FACTORS INFLUENCING CYBER-AGGRESSION: A SYSTEMATIC REVIEW

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Abstract
This systematic literature review aims to synthesize factors contributing to cyber aggression, drawn from various empirical studies. This review examines individual, social, and situational factors that shape the tendency of cyber aggression, as well as the interaction between factors. Referring to Grigg's theory, the dynamics of cyber aggression are influenced by various factors, ranging from the motivation of the perpetrator to the conditions of the social environment. Several relevant theories to explain such as Social Learning Theory, Cognitive Theory and Frustration-Aggression Theory. The research design uses a systematic literature review, from 2010-2024. Search through electronic databases: Frontiers, Elsevier, Springer, Routledge, and Google Scholar. Search keywords: "cyber aggression", and "factors that influence". After applying the inclusion criteria and removing several articles according to the research objectives, 19 articles were obtained to be identified and synthesized. The findings highlight the complex and multifactorial nature of cyber aggression, which underscores the need for a holistic approach to address this problem. This review provides a comprehensive overview of the existing literature, identifies gaps in knowledge, and offers implications for future research and practical applications.
Keywords: Cyber Aggression, Individual Factors, Social Factors, Situational Factors, Systematic Literature Review

Abstrak
Tinjauan pustaka sistematis ini bertujuan mensintesis faktor-faktor yang berkontribusi terhadap agresi siber, yang diambil dari berbagai penelitian empiris. Tinjauan ini meneliti faktor-faktor individu, sosial, dan situasional yang membentuk kecenderungan agresi siber, serta interaksi antar faktor. Mengacu dari teori Grigg, dinamika cyber aggression dipengaruhi oleh berbagai faktor, mulai dari motivasi pelaku hingga kondisi lingkungan sosial. Beberapa teori yang relevan untuk menjelaskan seperti Teori Pembelajaran Sosial, Teori Kognitif maupun Teori Frustrasi-Agresi. Desain penelitian menggunakan systematic literature review, dari tahun 2010-2024. Penelusuran melalui basis data elektronik: Frontiers, Elsevier, Springer, Routledge dan Google Scholar. Kata kunci penelusuran: "agresi siber", "faktor-faktor yang mempengaruhi". Setelah menerapkan kriteria inklusi dan menghapus beberapa artikel sesuai tujuan penelitian, diperoleh 19 artikel untuk diidentifikasi dan disintesis. Temuan menyoroti sifat agresi siber yang kompleks dan multifaktor, yang menggarisbawahi perlunya pendekatan holistik untuk mengatasi masalah ini. Tinjauan ini memberikan gambaran yang komprehensif dari literatur yang ada, mengidentifikasi kesenjangan dalam pengetahuan, dan menawarkan implikasi untuk penelitian mendatang dan aplikasi praktis.

INTRODUCTION

Cyber aggression encompasses behaviors such as cyberbullying, online harassment, and hate speech and poses significant challenges for individuals and society at large. Understanding the factors that contribute to these behaviors is critical to developing effective interventions. Cyber aggression is characterized by intentional harm inflicted through electronic means, consistent with the broader concept of aggression as behavior intended to cause harm to a target who is attempting to avoid the act (Grigg, 2010). Research has identified several psychological and social constructs that influence cyber aggression. For example, Schnurr dkk., (2013) discuss the interplay between dominance, gender, and cyber aggression in the context of intimate partner violence, suggesting that experiences of humiliation on social media can lead to retaliatory behavior. This highlights the complex dynamics of power and aggression in online interactions, where emotional responses can escalate into harmful behaviors. Furthermore, Wyckoff dkk., (2019) emphasize that victims of cyber aggression often experience severe mental health problems, including anxiety and depression that lead to suicidal ideation. Understanding these psychological impacts is critical to addressing the root causes of cyber aggression.

The role of social media in facilitating cyber aggression cannot be overstated. Intense and problematic social media use is associated with increased exposure to aggressive behaviors and norms, especially among adolescents (Craig dkk., 2020). This exposure can create an environment where aggressive behavior becomes normalized, leading to a cycle of victimization and violence. Additionally, Bleize dkk., (2022) noted that isolated incidents of cyber aggression have long-lasting effects on victims, including attempts to conform to the behavior on digital communication platforms. Furthermore, moral disengagement has been identified as a significant factor in cyber aggression. Nocera, Dahlen, Mohn, dkk., (2022) argued that individuals with dark personality traits are more likely to engage in cyber aggression, often rationalizing their behavior through moral disengagement mechanisms. This suggests that preventive efforts to foster empathy and moral responsibility are effective in reducing cyber aggression. Paciello dkk., (2020) further explored how traditional and online moral disengagement contributes to cyberbullying, suggesting that online environments may facilitate disengagement due to their impersonal nature.

