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THEORETICAL STUDY OF INDIVIDUAL PSYCHOLOGICAL ASPECTS OF INTERNET ADDICTED PERSONS

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ABSTRACT

People's interest in information technology and its activities directly affect the behavioral structures, emotional sphere and nervous system of a person in connection with his time standards. In the studies of scientists of the world, the influence of the internet and the problems of emotional intelligence on the emotional sphere of a person in a virtual environment from various scientific and theoretical points of view have been considered, and the empirical parts of the above studies have been covered. In our work. People now spend more of their free time watching videos, playing games, shopping on the internet and providing various services on the internet than interacting with people, which leads to the fact that interpersonal communication goes into the virtual environment. As a result, the ability to control time and behavior in the virtual world decreases. During stay in the online environment, the emotional sphere of a person is stimulated, and the attitude towards the environment changes. Human emotional intelligence decreases. In the real world, the ability to understand people's feelings, reduce the ability to control their expressions, cyber addiction, acceptance of the culture of the virtual environment acquire negative sides, as a result, their emotional intelligence decreases. This article examines the problem of internet addiction, its significance today and the psychological aspects of its impact on internet users, and also analyzes the socio-psychological factors that contribute to the formation of internet addiction in the context of research by scientists. A theoretical analysis of the individual psychological aspects of people with internet addiction was also conducted.

Research object: 206 teenagers, 1st-4th year students studying at the Jizzakh branch of the National University of Uzbekistan. Average age: 20.7 years.

Results: A group of teenagers prone to internet addiction are less aware of the place and place of using speech in interpersonal communication, which is an activity learned earlier in ontogenesis, and the opposite is observed in those prone to Internet addiction. Such people often make mistakes in interpreting the words of the interlocutor. The emotional intelligence of a teenager addicted to the Internet is significantly lower than the emotional intelligence of a teenager who uses the Internet less.

KEYWORDS

Internet addiction, activity, environment, professional development, addictology, cyberpsychology, increased anxiety, conservatism, reflex, control, virtual space, Internet, psychological impact, social influence, dependence, adult life, psychological comfort, behavior.

INTRODUCTION

The rapid development of the modern information environment, based on the widespread use of the internet in all spheres of activity and in everyday life, stimulates the almost uncontrolled growth of World Wide Web users. It brings comfort both technically and materially for all strata of the population. The Internet, a huge achievement whose importance for humanity cannot be overestimated, creates a number of global humanitarian problems, which makes it necessary to study the issue of social and psychological effects of large-scale computerization. It can be said that for active Internet users, they go deep into the virtual space, and exciting situations begin to overshadow the reality that is gradually fading into the background. There are different types of internet addiction,

including painful addiction to Internet use, long hours of sessions of multiplayer online role-playing games, "getting hooked" on social media, and surfing the internet.

International demographic studies confirm that Internet addiction is spreading rapidly and widely throughout the world. In South Korea, it is one of the most serious national health problems. In Europe, the prevalence of Internet addiction among the population varies from 2% to 4%, in the USA it is 5%, and in Asian countries, the manifestation of Internet addiction is more serious and affects 10.7% of users. We can say that the level of dependence on the Internet does not leave our country. Thus, the internet entered our lives and brought a number of changes, including. Began to

show its influence at the level of the human psyche. Reference to modern foreign and domestic psychological research shows that until now the phenomenon of Internet addiction has been studied in sufficient detail. The criteria of Internet addiction were determined by scientists such as K. Yang, M. Griffiths, A. E. Voiskunsky, A. Yu. Egorov, V. L. Malygin, a classification of types of Internet addiction was developed (K. Yang, M. Griffiths, A. E. Voiskunsky, A. Yu. Malygin).

