

MODERN PSYCHOLOGICAL WAYS TO PROTECT TEENAGERS FROM THE INFLUENCE OF THE VIRTUAL WORLD

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Abstract. The article is devoted to modern psychological methods of protecting teenagers from the influence of the virtual network. The article examines the concepts of the virtual world, Internet addiction, adolescence and its characteristics, tools of the virtual world, technogenic methods of influencing the human psyche, skills of working with young people. An analysis of scientific concepts and approaches to the problem of dependence on the virtual world is presented.

Key words: Virtual world, psychology, consequences, addiction, teenagers, computerization, technogenic factors, information protection, vulnerability, person, artificial environment, media world, values, goals, computer, method, correction.

СОВРЕМЕННЫЕ ПСИХОЛОГИЧЕСКИЕ СПОСОБЫ ЗАЩИТЫ ПОДРОСТКОВ ОТ ВЛИЯНИЯ ВИРТУАЛЬНОЙ МИР

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Аннотация. Статья посвящена современным психологическим методам защиты подростков от влияния виртуальной сети. В статье рассматриваются понятия виртуального мира, интернет-зависимости, подросткового возраста и его особенностей, инструментов виртуального мира, техногенных методов воздействия на психику человека, навыков работы с молодёжью. Представлен анализ научных концепций и подходов к проблеме зависимости от виртуального мира.

Ключевые слова: Виртуальный мир, психология, последствия, зависимость, подростки, компьютеризация, техногенные факторы, защита информации, уязвимость, человек, искусственная среда, медиамир, ценности, цели, компьютер, метод, коррекция.

O'SMIRLARNI VIRTUAL OLAM TA'SIRIDAN HIMOYA QILISHNING ZAMONAVIY PSIXOLOGIK YO'LLARI

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Annotatsiya. Ushbu maqola o'smirlarni virtual tarmoq ta'siridan himoya qilishning zamonaviy psixologik usullari mavzusiga bag'ishlangan. Shuningdek, maqola mazmunida virtual olam tushunchasi, internetga qaramlik, o'smirlik davri va uning xususiyatlari, virtual olam vositalari, inson ongiga ta'sir etishning texnogen usullari, yoshlar bilan ishlash ko'nikmalari, ma'lumotlar, shuningdek, virtual dunyoga bog'liqlik haqidagi ilmiy tushunchalar va yondashuvlar tahlili batafsil yoritilgan.

Kalit so'zlar: Virtual dunyo, psixologiya, ta'sirlar, qaramlik, o'smirlar, kompyuterlashtirish, texnogen omillar, axborotdan himoya, zaiflik, inson, sun'iy muhit, mideamir, qadriyatlar, maqsadlar, kompyuter, usul, tuzatish.

Introduction. It is known that although the protection of adolescents from the influence of the virtual world is widely studied by many specialists in this field, including psychologists, educators, sociologists and philosophical researchers, this issue is still considered the main goal of interdisciplinary research. Because most of the studies conducted were conducted in control groups, which many researchers objected to, that is, control groups were not considered sufficient objects to solve this problem. In addition, this issue cannot be fully studied only through surveys or interviews. Psychologist O.N. Arestova said that in order to scientifically substantiate whether a person has a low or high level of dependence on the virtual environment, it is advisable to repeat the study of subjects in large laboratories [1,14-20]. Therefore, the identification of the problem of virtual protection of adolescents is determined not only by tests, but also by laboratory examination reflecting some practical actions. B.A. Burova in her scientific article entitled "Mechanisms of Internet Addiction" explains the problem as follows: "Before conducting research on the issue of Internet addiction, the researcher must first observe with his own eyes the activities of individuals with this behavior [2,290-294]. Because many psychological factors are determined that lead to this method. For example, a game, the Internet, time, age, social status, etc. According to these views, the impact of the virtual world can be determined not only with the help of psychodiagnostic tools, but also through observation. The issue of the influence of the virtual world was also widely studied by A.E. Voiskunsky, and the author suggests specific areas for studying the problem. According to the author, these areas should include [3,81]:

- An approach aimed at studying changes in the activities of individuals in a virtual environment;
- An approach aimed at a separate study of the factors causing Internet addiction and the stages of its development;
- An approach aimed at developing a model of dependence on the virtual environment;
- Addiction to the virtual environment and its other aspects are aimed at training, pedagogical, sociological, legal, etc. In fact, Internet addiction is not only a psychological problem, it is very important to study it on a large scale, that is, in a complex of studies.





