of desire to participate in classes, lack of self-confidence and motivation. In addition, such problems have a negative impact on students' future social relationships. Therefore, strict measures should be taken in schools against both types of bullying.

The partnership between schools, parents, and the community is essential in addressing the problem. It is essential to teach students cyber safety and anti-bullying skills. Schools should have a zero-tolerance policy on bullying, and programs that include early detection and intervention of bullying. Parents should monitor their children's online activities, provide support, and seek professional help if necessary. A comprehensive approach is needed to prevent both face-to-face bullying and cyberbullying.

These problems can only be effectively addressed through collective action. By creating a bullying-free environment in schools and communities, it is possible to ensure the safety and mental well-being of students.

Conclusion

A detailed analysis of the differences between face-to-face bullying and cyberbullying in secondary schools shows that both types of bullying have a negative impact on the mental and physical health of students. Face-to-face bullying is direct and immediate in the school environment, but the anonymity and duration of cyberbullying make it difficult to detect and address. Therefore, the psychological impact of cyberbullying can often be stronger and longer-lasting. Addressing this problem requires close cooperation between schools, parents and the community. Measures such as implementing a strong anti-bullying policy in schools, teaching students about social skills and cyber safety, and providing psychological support are important.

Parents should also monitor their children's online activities and provide them with the necessary support. Effectively combating face-to-face bullying and cyberbullying can only be achieved through a systematic and comprehensive approach. This ensures that students learn in a safe environment, reach their full potential and grow into active and confident individuals in society.

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