Factors of Internet addiction are classified as follows:

- (Y.V. Yao, A.I. Rabadanova, A.V. Ursu, V.A. Moskvina);
- clinical (V.L. Malygin, A.Yu. Egorov, L.O. Perejogin);
- geneticist (A.O. Kibitov, A.V. Trusova, A.V. Trusova);
- social (V.L. Malygin, N.V. Sivrikova, G.U. Soldatova, N.A. Tsoi, K. Young);
- psychological (A.A. Antonenko, K.G. Dmitriev, A.O. Kibitov, I.V. Kolotilova, V.L. Malygin, L.N. Molchanova, T.V. Truva, T.V. , M. Griffiths, M. Potenza).

There are also works dedicated to the study of Internet addiction or its predictors, in this regard, A.O. Kibitov, T.M. Koryagina, A.V. Trusova, C.C. It finds its proof in the researches of scientists such as Frangos and C. Montag.

A lot of work has been done in the study of Internet addiction, and despite the fact that their number is

increasing, in this regard, schoolchildren, teenagers and students, aimed at studying the individual aspects of this phenomenon, have been selected as primary research samples. In the context of the formation of Internet addiction in early and middle adulthood, the category of users has not been sufficiently studied. At the same time, the periods of early and middle adulthood are filled with the most important life tasks of professional development, family creation and self-realization, and the presence of any type of dependence is an unfavorable factor for personal development. The above requires a comprehensive review of the qualitative characteristics of an Internet addict and his psychological forecasts, which allows to estimate the probability of such an addiction.

There is a negative relationship between a person's internet addiction, his reflexivity and vitality. The lack of thinking skills among Internet addicted users does not allow to analyze their feelings and actions, which leads to a misunderstanding of their life process. A low level of vitality is associated with difficulties in adapting to changing environmental conditions, lack of independence and difficulties with control and self-management, reducing the desire for self-development, forming a life perspective and defining indicates difficulties in achieving goals. A person addicted to the Internet has different emotional instability, low normative behavior, high anxiety, conservatism, low self-control, emotional tension. It is

characterized by a weak "I", emotional lability, deep anxiety and a sense of threat, impulsivity, disconnection and fear of the truth. Such a personality is unique. Inability to cope with responsibility and difficult life situations, weak mobilization ability, failure to realize one's potential, feeling of internal fragmentation, infantilism, tendency to avoid contact with one's feelings and loneliness distinguished by feeling. A person who is addicted to the Internet is characterized by a sense of inferiority, insufficient interest in achievements, low vitality, passivity, lack of self-control and inability to cope with difficult life situations. The psychological structure of an Internet addict as a complex of interdependence in early and middle adulthood does not have significant differences. The most important feature that prevents the emergence of Internet addiction is the reflex, which, along with vitality, acts as a "protector" of internet addiction. A person with a high level of reflexes and vitality, who does not suffer from Internet addiction, remains an open, self-developing system. In turn, emotional instability, low self-control, high anxiety, low normative behavior, and tension can predict the emergence of Internet addiction, and this is its prognosis, and the individual's open prevents self-development as a system. The resulting prognostic model can serve as a basis for identifying risk groups and conducting preventive measures. Addiction (English addiction - inclination, habit) is an obsessive need to perform certain actions, despite the negative

consequences of a physical, psychological or social nature. In the modern world, the science that studies non-chemical and chemical addictions, mechanisms of addiction, their diagnosis, stages of development, methods of prevention, treatment and rehabilitation is addiction. Deviant behavior is one of the forms of behavior, which is manifested in the escape from reality through changes in the mental state. Addictive behavior is essentially the desire to change one's mental state by taking certain substances or focusing on certain things or activities.

In foreign literature, the term "Internet addiction" is used to describe the phenomenon of Internet addiction, while "addiction" in English is considered in the context of the semantic field of such phenomena as "lack of independence". "Submission" (S.H. Chen, M. Griffiths, D.J. Kuss, K. Young, Y. Zhang, et al.). Local researchers (A. Yu. Egorov, V. L. Malygin, V. D. Mendelevich, T. V. Panteleeva, M. G. Chukhrova, etc.) accept the concepts of "Internet addiction" and "Internet addiction" as synonyms.

