

The Relationship Between Self-Control And Cyberbullying Among Late-Teen Active Tiktok Users, Moderated By Empathy

Zulva Sheva Nirwan Arisandhy¹, Amanda Pasca Rini², Bawinda Sri Lestari³

^{1,2,3}Psychology Study Program, University of August 17, 1945 Surabaya, Indonesia

Corresponding Author: jul.ars13@gmail.com

Abstract

The rise of social media, particularly TikTok, has increased the intensity of digital interactions among late adolescents, but it has also given rise to various forms of aggressive behavior, one of which is cyberbullying. This behavior is influenced by various psychological factors, including self-control and empathy. This study aims to examine the relationship between self-control and cyberbullying and to test the role of empathy as a moderator in that relationship among late adolescents who are active TikTok users. The study employed a quantitative approach with a correlational design. The sample consisted of 291 late adolescents who are active TikTok users in Surabaya, selected using purposive sampling. Data were collected using a self-control scale, an empathy scale, and a cyberbullying scale that met validity and reliability criteria. Data analysis was performed using Moderated Regression Analysis (MRA) via the MedMod module in Jamovi software version 2.7.31. The results of the study indicate that there is a significant negative relationship between self-control and cyberbullying, as well as a significant negative relationship between empathy and cyberbullying. Furthermore, the interaction between self-control and empathy was found to be significant, indicating that empathy acts as a moderator in the relationship between self-control and cyberbullying. These findings provide an empirical contribution to the development of social psychology and digital psychology research, particularly regarding protective mechanisms that can reduce cyberbullying behavior among adolescents, and serve as a basis for the development of intervention programs focused on strengthening self-control and fostering empathy.

Keywords: Cyberbullying, Empathy, Late Adolescence, Self-Control, Tiktok



INTRODUCTION

The development of digital technology has transformed communication and social interaction patterns, particularly among adolescents, who have made social media a vital part of their daily lives. Ease of internet access allows for fast, open, and seamless interaction, but it has also given rise to various problems, one of which is cyberbullying (Santrock, 2018). In Indonesia, the phenomenon of cyberbullying is quite concerning. APJII (2024) reported that 49% of internet users have experienced cyberbullying on social media. TikTok is a relevant platform due to its large user base in the 16–24 age group. Its comment, duet, and stitch features, along with its easily viral content, can increase the likelihood of digital aggression. This situation is reinforced by the online disinhibition effect, which allows individuals to express aggressive behavior more freely in digital spaces compared to face-to-face interactions (Wright & Wachs, 2021).

Cyberbullying has serious impacts on the psychological and social well-being of adolescents. Victims can experience anxiety, depression, loneliness, low self-esteem, and even psychological well-being, while perpetrators tend to exhibit aggression and low empathy (Bularca et al., 2024; Sylvain & Talpade, 2024). This situation becomes increasingly important because late adolescents are in the stage of identity formation, characterized by an increased need for social acceptance, while the ability to control impulses and emotions is still developing. Thus, there is a gap between the ideal condition of adolescents who should be able to control their behavior and consider its impact on others, and the actual condition of aggressive behavior that continues to emerge in digital interactions (Santrock, 2018).

One psychological factor that plays a role in cyberbullying is self-control. Self-control is an individual's ability to regulate thoughts, emotions, and behavior to align with social goals and norms (Baumeister et al., 2007; Tangney et al., 2004). Adolescents with low self-control are more prone to responding impulsively to conflict and engaging in digital aggression. This is supported by Antama et al. (2020) and Prasetya et al. (2024), who demonstrated a negative relationship between self-control and cyberbullying. In addition to self-control, empathy is also an important factor because the ability to understand and feel the conditions of others can inhibit behavior that has the potential to harm victims (Davis, 1983; Hoffman, 2000). Yustiningsih (2024) found that empathy plays a role in reducing the involvement of late adolescent TikTok users in online bullying.

Although extensive research has been conducted on self-control and empathy in relation to cyberbullying, most studies have only examined the direct influence of each variable. Wang et al. (2022) posited empathy as a moderator in the relationship between online disinhibition



and cyberbullying, but have not yet examined the role of empathy in the relationship between self-control and cyberbullying. This gap indicates the need for research examining whether empathy levels can strengthen or weaken the influence of self-control on cyberbullying. Therefore, this study is important to conduct on late adolescents who are active TikTok users in Surabaya to develop an understanding of the psychological mechanisms of cyberbullying and contribute to prevention efforts through strengthening self-control and empathy.

