Consequences of the negative influence of the Internet on the behavior of adolescents as a psychological problem

Bakhramova Abira Abdullaevna

SamSU, Senior Lecturer, Department of General Psychology
abira.bakhramova@gmail.com
Telephone: (97) 924 75 35

Abstract: *Why Internet addiction manifests itself in a kind of escape from reality, in which the process of navigating the network "drags" the subject so much that he is unable to fully function in the real world.*

Keywords: *Internet addiction, psychological problem, the younger generation, adolescent addiction, addictology and addiction psychology.*

Relevance of the topic: The Internet, despite all its greatness, brings many problems to society, one of which is its impact on the human psyche. Until now, scientists - psychologists can not fully figure out the influence of the virtual world on our psyche. Therefore, I consider this topic relevant and in the light of modern times, it deserves special attention, because children and adolescents are most susceptible to Internet addiction and the influence of new computer technologies. It is also important to establish the causes of Internet addiction and the degree of significance in this perspective of the educational process in terms of prevention and assistance to Internet addicted children.

The purpose of the study is to identify and study the features of Internet addiction in children of senior school age. To establish the influence of individual components of the Internet on the psyche of a teenager.

In accordance with the goal, the following tasks are being solved that determine the structure of the work:

➢ to conduct a study and theoretical analysis of the literature on this issue;
➢ identify the causes of Internet addiction;
➢ reveal the positive and negative aspects of the influence of the Internet on the younger generation;
➢ Develop practical recommendations for the prevention and prevention of Internet addiction in adolescents.

The object of the study is the Internet addiction of a teenager.

The subject of the study is the psychological characteristics of adolescents with various types of activities on the Internet and clinical and psychopathological phenomena that accompany Internet-addicted behavior.

Research hypothesis:

As the main hypothesis of the study, it was suggested that the psychological characteristics of adolescents with Internet-addicted behavior who prefer online communication services differ from adolescents with Internet-addicted behavior who prefer computer games. Internet-addicted behavior of adolescents is accompanied by certain psychopathological phenomena that differ in the studied groups.

Research methods:

➢ Theoretical analysis of scientific sources.
➢ Method of questioning.
➢ Method of sociological survey.
➢ Testing method.
➢ Method of statistical processing of results.

The theoretical and methodological basis of the study are:

➢ studies devoted to the study of the psychological determinants of addictive behavior (Bukhanovsky A.O., Lichko A.E., Malygin V.L., Mendelevich V.D., Moskalenko V.D., Sirota H.A.,)
➢ studies devoted to the development of the concept of non-chemical addictions (Egorov A.Yu., Korolenko Ts.P., Malygin V.L., Mendelevich V.D.);
➢ studies of psychological risk factors of Internet addiction by foreign and domestic authors (Caplan S.E., Chen S.-H., Griffiths M., Grohol J., Young K.S., ShapiraN.A., Voiskunsky A.E., Egorov A.Yu., Litvinenko O.B.);
➢ Addictology and psychology of addictions (Mendelevich V.D., Sirota N.A.), features of deviant behavior (Lichko A.E.);
➢ psychology of non-chemical addictions (Korolenko Ts.P., Egorov A.Yu., Malygin V.L., Voiskunsky A.E., Young, Marks, Carnes, Brown, Griffiths, Orzack, Yang, Chen).

Scientific novelty of the work: For the first time in our country, on the basis of evidence-based criteria for addictive behavior, a comparative study of the individual psychological characteristics of adolescents with different types of preferred activities on the Internet was carried out. For the first time in the country, the psychopathological phenomena that accompany this form of addictive behavior in its various manifestations have been studied. For the first time, the degree of addictogenicity of various forms of Internet-addicted behavior in adolescents was assessed. The results obtained allow us to expand our understanding of the nature of the formation and dynamics of development of Internet-addicted behavior in adolescents.

The theoretical significance of the study lies in the definition and differentiation of types of Internet addictive behavior, in particular Internet addictive behavior from games and Internet addictive behavior from online communication services based on the experimental psychological study of adolescent schoolchildren. The individual psychological characteristics of Internet-addicted adolescents with different types of online activities were studied, the psychological profile of the personality of Internet-addicted adolescents was compiled, taking into account the characteristics of personality traits, character accentuations, manifested pathopsychological phenomena.