It is human nature to seek psychological comfort and pleasure. Under normal conditions, psychological well-being is realized in various ways: overcoming difficulties, achieving goals, harmonious relationships with others, playing sports, creativity or hobbies. A.O. Bukhanovsky, N.V. Dmitrieva, V.D. Mendelevich, Ts.P. According to Korolenko, in cases of addiction, many choices of behavioral strategies are sharply narrowed,

fixation occurs in any way of comfort and pleasure, the rest are excluded or fade into the background and are used less and less. It should be noted that the main element that explains the attractiveness of attachment to an addictive agent is the ability to change the state of mind at any time without special efforts to get pleasure. This sense of control has a significant impact on the initiation of addiction dynamics. A dangerous illusion of freedom, self-sufficiency and independence is created. A new dependent personality is being formed with unique motivations, interests, orientations, and value orientations that differ from the previous ones. S.P. Korolenko identified the following types of non-chemical addictions: gambling, relationship addiction, sex and love addiction, money addiction, workaholicism, as well as intermediate addiction, overeating and hunger addiction. Then A. Yu. Egorov expanded the list of behavioral addictions and proposed classifications by adding technological (including Internet addiction) and some types of socially acceptable addictions.

Obsessive (compulsive) desire to use the Internet, which leads to negative consequences in social interactions, professional activity and family. In 1996, K. Young proposed to consider Internet addiction as a real new clinical pathology. Based on the DSM-IV criteria for pathological gambling, he created 20 tests that measure how severely the Internet interferes with a person's social life.

According to K. Yang, the internet itself is not addictive, but has its own characteristics that encourage the development of addiction in the user. To explain the observed effect, he proposed the ACE (Accessibility, Control, Excitement) model. In the above model, he describes three main characteristics of the Internet (availability, control, arousal) that increase the likelihood of addiction. In 1996, K. Young proposed to consider Internet addiction as a real new clinical pathology. Based on the DSM-IV criteria for pathological gambling, he created 20 tests that measure how severely the Internet interferes with a person's social life. According to K. Yang, the Internet itself is not addictive, but has its own characteristics that encourage the development of addiction in the user. To explain the observed effect, he proposed the ACE (Accessibility, Control, Excitement) model. In the above model, he describes three main characteristics of the Internet (availability, control, arousal) that increase the likelihood of addiction.

"The dictionary of modern American psychiatric terminology, in contrast to its adoption in Russia, they are used much more widely in foreign literature. In the context of terminological inconsistency, some authors consider "addiction" to be a disease and to describe accompanying forms of behavior" use the term "addiction"; others have the opposite opinion; still others do not distinguish between these terms. At the same time, the tendency to expand the boundaries in

the understanding of addiction is increasing: addiction to traditional (so-called chemical) behavior is increasingly mentioned [1].

In its most general form, internet addiction is characterized as a non-chemical dependence on internet use accompanied by social maladjustment and severe psychological symptoms. In many psychological dictionaries, internet addiction is defined as a mental disorder characterized by an obsessive desire to connect to the internet and a painful inability to disconnect from the Internet in a timely manner [2].

The terminology of the problem has not yet been fully established. Terms such as "internet addiction", "computer addiction", "problematic internet use", "excessive/pathological use of the internet" are used.

With a large number of names, scientists are relatively unanimous in identifying the behavioral characteristics that reveal this phenomenon.

M. Orzak systematized the studied symptoms of Internet addiction. According to his classification, all symptoms are divided into psychological and physical. According to M. Orzak, psychological symptoms of Internet addiction include:

- good mood, emotional uplift at the computer;
- unwillingness to stop the activity;
- Increase the number of hours spent on the Internet;

- ignoring relatives and acquaintances;
- occurrence of depressive states, irritation when you need to take a break at the computer;
- problems in work or educational activities. Physical symptoms:
- carpal tunnel syndrome;
- burning sensation in the eyes;
- cephalgia;
- pain in the spine;
- irregular eating, skipping meals;
- non-observance of personal hygiene rules;
- insomnia, changes in sleep patterns. Kimberley Young suggests five types of internet use disorders:

1. Addiction to cybersex: desire to be on pornographic sites on the Internet, discussing sexual topics in chat rooms or closed "adult" groups.
2. Dependence on the social aspects of the Internet, ie. from communication in chats, group online games, as a result of which real people are replaced by virtual ones.
3. Pathological addiction, reflecting addiction to online auctions or shopping in online stores.