In addition, the impact of social support in reducing cyber aggression was highlighted by Borraccino dkk., (2022), who found that social support networks can act as a protective factor against the negative effects of problematic social media use. This suggests that fostering relationships that support community engagement is important in addressing the problem of cyber aggression. Cyber aggression is a multifaceted problem influenced by psychological, social, and environmental factors. Understanding these dynamics is important to understand the factors that influence cyber aggression, by promoting positive

social norms, and enhancing support systems, and stakeholders in creating a safer online environment. Given the scarcity of diagnostic studies on the phenomenon of cyber aggression (Mukred dkk., 2024). The purpose of this study is to uncover the factors that influence cyber aggression, its impact, and effective interventions through a systematic review.

Relevant theories to explain cyberaggression behavior include: Social Learning Theory was proposed by Bandura & Cliffs, (1986), stating that behavior is learned through observation and imitation of others, especially those who serve as models. This theory is relevant in the context of cyberaggression because adolescents tend to imitate aggressive behavior observed from their peers or through the media. Wright, (2013) study highlighted the relationship between adolescents' beliefs about anonymity and cyberaggression, suggesting that anonymity can lead to a disinhibition effect, where individuals feel less responsible for their actions, and are more likely to engage in aggressive behavior.

Cognitive theory focuses on mental processes that influence behavior, including thoughts, beliefs, and perceptions. In the context of cyberaggression, cognitive processes such as hostile attribution bias where individuals interpret ambiguous actions as hostile can lead to increased aggression. Lee dkk., (2021) applied this framework in an exploration of victimization and aggression, suggesting that negative experiences can trigger aggressive responses as a form of retaliation or self-defense. In addition, Anderson & Bushman, (2018) stated that aggressive behavior is influenced by cognitive, affective, and situational factors, which are very relevant in understanding how individuals process and respond to online interactions. Frustration-Aggression Theory states that aggression is a direct result of frustration that stems from thwarted goals or unmet needs. This theory applies to cyber aggression because individuals engage in aggressive behavior when they are frustrated with social interactions or experiences in online environments (Krahé dkk., 2018).

METHOD

This cyber aggression study uses a systematic review design from 2010-2024. Searches through electronic databases: Frontiers, Elsevier, Springer, Routledge, and Google Scholar. Search keywords include "cyber aggression", and "influencing factors". The steps in this systematic review are as follows: (1) formulating research questions; (2) searching for literature; (3) grouping information from the literature; (4) analyzing and interpreting findings; and (5) presenting findings. The key concepts studied are attempted to be consistent with the review and analysis in formulating a systematic review. In this review, the definition and theory of cyber aggression refer to Grigg, (2010) on cyber-aggression, because this theory is widely known in the academic world and is widely referred to by other researchers. In addition, Bandura's (1986) social cognitive theory also explains the reciprocal relationship between individual behavior in influencing and being influenced by personal factors and their social environment. Once key terms were identified, the search was continued in electronic databases and utilizing the thesaurus

function, so that relevant files were captured in the search. Next, inclusion criteria were determined. The same search series and restrictions were applied across databases, including: (1) literature published between 2010-2024; (2) empirical research; and (3) articles published in reputable journals. The search for empirical findings by keyword through Google Scholar resulted in 105 articles, but after applying the inclusion criteria, 26 articles were obtained. Relevant articles were determined by reading the title and abstract, as well as empirical findings, to determine the suitability of the review. After removing several articles according to the objectives of the systematic review, 19 articles were finally obtained table below.

RESULTS AND DISCUSSION

The evaluation, analysis, and interpretation results of the Sembilan belas articles are presented in several tables to provide insight and consideration for future researchers.