The practical significance of the study. Based on the results of the study, a program for the psychoprophylaxis of Internet addictive behavior among adolescents was developed, differentiated in accordance with the preferred activities on the network and the characteristics of individual psychological properties. The psychoprophylaxis program is aimed at developing effective behavioral strategies and strengthening personal resources that prevent the formation and development of Internet-addicted behavior; expansion of adolescents' ideas about the problem of Internet addicted behavior. The program also involves working with parents and teachers for information and educational purposes.

The term "Internet Addiction Disorder" (IAD) was introduced by New York psychiatrist Ivan Goldberg,

meaning by this expression not a medical problem like alcohol or drug addiction, but a behavior with a reduced level of self-control that threatens to crowd out a normal life. Addiction in the medical sense is defined as an obsessive need to use a habitual substance, characterized by an increase in tolerance and pronounced physiological and psychological symptoms. "Tolerance growth" means, in fact, addiction and resistance to larger and larger doses. When using the Internet, of course, there is no "habitual substance" in the truest sense of the word. Therefore, the nature of dependence is somewhat different than with the use of alcohol and drugs. A "habitual substance" has the property of being integrated into a person's metabolism, therefore, along with a psychological one, there is also a physical (physiological) dependence, that is, a need, a craving at the level of the body. So in the case of Internet addiction, there is no need to talk about physical dependence. But the psychological component is manifested very clearly.

There are three forms of Internet addiction:

1. Relationship dependency.

2. Dependence on games (including gambling).

3. Dependence on communication and search for information resources.

The phenomenon of Internet addiction has been studied in foreign psychology since 1994. Internet addiction is defined as "an obsessive desire to access the Internet while offline and an inability to get off the Internet while on-line".

Dr. Kimberley Young, psychologist at the University of Pittsburgh-Bradford, director of the Center for Internet Addiction (University of Pittsburgh-Bradford), who has studied more than 400 cases of IAD, believes that anyone with access to a modem and Internet access can become Internet addicted. , with home computer owners most at risk. K. Young, studying Internet addicts, found out that they most often use chats (37%), teleconferences (15%), E-mail (13%), WWW (7%), information protocols (ftp, gopher) (2%). The above Internet services can be divided into those that are associated with communication, and those that are not related to communication, but are used to obtain information. The first group includes chats, teleconferences, E-mail, the second - information protocols. According to Yang, Internet addicts use the Internet to receive social support (due to belonging to a certain social group: participation in a chat or teleconference.

True Internet addicts are people who have lost the ability to control their time on the Web. It goes to surfing, games, shopping, participation in forums and chats, banal browsing on sites, finally. This category of users spends on average 10 times more time on the Web than on work or study.

Internet - addicted users with psychological problems can take the "simple" path, choosing virtual communication as the main one and thus exacerbating their problems. A typical situation: a teenager does not know how to communicate, make friends and experiences insurmountable shyness in communicating with peers. And here the almighty Network comes to the rescue. All sorts of chats and forums - a place where you are always welcome, where you can easily find like-minded people. From this we can conclude that the main reason why a person begins to immerse himself in the virtual world is the search for public support. Striving for this, people begin to participate in various chats and teleconferences, while feeling their involvement in a particular social group, creating their own virtual ideal. By changing his identity on the network, a person also seeks support from people and a sense of

MIDDLE EUROPEAN SCIENTIFIC BULLETIN ISSN 2694-9970

belonging to any social group.

Another reason why, according to Young, people fall into dependence on the network is the ability to freely express their thoughts, defend their point of view, without fear of condemnation of the real society. Online communication allows a person not to be afraid of self-expression, without receiving rejection and condemnation from the public in return, firstly because of the inaccessibility of the speaker's personality, and secondly because the speaker's personality is disguised.

Modern man has many opportunities to have a good time, but he is looking for more and more new ones. The network occupies a special place in this series.