4. Compulsive navigation on the WWW: endless travels on the Internet, searching for information in databases and search sites.

5. Computer (game) addiction.

R. Davis proposed a cognitive-behavioral model of Internet addiction, identified two forms of it, which he defined as specific pathological Internet use and general pathological Internet use. The first form is dependence on one or another specific function of the Internet (online sex services, online games, online stock trading, etc.). The thematic content of addiction remains and is often performed outside the Internet. The second form is non-specialized, multipurpose internet use, which is characterized by a large amount of time spent online without a specific purpose (chatting, e-mail addiction, etc.), mainly related to the social aspects of the internet.

According to N. A. Nosov, the main mechanism of Internet addiction formation is the transfer of the goal to the virtual world to compensate for the problem areas of human life by creating a desired personality and satisfying the basic needs of the person in an imaginary way. in virtual reality. The goal of transitioning from a person's real life to a virtual one is achieved thanks to the possibility of hiding any appearance of life on the internet (the ability to change gender, name, experience, feelings).

K. Yang developed a three-level model that explains the pathological use of the Internet by many people. This model is represented by the abbreviation ACE (Accessibility, Control, Excitement) [3]. According to the model, Internet addiction is formed as a result of the freedom of certain actions, and, as a rule, the result of these actions is available after a very short time; as a result of maintaining control (Control) over the actions taken and the consequences of one's decisions; emotional uplift, as a result of excitement (excitement) from the results of one's actions (win/loss, profit/financial loss, etc.).

Many researchers argue that internet addiction is a gradual process. K. Yang considers 3 stages: in the initial stage, there is familiarity and interest in the internet, as well as new opportunities that open up for the individual (at the next stage, the Internet replaces important aspects of human life); at the last stage we can talk about "retreat to virtual reality".

For J. Grohol [5], the phenomenon of Internet addiction is considered as a stage of acquisition of information technologies. In the first stage "Loop" - the stage of "enchantment" (enchantment) in a person who has mastered new technologies, behavioral reactions that can be perceived as psychological addiction are noted. A natural relief from a developing addiction indicates a transition to a "balance" phase. Thus, D. Grohol considers "getting

stuck" at one of the inevitable stages of mastering information technologies.

M. Griffiths [4] argues that the majority of active Internet users are not Internet addicts, but use the network to pursue other addictions. According to the author, Internet addiction is a specific group of various behavioral addictions, in which the computer is not the object of addiction, but only a means of their implementation.

CONCLUSIONS

Summarizing the above, we can conclude that internet addiction is a real phenomenon of the modern world. Despite the existence of a large number of empirical studies, scientists have not developed a comprehensive understanding of this phenomenon. There is inconsistency and fragmentation of the conceptual and categorical apparatus, which to some extent makes the study of Internet addiction difficult. At the same time, there are a number of fundamental studies (K.Yang, I.Goldberg, A.E., D.Grohol, etc.), which provide the basis for further scientific research on the mechanisms of the formation and development of the addiction process.

In conclusion, a practical inquiry into the development of effective psychological technologies to prevent internet addiction, correct its negative consequences in adult users, and the lack of research on psychological

predictors and personality traits of internet addiction between conflict arises.

Internet users with different levels of Internet addiction have different basic coping strategies. A person with an internet addiction may choose to avoid problems as their primary strategy. The use of this strategy is associated with the underdevelopment of personal-ecological coping resources and skills for actively solving problem situations. In a sample of non-Internet-addicted subjects, the "Problem Solving" strategy is dominant.

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