

ABSTRACT

Cyberbullying is a social phenomenon that is increasingly worrying with the increasing penetration of social media, especially Twitter, among teenagers and college students. This study aims to analyze the impact of cyberbullying on Twitter on the victim's activities and psychological condition. With a qualitative approach, data is collected through documentation and in-depth interviews with students in Bekasi who are victims or witnesses of cyberbullying. The results showed that the constant presence of digital technology worsened the victim's experience, creating psychological pressure in the form of negative overthinking that affected their mental health, social relationships, and academic performance. Some victims have even reported suicidal ideation in response to persistent harassment. Social support from family, friends, and professionals is essential to help victims recover from trauma. This study highlights the need for more effective prevention and intervention strategies, such as increasing digital literacy, privacy settings, and education about the dangers of cyberbullying. By understanding the impact in depth, this research is expected to make a theoretical and practical contribution in reducing cyberbullying and improving people's digital welfare.

Keywords: *Cyberbullying, Twitter, mental health, overthinking, digital literacy, social support, students, psychological intervention.*