CYBER
PSYCHOLOGY

Cyberpsychology (also referred to as internet or web psychology) is a developing field that revolves around all psychological phenomena related to or laid low with rising technology. It may also be outlined as the study of human mind and behavior, and therefore the impact of the culture of technology, virtual reality and social media thereon.

Cyber comes from the word cyberspace, that refers to the virtual computer world or more specifically an electronic medium accustomed to create a worldwide electronic network to ease online communication hence the discipline studies the impact of cyberspace interaction on individual minds.

Cyberspace, Social Media and Cyber-psychological Behaviour
Apart from the mainstream study of cyber-psychology which focuses principally on the psychological effects of computers and devices on people and teams, this discipline extends on the far side of the human to human interaction and focuses chiefly on human interaction with machines which incorporates the impact of artificial intelligence like cyborgs or siri on the human psyche.

One facet of the study of cyberpsychology is that the study of online identities and relationships and the way the online behavior is completely different from the physical realm. over 4 billion individuals of the world's population is connected to computer networking currently and social media has become a vicinity of our day-after-day life.

Studies have shown that individuals tend to behave otherwise behind the obscurity of these online platforms than they might have behaved in face to face interactions. computer networking encompasses a much larger impact on the youth as consistent with a 2016 survey which shows that just about 74 % of the internet using population in india is below the age of 35, as compared to the individuals aged 35 or older that is merely 24 % of the internet using population.

Various social media platforms such as facebook, twitter etc. have conjointly shown rapidly increasing negative impact on its users. As these platforms have a larger youth population as their users, they typically compare the life of others with their own and have a tendency to get influenced terribly easily. these things typically lead them to induce discontent with their own lives that additionally results in issues like lower self-esteem and self-loathing. according to a study revealed in the personality and psychology Bulletin by Alexander Jordan, and his colleagues at Stanford University, 80 freshmen were asked to report whether they or their peers had recently experienced numerous negative or positive emotional events. systematically, participants underestimated how many negative experiences their peers were having whereas overestimating what proportion of fun these same peers experienced.

Cyberbullying and online Harassment
Various studies in Cyber-psychology have led individuals to address the downside of the matter of Cyberbullying and online harassment and also the factors contributive to the present problem. These studies have shown the consequences of cyberbullying on the victims and observers. The victims of cyberbullying typically experience low self-esteem, increased suicidal thoughts, and a range of negative emotional responses, together with being frightened, frustrated, angry, and depressed.

Internet trolling is the most typical variety of cyberbullying on social media platforms. A recent study has shown that Indian youngsters are the most cyber-bullied within the world. A 2016 study by the Cyberbullying analysis Centre found that just about a simple fraction of 1/3, that is 34% of teenagers who use the web had been victims of some form of cyberbullying. The US-based National Crime Prevention Council, meanwhile, puts that range to a far higher share of 43%.

E-Therapy : Psychotherapy in cyberspace
Psychotherapy in computer networking which is also referred to as E-Therapy and cyber therapy may be a debatable approach because of doubts on its reliability, validity and effectiveness. it is a way to deliver counseling to patients over numerous online platforms.

On the intense facet it has made psychotherapy terribly simply accessible to the individuals in need and has helped in raising awareness regarding why is it required and the way it can be beneficial. E-therapy has made it easier for the patients to take care of their anonymity, however the expert faces distinct challenges during this style of system.

The UK's National Health Service currently acknowledges CCBT (computerized cognitive behavioral therapy)as the most popular technique of treatment for mild-to-moderate displays of anxiety and depression.

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