Literature review. The problem of the risk of virtual networks is not only a question of scientific psychology, but also a strategic issue for the entire society and the state. In this issue, among the researchers A.A. Rean, I.S. Protiv. A.E. Voyskunsky, V.A. Loskutova, L.O. Perezhugin, A.Yu. Egorov, H.D.I. Bochkareva, A.E. Zhichkina, L.G. Leonova, N.A. Nosov, Yu.V. Fomicheva, A.F. Shaydullina, S.A. Such scientists as Shapkin, I. Shevchenko, A. G. Shmelev, Yu. D. Babaeva, T. N. Dudko, K. E. Yurenkov published unique scientific books and monographs. Among other things, according to A. V. Benediktova, the concept of addiction to the virtual environment should not be considered as pathological behavior, that is, extensive use of the Internet enriches a person. According to A. A. Chernova, cyber addiction is a complex process, and a specialist studying it should be aware of not only the achievements of psychology, but also computer technologies. Thanks to these factors, you can learn more about the influence of Internet information on a person's personality [4,228-230]. Because most cybernetic data is monetization or business data. Research Methodology. In general, as a theoretical and methodological basis for our study, in foreign psychology Internet addiction and its consequences, psychoprophylaxis of Internet addiction elimination, information environment and youth, information attacks and its modern manifestations, virtual world and its perception, teenagers computer skills N.A. Shapira, H.J. Shaffer, N.S. Endler, J.D. Parker, O.Yu. Yokoyama, T.N. Neverie, G. Gigerenzer, R.O. Anker, J.L.B. Rech, D.S. Weiss, K.R. Marble, T.J. Metzler, The advanced ideas of H.M. Ronfeldt were taken as a basis. A special place among psychological studies of the virtual world and the reasons for the impact on it is occupied by the studies of B.A. Barabanshchikova. The author says that addiction to the virtual environment is often observed in young children, as a result of which the process of self-awareness is disrupted. Children exposed to network information often develop the self-esteem characteristic “I am above” [5,232]. Or applying lipstick to the virtual world will end with an overestimation of time. V. V. Selivanov and L. N. Selivanova, among others, conducted a study of the psychological problems of using a virtual network, in which the authors highlight the following reasons. According to the authors, unlike others, subjects of the virtual environment are characterized by aggressiveness, hostility and cynicism. They are also often distinguished as people who live with a feeling of disappointment or severe anxiety [6,378]. Also, A. V. Zakhrapina, having conducted a study of the psychological factors of Internet addiction in adolescents, has developed a unique proposal to solve the problem. That is, according to the scientist, the only way to prevent addiction to the virtual environment is to create a national committee to control it. This committee implements measures aimed at eliminating addiction, developing legal documents and preventive programs. The essence of this proposal is that addiction to the virtual network is not only a science, but also an organization that controls it and prevents data.

The trilogy called “Cyberspace” was published in 2011, in connection with the publication of his first novel “Neuromancer”. It describes the virtual space in which electronic data circulates on all the computers of the world. So, there are main reasons for the emergence of everything in life. Nothing happens without a reason. One of our





main shortcomings as humans is that if a crime occurs in society, we first punish the criminal. That is, we often deal more with the consequences of the crime. True, punishment for crime is inevitable. But the causes of the occurrence of crime remain on the sidelines. If we find the causes, factors, that is, the roots of the crime, we will prevent many types of crimes. In addition, a number of social and psychological reasons for the addiction of adolescents to the virtual world are also highlighted. According to researcher L.P. Shipovskaya, these causes and consequences are reflected in the following:

- The lack of a healthy psychological environment in the family, that is, the existence of a gap in child upbringing;
- Due to the inattention of parents to their children, insufficient affection for them, and complete lack of interest in their interests, adolescents are often forced to look for a person in the virtual world who would be their sympathizer and confidant;
- The virtual world is a point of disruption in the environment of relations between generations, that is, between adults and youth;
- The situation in which young people perceive the world as a virtual world or as a set of rules, goals, and new virtual relationships that differ from real life. Therefore, adolescents choose the most interesting and appropriate forms of behavior in the rules of this new environment that they consider important for them. Like any activity, it has its own motivational basis. Among the researchers who studied the motivation of a person's connection to the virtual network, the works of A. Ye. Voyskunsky and O. V. Mitina, A.A. Arestova can be especially noted. According to the authors K.V. Boyarova, they try to distinguish the following motives for connecting to the virtual world [7,41-46]:
 - Business motive. For most consumers, working on the Internet is a structured part of a professional service aimed at achieving a specific goal, that is, a result. This is the search for specific information, establishing and communicating with a specific person, organizing the work of a specific department, etc. In this case, a business oriented towards specific business results serves as an indicator of motivation;
 - Cognitive motives. These motives are motives associated with the acquisition of new knowledge. Depending on the direction of the cognitive capabilities of information consumers, they acquire different characteristics. Cognitive communication objects in a computer network are new service opportunities, various hypertext information, new people, new ideas and thoughts, visual and auditory images;
 - Communication motive (communicative motive). It is characterized by the search for new acquaintances, people close to one's interests, and the exchange of ideas. Such motives consist of specific forms of knowledge, thoughts, and emotions that are inextricably linked with the natural needs of a person;
 - Cooperation motive. The most common type or structure of services to people is services of a social nature. In the process of working on the Internet, the attitude of customers to cooperation with others serves as an indicator of cooperation motives;