METHOD

This study used a quantitative approach with a correlational design that aimed to determine the relationship between self-control as the independent variable, cyberbullying as the dependent variable, and empathy as a moderator variable in late adolescents who are active TikTok users. The study was conducted in Surabaya City with a population of late adolescents aged 16–21 years who live in Surabaya City and actively use TikTok. Sampling was carried out using purposive sampling based on the criteria of age, domicile, and active TikTok use. Determination of the sample size refers to the Isaac and Michael Table with a 5% error rate, resulting in a minimum sample size of 348 respondents. Data were collected online using a questionnaire via Google Forms distributed to respondents according to the research criteria.

Data analysis was performed using SPSS version 26 for Windows and Jamovi version 2.7.31.0 for Windows. The analysis stages included descriptive statistical analysis, validity and reliability tests, outlier tests, normality tests, and linearity tests as prerequisite tests. Furthermore, correlation analysis was conducted to determine the relationship between variables and Moderation Regression Analysis to examine the role of empathy in strengthening or weakening the relationship between self-control and cyberbullying. Hypothesis testing was conducted with a significance level of 5% or $p < 0.05$, so that the results of the analysis can be used to determine the significance of the relationship and the moderating effect between the variables studied.

RESULTS AND DISCUSSION

Prerequisite Test

1. Outlier Test

Table1. Outlier Test Results

No	Mahalanobis p	Information
1	0.99111	No Outliers Indicated
2	0.98728	No Outliers Indicated

3	0.98551	No Outliers Indicated
4	0.98551	No Outliers Indicated
5	0.98438	No Outliers Indicated
...		
291	0.00149	No Outliers Indicated

2. Normality Test

Table 2. Normality Test Results

Variables	One Sample Kolmogorov-Smirnov Test			
	Statistics	N	Sig.	Information
Unstandardized Residual	0.040	291	0.200	Normal

Source: SPSS Version 26 for Windows output

Based on the results of the normality test using the One Sample Kolmogorov-Smirnov Test, a significance value of 0.200 was obtained with a sample size (N) of 291 and a statistical value of 0.040. Data is declared normally distributed if the significance value is greater than 0.05 ($p > 0.05$). The analysis results show that the significance value is greater than 0.05, so it can be concluded that the research data on the variables of cyberbullying, self-control, and empathy are normally distributed. Thus, the data meets the assumption of normality and is suitable for use in further parametric statistical analysis (Ghozali, 2018).

3. Linearity Test

Table 3. Linearity Test Results

Variables	Linearity		Information
	F	Sig.	
Self-Control - Cyberbullying	442,855	0,000	Linear
Empathy - Cyberbullying	789,880	0,000	Linear

Source: SPSS Version 26 for Windows output

Based on the results of the linearity test on the Linearity component, the relationship between self-control and cyberbullying shows an F value = 442.855 with a significance of 0.000 ($p < .05$). Meanwhile, the relationship between empathy and cyberbullying shows an F value = 789.880 with a significance of 0.000 ($p < .05$). According to Ghozali (2018), the relationship between variables is declared linear if the significance value in the Linearity component is less

than 0.05 ($p < .05$). Thus, these results indicate that there is a linear relationship between self-control and cyberbullying and empathy with cyberbullying.

Hypothesis Testing

1. Model Fit Measures

Table 4. Coefficient of Determination

Model	R	R ²	Adjusted R ²
1	0.820	0.673	0.671

Source: Jamovi Version 2.7.31.0 for Windows

Based on the analysis results, an R value of 0.820 was obtained, indicating a strong relationship between the predictor variables and the cyberbullying variable. In addition, an R Square (R^2) value of 0.673 was obtained, meaning that the variables of self-control, empathy, and the interaction between self-control and empathy were able to explain 67.3% of the variation in cyberbullying, while the remaining 32.7% was influenced by other factors not examined in this study. The Adjusted R Square value of 0.671 indicates that after adjusting the number of predictors in the model, the model's ability to explain variations in cyberbullying remained in the high category, namely 67.1%.

2. Moderated Regression Analysis Test

Hypothesis testing in this study was conducted using the Moderated Regression Analysis (MRA) technique with the assistance of Jamovi software version 2.7.31 through the MedMod (Moderation and Mediation Analysis) module. This analysis was used to examine the relationship between self-control and cyberbullying, the influence of empathy on cyberbullying, and the role of empathy as a moderating variable in the relationship between self-control and cyberbullying. The results of the hypothesis testing are presented in Table 25.