The network does not cause physiological dependence, but only psychological.

Causes of internet addiction:

➢ availability of various information;

➢ wide interactivity, constant communication;

➢ anonymity of transmitted information;

➢ the problem of free time;

➢ lack of demand for one's own capabilities in the real world;

➢ dependence of mood and vitality on being on the Internet;

➢ loss of control over activities associated with the lack of mastery of the new situation;

➢ Lack of live human communication.

➢ Negative effects of the Internet on the psyche and behavior of a teenager:

➢ The Internet gives the illusion of permissiveness;

➢ on the Internet there are suicide clubs, clubs for drug addicts, clubs that teach beginner terrorists, racist and extremist sites;

➢ there are hackers on the Internet (who destroy everything in their path for the sake of satisfying their hurt pride, they cannot create, they can only destroy);

➢ a huge number of interactive computer games, often based on a negative impact on the child's psyche;

➢ Ego - disintegration: "I am virtual" and "I am real". Such a split personality leads to psychological discord, to nervous breakdowns and unreasonable aggression of a teenager;

➢ negative information;

➢ Prolonged work at the computer negatively affects many functions of our body (higher nervous activity, endocrine, immune and reproductive systems, vision and the human musculoskeletal system).

➢ Based on the above answers, we can formulate the consequences:

➢ the destruction of a real personality, mental illness, or maybe vice versa - this is a new stage in the development of intelligence;

➢ a computer can cause long-term disorders of mental and intellectual development. Some types of

memory work worse in the so-called computer generation, emotional immaturity, irresponsibility are observed;

➢ Adolescents "living" on the Web have problems with communication. After all, the skills acquired in the virtual world are not suitable in the ordinary;

➢ There are serious problems with studies, because schoolchildren or students visit irrelevant sites, chat for hours in chats, talk with acquaintances and play games instead of studying. They have problems doing homework, preparing for exams;

➢ Low control over the amount of time spent on the Web. As a result, sleep is disrupted. Of course, the Internet is increasingly becoming an inevitable part of our lives today, because the possibilities of the Internet are almost limitless.

Therefore, it is worth paying attention to the positive features of the Internet that can positively affect the psyche and behavior of a teenager.

Conclusion.

So, humanity is immersed in computers and computer networks, every day more and more people (especially children) become psychologically dependent on computer games. Every day they go to the computer and "get a dose" - some for 20 minutes, some for an hour, and some even more ... This is a problem. One can only speculate what it can lead mankind to in its further development. We need to think about this today. Various scientific disciplines should unite in the study of this area, and psychology should be at the head of these works - works on the study of the psychological aspects of human interaction with a computer.

List of used literature.

1. Alekseeva I.Yu. Internet and the problem of the subject / I.Yu. Alekseeva // The influence of the Internet on consciousness and the structure of knowledge / ed. Rozina V.M. - M., 2004. -p. 24-25.

2. Yurieva L. N., Bolbot T. Yu. Computer dependence: monograph. – M.: Thresholds, 2006. – 190 p.

3. Diseases from the computer, prevention and treatment. – URL: www.comp-doctor.ru (date of access: 29.10.14).

4. Arestova O.P. Communication in computer networks: psychological determinants and consequences / O.P. Arestova, L.H. Babanin, A.E. Voiskunsky // Vestn. Moscow university Series 14. Psychology. - 1996. - No. 4. - p.14-20.

5. Bukhanovsky A.O. Dependent behavior: clinic, dynamics, systematics, treatment, prevention / A.O. Bukhanovsky. - Rostov-on-Don: Phoenix, 2002. - 360 p.

6. Vovchenko E.I. Features of emotional and social intelligence among Internet-addicted adolescents [Electronic resource] / E.I. Vovchenko, B.J.T. Malygin, A.B. Iskandirova // Medical psychology in Russia: electronic scientific journal. - 2011. - No. 5. - URL: http://medpsy.ru.

7. Voiskunsky A.E. Dependence on the Internet: an actual problem [Electronic resource] / A.E. Voiskunsky. - URL: http://psynet.carfax.ru/texts/voysk8.htm.