

GENDER DIFFERENCES IN SLEEP QUALITY, INSOMNIA SCORES, AND SUICIDAL IDEATION IN ADOLESCENTS SUFFERING CYBERBULLYING VICTIMIZATION

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INTRODUCTION

Sleep duration and sleep disturbances have been recently described in adolescents involved in cyberbullying (Nagata et al., 2022; Sampasa-Kanyinga et al., 2022). However, little is known about gender differences in sleep quality and insomnia in adolescents implicated in cyberbullying. The aim of this study is to explore possible gender differences in sleep quality and insomnia scores in adolescents regarding cyberbullying victimization and perpetration.

METHOD

304 adolescents aged 12-18 years from two public high schools from Málaga, (Spain) completed the following questionnaires: The Spanish versions of the Pittsburg Sleep Quality Index (PSQI), the Insomnia Severity Index (ISI), the Cyberbullying Intervention Project Questionnaire (ECIPQ) and the Frequency of Suicidal Ideation Inventory (FSII). Descriptive statistics, Pearson correlations and ANOVA test were conducted using SPSS v.28.

RESULTS

Cyberbullying victimization was significantly correlated with cyberbullying perpetration ($r=.66$, $p<.01$), insomnia ($r=.23$, $p<.01$) and sleep quality ($r=.25$, $p<.01$). Cyberbullying victimization correlated with suicidal ideation only in girls ($r=.29$, $p<.01$). ANOVA test showed significant differences between girls and boys, with girls experiencing poorer sleep quality ($p<.001$), higher insomnia scores and higher frequency of suicidal ideations ($p<.001$) than boys.

CONCLUSION

Quality of sleep, insomnia scores and suicidal ideations are specially affected in girls when experiencing cyberbullying victimization, with poorer sleep quality, higher insomnia scores and higher frequency of suicidal ideations.

REFERENCES

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