Table 5. Moderated Regression Analysis Test Results

	<i>Estimates</i>	SE	Z	p
X - Y	-0.2744	0.04435	-6.19	<0.001
Z - Y	-0.6267	0.04021	-15.58	<0.001
X*Z - Y	0.0225	0.00271	8.30	<0.001

Source: Jamovi Version 2.7.31.0 for Windows

Based on Table 5, it can be seen that there is a direct relationship between self-control and cyberbullying, with a Z value = -6.19 and a significance level of $p < 0.001$ ($p < 0.05$). These results indicate that self-control has a significant relationship with cyberbullying. A negative



coefficient indicates that the higher the self-control an individual has, the lower the tendency to commit cyberbullying. Thus, the hypothesis stating that there is a relationship between self-control and cyberbullying is accepted. The results of the subsequent analysis also show a direct relationship between empathy and cyberbullying, with a Z value = -15.58 and a significance level of $p < 0.001$ ($p < 0.05$). These findings indicate that empathy has a significant relationship with cyberbullying. The negative direction of the relationship indicates that individuals with higher levels of empathy tend to exhibit lower cyberbullying behavior. Furthermore, in the interaction between self-control and empathy on cyberbullying, a Z value of 8.30 was obtained with a significance level of $p < 0.001$ ($p < 0.05$). These results indicate that the interaction between self-control and empathy has a significant relationship with cyberbullying. Thus, empathy is proven to act as a moderating variable in the relationship between self-control and cyberbullying, so the hypothesis stating that empathy moderates the relationship between self-control and cyberbullying is accepted. These findings indicate that the effect of self-control on cyberbullying varies with each individual's level of empathy. The higher the empathy, the stronger the relationship between self-control and cyberbullying in explaining the tendency of cyberbullying behavior in the study respondents.

DISCUSSION

Based on the results of the research conducted, it was discovered that empathy acts as a moderating variable in the relationship between self-control and cyberbullying in late adolescents who are active TikTok users. This finding suggests that the influence of self-control on cyberbullying is influenced by an individual's level of empathy. In other words, the ability to control oneself in suppressing cyberbullying tendencies will be optimal if an individual also possesses a high level of empathy.

These findings indicate that cyberbullying behavior is influenced not only by an individual's ability to control themselves, but also by their ability to understand and feel the emotional states of others. Psychologically, self-control and empathy work through complementary mechanisms to inhibit the emergence of cyberbullying behavior. Self-control functions as the ability to control impulses, emotions, and aggressive urges that arise when individuals interact on social media. Meanwhile, empathy plays a role in helping individuals understand the feelings, needs, and emotional impact that may be experienced by others as a result of their behavior.

In the context of TikTok use, these two skills are crucial, given that interactions occur quickly and are often influenced by momentary emotional responses. Late adolescents with high





self-control tend to be able to resist the urge to make negative comments, insult, mock, or embarrass others when encountering content that disagrees with their own opinions. However, self-control alone is not necessarily enough to prevent cyberbullying. Individuals also need the ability to understand others' perspectives and emotional states to recognize that aggressive actions on social media can have psychological impacts on victims. In this context, empathy serves to strengthen the influence of self-control on reducing cyberbullying behavior.

Furthermore, individuals with high self-control and empathy tend to be better able to manage their emotions and consider the social consequences of their behavior. When the urge to make negative comments or respond aggressively to conflict arises, individuals are not only able to restrain these impulses but are also able to imagine how others might feel when they receive such treatment. Conversely, individuals with high self-control but low empathy may still be able to control some of their aggressive impulses, but they may not necessarily consider the emotional impact on others. Meanwhile, individuals with low self-control and low empathy are the most vulnerable group to engage in cyberbullying because they lack adequate inhibitory mechanisms, both in terms of self-control and concern for others.

The findings of this study align with Averill's (1973) theory of self-control, which explains that individuals who are able to control their behavior, thoughts, and decisions are better able to adapt their actions to prevailing social norms. Individuals with good self-control tend to be better able to consider the consequences of each action before acting, including when interacting on social media. Furthermore, the results of this study are also supported by the concept of empathy proposed by Hoffman (2000), who explains that empathy is influenced by socialization, mood and feeling, learning and identification processes, situations or places, communication and language, and parenting. Through these various processes, individuals learn to understand the emotional states of others and develop social awareness of their surroundings.

The ability to understand and feel the conditions of others makes individuals better able to consider the consequences of their behavior before acting. When empathy is well-developed, individuals focus not only on their own interests but also consider the potential impact their behavior will have on others. Therefore, when a high level of empathy is combined with good self-control, individuals are not only able to restrain aggressive impulses but also have the moral judgment to avoid actions that could harm others. This condition explains why empathy can strengthen the role of self-control in suppressing cyberbullying tendencies in late adolescents who are active TikTok users.