- Self-discovery motive. Such motives are based on deep psychological phenomena and phenomenological content. That is, self-esteem, level of achievement, motivation for success, etc. Human activity is very often successful, but a person must be able to prove his worth to himself and others. This group of motives is implemented in various types of activity, depending on the type of personal values of the subject;
- The motive of recreation and the motive of play. As a rule, play and recreation play an important role in the life of every person. The motives of games and recreation, in addition to normalizing the ability to work, are also inextricably linked to situations such as mastering new types of activity, training and testing one's abilities, and competition. In the virtual space, each person can find the type of game that is most suitable and interesting for him;
- The motive of affiliation. These motives reflect the social content of human activity and his behavior. This is reflected in the fact that a person belongs to a certain group, accepts and adheres to its values, and takes his place in the group;
- Motives aimed at self-development. The vast majority of consumers of the virtual network understand the beneficial aspects of it well.

Methods. A number of methodologies and questionnaires were selected for the study. In particular, the “Virtual World Addiction” test developed by G.V. Lozovaya, the “Character Accentuation Assessment” questionnaire by K. Leongard and G. Smeshek, the “Incomplete Sentences” methodology by A.I. Shepilova, and the “Overcoming Behavior” questionnaire created by A.A. Lugoviskaya were used. Also, mathematical and statistical criteria, namely K. Pearson correlation coefficient, percentage analysis, and factor analysis, were used.

Results. It is known that the virtual world opens up a lot of opportunities for a person. Anonymity on the Internet, access from different parts of the world, communication with any user (regardless of gender, age, nationality, religion), self-realization, lack of moral rules in life on the Internet, avoidance of responsibility increase the above. mentioned risks. The virtual world manipulates people. According to experts, in the virtual world, a person's time perception system is disrupted, social activity decreases. The worst thing is that in this process the negative impact of virtual tools is not limited to spiritual and moral decline, but also causes many diseases. From this point of view, the research work we are studying is considered one of the most relevant and topical topics, given today's difficult conditions. Therefore, as an object of research, we chose district teenagers living in cities and villages, which form the basis of the Internet flow. In the above-mentioned part of the study, we got acquainted with their average results. Now let's try to determine the significant and insignificant scales of questionnaires according to the criteria of factor analysis.

Table 1

FACTORIZATION OF QUESTIONNAIRES ON PROTECTION FROM THE VIRTUAL WORLD

Scales	Factors
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Internet and computer addiction	1	2
Computer game addiction		0,58 6
TV addiction		0,76 8
Addiction to destructive religious information	0,58 9	
General tendency to addiction		0,55 7
Constructive reception of information on the Internet		0,62 4
Perception of time	0,50 7	
Understanding the positive features of the Internet	0,55 6	
Understand the negative sides of the Internet		0,52 9
Understanding information on the Internet	0,62 5	
Resilience		0,52 3
Smart move	0,77 5	
Overcoming reality		0,60 4
Change yourself	0721	
Positive thinking		0,71 3
Control of emotions		0,68 3

The obtained results of the study showed the following results: the main factors determining the socio-psychological mechanisms of protection of rural adolescents from the influence of the virtual world in the Navoi region (Table1). The accents included in the first factor: dependence on television, constructive perception of information on the Internet, perception of time, awareness of the negative features of the Internet, persistence, overcoming reality and self-change of scales. We conditionally called this factor (according to the considerations included in the factor): self-control on the Internet. The following considerations were taken from the second factor: addiction to the Internet and computer, addiction to computer games, addiction to destructive religious information, general tendency to addiction, awareness of the





positive features of the Internet, understanding of information on the Internet, rational action, positive thinking and control of emotions.

Table 2

**FACTORIZATION OF THE QUESTIONNAIRE FOR DETERMINING
CHARACTER ACCENTUATION**

Scales	Factors	
	1	2
Hyperthymic		0,754
Anxious	0,634	
Dysthymic	0,583	
Formal		0,576
Excitable	0,606	
Emotional	0,524	
Rigid	0,544	
Demonstrative		0,551
Cycloid		0,597
Exalted	0,706	

Using factor analysis, which is one of the mathematical and statistical criteria, the main scales determining character accentuation were divided into the first and second scales. The first factor included the following accentuations: anxious, dysthymic, excitable, emotive, rigid and exalted scales. We conditionally called this factor (according to the considerations included in the factor): excitable type.

The second factor included the following considerations: hyperthymic, formal, demonstrative and cycloid. We found it necessary to conditionally call this factor (according to the considerations included in the factor): emotional conditioned type scale.

Discussion. In general, based on the theoretical and practical analyses conducted during the study, it can be said that exposure to the virtual world is high during adolescence. Firstly, this is due to age characteristics, and secondly, adolescents are often left out of the attention of their parents and teachers.

Conclusion. In order to prevent the risk of information and psychological safety of teenagers on the Internet, it is necessary to continue and intensify scientific research on this issue, as well as to develop programs for the formation and development of safe behavior skills in students on the Internet, and in the personal sphere of children and teenagers, it is necessary to develop and implement programs for the psychological correction of the disorder.

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