

Can Cyberstalking lead to Obsession

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### Abstract

My scientific article is set in the universe of the Netflix series You. This study goes into the effects that cyberstalking does that leads to obsession. When you have someone's life at your fingertips you already have a false sense of knowing who they actually are. Much like when Joe Goldberg thought he knew Guinevere Beck, saying things such as “this isn't who you are” whenever she did something he thought she never would do or say. Based on what you see on social media you create a false perception of people's actual intentions and personalities. Getting used to seeing someone on your phone screen all the time sends a dopamine rush to your brain but as time passes you will start to want to see them more in person because seeing them over the screen will not feel the same. Whenever you don't stalk their social media you feel actual withdrawal symptoms which leads to obsession.

### Can Cyberstalking lead to Obsession

Cyberstalking is exceptionally easy in today's world. When you can make fake accounts or hack into peoples accounts you basically have free reign. If the account that you are stalking isn't private that makes matters easier. Dr.Nicky agrees "whenever you cyber-stalk the person of your choice you get a hit of dopamine, at some point seeing them on your phone screen won't be enough, you will turn to showing up at their school or workplace to "accidentally bump into them """. We tested this theory with three people of all different age ranges.

Our first subject was an 18 year old girl, she started cyberstalking her long time crush. She openly admitted to already passing by him in the hallways on purpose based on what her friends know about him. Our results included her thinking about him way more than she ever did before. She even found out that he had a girlfriend which sent her into an emotional spiral and she confronted him in person.

Our second subject was a 21 year old man, he started cyberstalking a new coworker. He felt no romantic feelings towards them yet but as time went on he felt more romantic feelings for her. He ended up asking his boss about her work schedule and that's as far as he went.

Our third and final subject was a 30 year old woman, she wanted to cyberstalk her ex husband. She would just make fun of him and his new girlfriend, she never made an attempt to stalk him outside of social media and openly admitted it helped her realize why they divorced in the first place.

While Dr. Nicky's theory is correct in certain cases in other cases it is completely baseless and not true. We concured cyberstalking does not always lead to actual stalking in real life. Situations are varied based upon childhood traumas and other variables such as length of

time knowing the person and the current emotional feelings towards that person, For example our first subject was more susceptible to stalking her crush in person due to the fact that she had feelings for him for a long time. When you compare subject one to our second subject you will realize that time is a factor in cyberstalking leading up to actual stalking. While our second subject is not stalking their romantic interest right now does not mean they will not stalk them in the future, as time goes on and their obsession continues then it can lead to how our first subject reacted. It should be known that just because you cyber stalk somebody doesn't mean you will always end up stalking the person in real life but the risk is there.

## Reference

Nicky, D. (2019). *Social Media Obsession & Getting Framed for Murder*. Los Angeles, CA: Netflix.