In addition to examining the moderating role of empathy, this study also examined the direct relationship between self-control and cyberbullying. The results showed a significant negative relationship between self-control and cyberbullying in late adolescents who are active TikTok users. This finding suggests that the higher an individual's self-control, the lower their tendency to engage in cyberbullying. Conversely, the lower an individual's self-control, the higher their tendency to engage in cyberbullying.

These findings suggest that cyberbullying behavior does not emerge spontaneously, but rather is influenced by an individual's ability to manage impulses, emotions, and responses that arise when interacting on social media. Among late adolescent TikTok users, various forms of digital interaction occur quickly and openly. Users can comment, respond to opinions, or express disapproval of content in mere seconds. These situations often trigger impulsive responses influenced by fleeting emotions, especially when individuals encounter content that aligns with their views or interests.

Psychologically, individuals with high self-control tend to be better able to manage negative emotions that arise when faced with situations that trigger anger, disappointment, or frustration. This ability makes individuals better able to consider the consequences of their behavior before responding to others. Therefore, when faced with differences of opinion or conflict on social media, individuals prefer to express their opinions fairly rather than resort to insults, ridicule, or other forms of digital aggression.

Conversely, individuals with low self-control tend to act more easily on momentary emotional impulses without considering the potential consequences of their behavior. This condition makes individuals more susceptible to expressing anger, dislike, or disapproval through negative comments, insults, or other actions that fall into the category of cyberbullying. In other words, low self-control makes it more difficult for individuals to inhibit aggressive impulses that arise during interactions on social media.

In late adolescence, self-control skills become increasingly important because at this stage of development, individuals are transitioning to adulthood, characterized by an increased need for social recognition, a desire for self-expression, and relatively high levels of social media use. When self-control skills are not optimally developed, these characteristics can increase an individual's vulnerability to engaging in cyberbullying. Conversely, adolescents who are able to control themselves well tend to be better able to adapt their behavior to prevailing social norms, both in face-to-face interactions and through digital media.

The findings of this study align with research conducted by Prasetya et al. (2024), which showed that self-control has a negative relationship with cyberbullying. These results indicate





that individuals with good self-control skills tend to be better able to resist the urge to engage in aggressive behavior on social media. Another study conducted by Violenta et al. (2021) also found that self-control acts as a protective factor that can reduce the likelihood of cyberbullying in adolescents.

Based on this description, it can be understood that self-control acts as an internal mechanism that helps individuals manage emotions, control impulses, and consider the consequences of their behavior when interacting on social media. This ability enables individuals to use social media responsibly and avoid various forms of behavior that could harm others. Therefore, the higher the self-control of late adolescents who actively use TikTok, the lower their tendency to engage in cyberbullying.

Based on the research results, it was found that self-control, empathy, and the interaction between the two play a significant role in explaining cyberbullying tendencies in late adolescents who are active TikTok users. However, cyberbullying behavior is influenced not only by these two variables but also by various other factors outside the study that contribute to its emergence. These findings suggest that self-control and empathy are psychological factors that play a significant role in reducing the likelihood of cyberbullying among late adolescents who actively use TikTok. Both variables contribute to helping individuals manage their behavior and social interactions when using social media. Furthermore, the research results show that empathy plays a more dominant role than self-control in explaining cyberbullying behavior. This indicates that an individual's ability to understand and sense the emotional states of others has a greater influence on suppressing the tendency to engage in cyberbullying than self-control alone.

The dominant role of empathy is understandable because cyberbullying behavior inherently involves interpersonal relationships that can potentially have psychological impacts on victims. Late adolescents with high empathy tend to be able to imagine others' feelings when they experience insults, ridicule, social exclusion, or other forms of digital aggression. This ability makes individuals more sensitive to the consequences of their actions, leading to greater caution in their interactions on social media.

These findings can also be explained by the characteristics of TikTok, which allows for rapid interactions and minimal direct contact between users. In such situations, individuals cannot directly see the victim's expressions of sadness, disappointment, or suffering. Therefore, empathy is a crucial factor because it helps individuals understand others' emotional states, even when communicating through digital media. The greater the level of empathy, the greater the tendency for individuals to avoid behavior that could harm or hurt others.





The results of this study align with the concept of empathy proposed by Rizky (2020), who explains that empathy develops through various factors, including socialization, mood and feeling, learning and identification processes, situations or settings, communication and language, and parenting. These factors help individuals develop social awareness and the ability to understand others' feelings, thereby minimizing the tendency toward aggressive behavior.