Table. Literature review: factors influencing cyber aggression

	AUTHOR	FACTORS AFFECTING	IMPACT	INTERVENTION
1	(Jeyagobi dkk., 2022). Factors influencing negative cyber-bystander behavior: A systematic literature review	Cyber bystander (personal factors)	Self-esteem issues, depression, anxiety, suicidal ideation	-
2	(Pornari, Chrysoula and Wood, 2010). Peer and cyber aggression in secondary school students: the role of moral disengagement, hostile attribution bias, and outcome expectancies.	Moral disengagement (personal factors)	-	-
3	(George, 2015). Moral Disengagement: An Exploratory Study of Predictive Factors for Digital Aggression and Cyberbullying	• Demographic factors, self-identification as a perpetrator • Gender, age, school climate and culture, social relationships,	-	-

		academic success, ethnicity, family system, spirituality, and mood (situational, social and personal factors)		
4	(Runions & Bak, 2015). Online Moral Disengagement, Cyberbullying, and Cyber-Aggression.	Moral Disengagement (personal factors)	-	-
5	(Kokkinos & Voulgaridou, 2017). Relational and cyber aggression among adolescents: personality and emotion regulation as moderators	• Personality(personal factors) • Emotion regulation as moderators	-	-
6	(Vale dkk., 2018). Cyber-aggression in adolescence and internet parenting styles: A study with victims, perpetrators and victim-perpetrators	Laissez-faire parenting style	-	-
7	(Martínez-Ferrer dkk., 2019). Parental Socialization, School Adjustment and Cyber-Aggression among Adolescents	• Parental Socialization • School Adjustment (social factors)	-	-
8	(Chan dkk., 2019). Cyber victimization, cyber aggression, and adolescent alcohol use: Short-term prospective	Adolescent alcohol use (personal factors)	-	Alcohol use prevention program

	and reciprocal associations			
9	(Muñoz-Fernández & Sánchez-Jiménez, 2020). Cyber-aggression and psychological aggression in adolescent couples: a shortterm longitudinal study on prevalence and common and differential predictors.	Negative qualities of the partner (personal factors: empathy, cognitive)	-	-
10	(Shahnawaz dkk., 2020). Sadism and Cyber Aggression: Moral Identity as a Possible Moderator	• Sadism (personal factor) • Moral identity as a moderator	-	-
11	(Falla dkk., 2021). Cybergossip to Cyberaggression: A Longitudinal Study.	• Cybergossip (social factor) • Cognitive restructuring as a mediator	-	-
12	(Y. Zhang dkk., 2021). Parenting Style and Cyber-Aggression in Chinese Youth: The Role of Moral Disengagement and Moral Identity	• Parenting style (personal factors) • Moral disengagement and moral identity as mediators	-	-
13	(Antipina & Miklyaeva, 2021). Relationship among the tendency to various forms of cyber-aggression, aggressiveness, and empathy in adolescence	Low empathy (personal factor)	-	-

14	(Nocera, Dahlen, Poor, dkk., 2022). Moral Disengagement Mechanisms Predict Cyber Aggression Among Emerging Adults	Moral disengagement (personal factor)	-	-
15	(Pabian & Vandebosch, 2023). The Dark Tetrad, online moral disengagement, and online aggression perpetration among adults	Moral disengagement (personal factor)	-	-
16	(DeMarsico dkk., 2022). Aggression in the Digital Era: Assessing the validity of the Cyber Motivations for Aggression and Deviance Scale	• Social affiliation • Social activism • Reactive aggression • Interpersonal disorders • Impulsivity • Virtual dissociation • Sensation seeking • Revenge (personal, social factors)	-	-
17	(Luzayisu & Tungu, 2023). Study of Cyber Aggression Factors Among Young Congolese Students	Engagement online behavior (personal factors)	-	-
18	(Tennakoon dkk., 2024). Exploring the Effects of Personal and Situational Factors on Cyber Aggression	• Impulsive social media use • Subjective norms • (personal, social factors)	Mental health problems, suicide attempts	-

| 19 | (Block, 2024). An online culture of aggression: Exploring social-cognitive factors associated with cyberaggression | Moral disengagement (personal factors) | - | - |

Table the triggering factors for cyber aggression are grouped into three categories: (1) personal factors, including individual characteristics, (2) social factors, including the influence of the social environment, and (3) situational factors, including certain conditions or situations that can trigger acts of aggression. Meanwhile, the impact of cyber aggression is more personal, such as problems related to mental health such as anxiety, despair, and suicidal tendencies, while early intervention is prioritized through preventive efforts to minimize the impacts that arise.

