Cyber-Victimization and Cyber-Aggression among Portuguese Adolescents

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* Social mediation
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* Digital and socio-cultural environment

## Sample

3525 adolescents attending 6th, 8th and 11th grades at several schools in Portugal

## Implications For Parents About

Parental practices / parental mediation

# Abstract

This study aims to clarify how the quality of the family environment is related to the involvement in cyberbullying behaviors, either as a cyber-victim or as a cyber-aggressor, via a cross-sectional research design. With this purpose a diagnostic questionnaire with questions about both the quality of family environment and cyberbullying was conceived and administered to 3525 adolescents attending 6th, 8th and 11th grades at several schools in Portugal. The results suggested that two family aspects seem to be equally important in protection against cyberbullying: perception of family support and perception of rules within the family. A hierarchical regression analysis reveals that lack of family support is more predictive of cyber-victimization and that a lack of family rules is more predictive of cyber-aggression. The authors discuss the implications for the well-being of adolescents, as well as the challenges that parents face in the supervision of adolescents' use of digital technologies.

# Outcome

The results suggested that two family aspects seem to be equally important in protection against cyberbullying: perception of family support and perception of rules within the family. A hierarchical regression analysis reveals that lack of family support is more predictive of cyber-victimization and that a lack of family rules is more predictive of cyber-aggression. Thus, it is possible to identify implications for the well-being of adolescents, as well as challenges that parents face in the supervision of adolescents' use of digital technologies.