Although empathy plays a more dominant role, self-control remains a crucial factor in explaining cyberbullying behavior. The ability to control emotions, restrain impulses, and consider consequences before acting helps individuals avoid negative responses that could potentially harm others. Thus, self-control serves as an internal behavioral control mechanism, while empathy serves as a socio-emotional mechanism that helps individuals understand the impact of their behavior on others.

Based on the overall research results, it can be concluded that empathy is a variable that contributes more than self-control in explaining cyberbullying behavior in late adolescents who are active TikTok users. This finding suggests that cyberbullying prevention efforts need to be directed not only at improving self-control but also at developing empathy so that individuals are better able to understand, appreciate, and consider the emotional states of others in every interaction they have on social media.

Having established that self-control and empathy play a role in explaining cyberbullying behavior in late adolescents who are active TikTok users, the next step was to understand the condition of each variable in the study respondents. A description of the research variables was obtained by comparing the empirical mean and the hypothetical mean, which aimed to determine the respondents' tendencies toward cyberbullying, self-control, and empathy.

Based on the analysis, the empirical mean for cyberbullying was lower than the hypothetical mean, indicating that the level of cyberbullying among late adolescents who are active TikTok users is low. This finding is further supported by the categorization data, which shows that the majority of respondents fall into the very low category.

The low levels of cyberbullying in this study indicate that most respondents tend not to engage in aggressive behavior directed at others through digital media. This can be explained by the characteristics of late adolescents, who are developmentally more mature in their thinking skills than early and middle adolescents. At this stage, individuals are generally able to consider the consequences of their behavior and understand the social norms that apply in their social environment and on social media.

Furthermore, the low rate of cyberbullying in this study can also be attributed to respondents' high levels of self-control and empathy. The ability to control emotions and





understand others' feelings makes individuals more cautious when interacting on social media. Although TikTok provides ample space for users to comment and express their opinions freely, most respondents tended to use social media more judiciously, thus lowering their likelihood of engaging in cyberbullying. Furthermore, the analysis showed that the empirical mean for self-control was higher than the hypothetical mean, indicating that the level of self-control among late adolescents who actively use TikTok is high. This finding is supported by the categorization data, which shows that the majority of respondents fall into the high and very high categories.

The high level of self-control among respondents indicates that most of the late adolescents in this study have good abilities in controlling behavior, managing emotions, and considering the consequences of their actions. This is understandable because late adolescence is a developmental phase characterized by increasing cognitive and emotional maturity. At this stage, individuals begin to think more rationally, consider the impact of each decision, and adapt their behavior to the social demands of their environment. In the context of TikTok use, self-control is a crucial skill because social media allows individuals to respond quickly to a variety of content they encounter. Respondents' high levels of self-control indicate they tend to resist the urge to react impulsively when faced with content that triggers negative emotions, disagreements, or conflict on social media. This ability helps individuals maintain adaptive behavior and avoid actions that could harm others.

The analysis also showed that the empirical mean for empathy was higher than the hypothetical mean, indicating that late-teen active TikTok users were in the high empathy category. The categorization results also indicated that the majority of respondents were in the high and very high empathy categories. The high levels of empathy in this study indicate that most respondents have a good ability to understand and sense the emotional states of others. This ability allows individuals to be more sensitive to the feelings, needs, and experiences of others in everyday life and when interacting through social media.

This condition can be explained by the characteristics of late adolescence, which generally has more mature social development. At this stage, individuals begin to develop better abilities to understand others' perspectives, build interpersonal relationships, and demonstrate concern for their social environment. Furthermore, intense social media use also exposes adolescents to a variety of experiences, stories, and emotional states experienced by others, thus enhancing their ability to understand different perspectives. In the context of TikTok, high empathy makes individuals better able to consider the emotional impact of comments and actions on other users. Therefore, individuals with high empathy tend to be more cautious in



interactions and avoid behaviors that could cause psychological harm to others. This finding aligns with the low levels of cyberbullying found in this study.

CONCLUSION

This study aims to determine the relationship between self-control and cyberbullying and the role of empathy as a moderating variable in 291 late adolescents who are active TikTok users using a quantitative correlational approach. Data were collected through psychological scales and analyzed using SPSS and Jamovi through prerequisite tests and Moderated Regression Analysis (MRA). The results showed a negative relationship between self-control and cyberbullying, namely that the higher the self-control, the lower the tendency of cyberbullying. In addition, empathy was shown to act as a moderator, so that the higher the empathy, the more effective self-control in suppressing the tendency of cyberbullying behavior. These findings indicate that self-control and empathy are psychological factors that play a role in shaping adaptive social behavior and suppressing the tendency of cyberbullying in late adolescents who are active TikTok users.

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