DISCUSSION

Cyberaggression behavior is a complex phenomenon influenced by various personal, social, and situational factors. The main personal factors that have been identified such as moral disengagement play an important role in cyber aggression, as it allows individuals to justify their harmful actions towards others. Research by Nocera, Dahlen, Poor, dkk., (2022), showed that moral disengagement not only predicts cyberaggression but also mediates the relationship between various predictors and the occurrence of cyberaggression. Furthermore, dark personality traits such as narcissism and psychopathy, have been associated with increased cyberaggression H. Zhang & Zhao, (2020), where individuals with lower self-control are more likely to engage in cyberaggression. In addition, emotion regulation is also another important factor influencing cyberaggression. Adolescents with poor emotion regulation skills are more likely to exhibit aggressive behavior online, due to difficulties in managing negative emotions arising from interpersonal conflicts (Chamizo-Nieto dkk., 2020).

Social factors such as parenting also play an important role in shaping children's behavior, including the tendency to engage in cyberaggression. Yan Zhou & Hasbullah, (2023) found that adolescents who experienced rejection in parenting tended to engage in cyber aggression. Similarly, Bullo & Schulz, (2022) showed that poor parent-child communication and an unsupportive parenting environment foster conditions that lead to cyber aggression during early adolescence. Likewise, the school environment also plays an important role in influencing cyber aggression. A positive school climate, characterized by supportive relationships between students and teachers, can reduce aggressive behavior. Conversely, a negative school climate can exacerbate feelings of isolation and aggression among students (Gómez-Ortiz dkk., 2019; Martínez-Ferrer dkk., 2019). Concerning peer presence, Bandura, (1977) states that adolescents often imitate behaviors observed in their peer group, especially if those behaviors are reinforced in the group (Wangsa & Tobing, 2024; Wright & Wachs, 2019).

Furthermore, situational factors also contribute significantly to the prevalence and nature of cyber aggression, with impulsive social media use and subjective norms being important elements. Wright's (2013) study highlighted that beliefs about anonymity in online interactions lead to increased cyber aggression, as individuals feel less responsible for impulsive actions that do not consider the consequences of their actions.

Furthermore, the negative impacts of cyber aggression are profound and diverse, especially those manifested as mental health problems such as anxiety, depression, and suicidal ideation. Rahman dkk., (2023) found that being a cyber victim contributed significantly to the development of anxiety and depression among college students in Bangladesh. This is in line with Wright, (2016) showing that cyber victimization that is experienced is persistent and worsens mental health problems Bauman dkk., (2013), and extends to severe impacts, including suicidal thoughts and behaviors (Azami & Taremian, 2020). Adolescents who frequently experience cyber aggression report higher levels of depressive mood and feelings of loneliness, significant risk factors for suicidal ideation (Cava dkk., 2020).

Thus, the literature review on cyber aggression highlights the urgent need for effective interventions aimed at preventing and reducing its occurrence. Various strategies related to preventive efforts can be proposed, such as improving digital citizenship education, fostering empathy and moral development, promoting positive parenting and school climates, and increasing support for online safety and well-being. This is in line with the opinion that educating adolescents about the consequences of online behavior can significantly influence their actions as observers and perpetrators of cyber aggression. With an increased understanding of digital ethics, students can learn to recognize harmful behavior and develop positive skills to intervene appropriately (Álvarez-García dkk., 2016; Jeyagobi dkk., 2022; Yan Zhou & Hasbullah, 2023).

CONCLUSION

A systematic literature review has highlighted the multifaceted nature of cyber aggression, which is influenced by a variety of personal, social, and situational factors. Personal factors such as moral alienation, dark personality traits, and poor emotion regulation play a significant role in predicting cyberaggressive behavior. Social factors, including parenting, school climate, and peer influence, also contribute to the prevalence of cyber aggression. In addition, situational factors, such as beliefs about anonymity and impulsive social media use, may trigger cyber aggression. The negative impact of cyber aggression, particularly on mental health, underscores the urgent need for effective interventions. Prevention efforts should focus on enhancing digital citizenship education, fostering empathy and moral development, promoting positive parenting and school climates, and increasing support for online safety and well-being. By addressing the multifaceted nature of cyber aggression, we can work towards creating a safer and more inclusive digital environment for all.

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