

PSYCHOLOGICAL ASPECTS OF ADDICTION TO SOCIAL MEDIA, COMPUTER AND COMPUTER GAMES

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Abstract—The rapid growth in the number and variety of technical devices affects many aspects of human life, the development of children in a space filled with various technical means affects the psychological characteristics of the personality of the child. In a few years, a generation that uses virtual space almost from birth will grow up. The constant use of social networks by adolescents affects the features of perception of information, interpersonal communication. This article discusses the theoretical foundations of the study of network dependence, the results of an empirical study on this topic.

Keywords— computer addiction, Internet addiction, addiction to social networks, psychological sophistication, addictive behavior, teenager user, psychologically comfortable and safe environment.

I. INTRODUCTION

In parallel with the development of scientific research in the field of personality formation, constantly using computer technology, technologies are developing - and more and more people are using not only a stationary computer, but also other, mobile devices, for which they find time almost constantly. A computer as a stationary device involves the use of its session: that is, the user must be at the computer for a continuous time. Concluding the session, the user breaks away from the computer, moves on to other activities. A teenager can spend a lot of time at a computer playing computer games, but when he goes outside, he cannot physically take a computer with him. However, mobile devices allow you to use them constantly, carry with them, do not require a special place for their use. Many people share situations of real and virtual communication, being in parallel in each of them: maintaining a conversation with the interlocutor personally - in the process of real communication, parallel communication in the on-line mode is allowed. With the advent of mobile devices, the dependence on the Internet has gained mobility - and can accompany people everywhere.

Currently, computer addiction in most sources is considered as a game addiction or gambling. Initially, gambling was defined as a dependence on gambling behavior, gambling mania, implying an irresistible craving for gambling, casinos, and slot machines. With the development of technology, computer games, as well as

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Internet addiction, also began to be included in this concept. As a rule, the description of Internet addiction is in the sections related to gambling, gambling.

A large number of terms are used in the literature, the semantic content of which is similar, or intersects, or with the development of technology, the terms have become more specific, which has led to the obsolescence of some, or the specification of others [2, 3].

So, virtual addiction is described (as a result of moving a goal into virtual reality, when ordinary life becomes an undesirable, onerous addition to virtual; depending on the goals of leaving virtual reality, virtual relationships, virtual interactions with people, virtual actions are distinguished), Internet addiction or Internet addiction (pathological use of the Internet), game addiction (addiction to computer games), criminal programming (hacking), computer addiction (pathological use of a computer), network dependence (dependence on social networks) [4].

From psychology it is known that adolescence is the most difficult, while losing contact with children and entering into conflict with them is very easy. A neoplasm of this age is manifested in a sense of adulthood. Teenagers strive to prove that they themselves are able to solve this or that problem without parents, and it is important that no one interferes in their life, they want independence from parental control. Most of the risk groups are boys, as their ability to compete, lead, and compete is especially pronounced [12]. There are a lot of dating sites on social networks in which teens spend most of their time. A well-known American scientist and journalist, an expert in the field of information technology, together with his colleagues came to the disappointing conclusions - a quick and constant browsing of the sites leads to the fact that the human brain ceases to think analytically, turning regular users of the network into people incapable of intellectual work. It is very easy to recognize the symptoms of an Internet addicted person: he constantly sits in front of a computer monitor, updating pages on social networks, less often meets friends on the street, does not feel time, and most importantly, without access to the Internet, he feels sadness and gloom [3, 7].

Most often, children who have conflicts with their parents, notorious, unsure of their abilities, uncommunicative, not having any serious hobbies are prone to computer addiction. In the virtual world, they find their peace and vocation, and consider success in a computer game self-affirmation. He still does not understand what consequences this may all end. Computer addiction also has a negative effect on the child's social qualities: friendliness, desire to communicate, openness, and compassion. He has increased aggressiveness and antisocial behavior [4, 5].

The **purpose** of the study is to identify the presence of network addiction, dependence on computer and computer games, their growth in the youth environment.

The **materials** used analysis of the behavior and mental state of youth, which has social media accounts, dependence on computers and computer games. In 48 children aged 8-14 years, the features of the manifestation of computer addiction analyzed, in 56 adolescents - dependence on social networks. To compare the results of studying computer addiction, experimental methods, which included observation, survey, and tests, carried out.

II. RESULTS AND DISCUSSION

During the study, we examined the number of adolescents who depend on social networks test-questionnaire aimed at identifying Internet addiction. According to the study of Internet addiction, the following results were revealed: 52% adolescents are at the stage of enthusiasm. At this stage, adolescents experience severe fatigue, irritability, isolation, aggressiveness. Teenagers who spend a lot of time at the computer forget about their duties, household chores, studying, meeting, making arrangements, and experience a feeling of emotional recovery only while working with the computer.

The 39% children with a risk of developing computer addiction have physical symptoms, such as: headache, dry eyes, back pain, weight loss, change in sleep pattern. The inability to sit behind the monitor causes rage, aggression, crying, isolation. 9% teenagers had a lack of computer addiction. That is, the teenager is not threatened with "communication" with the computer, he can limit his time.

Thus, it was revealed that half of the respondents are prone to computer addiction. This dependence can be observed with a long pastime of the child at the computer and for many other indications.

The results of the study of the test for Internet addiction, aimed at identifying the impact of the Internet on the life of the subject, the presence-absence of Internet addiction with the need for specialist help. The goal is to identify the presence or absence of computer addiction in adolescents, to determine whether the help of specialists is necessary. According to studies using this methodology, aimed at identifying Internet addiction, we found that 62.5% of subjects of the total number of respondents who participated in the study, showed a serious effect of social networks on adolescent life. While 37.5% of participants, which accounted for of the total number of subjects, demonstrated the presence of Internet addiction. Among the psychological signs, there are more such as neglect of studies and friends, a long pastime at the computer, increased irritability, lack of assembly, and loss of time.

In physical terms, computer addiction manifests itself in such signs as redness and dry eyes, frequent headaches, insomnia, lack of appetite, back pain. All these indicators indicate the need to work with adolescents, not only specialists in the psychological and pedagogical service, but also other specialists.

In adolescence, value orientations begin: the concepts of good and evil, mercy and cruelty, friendship and betrayal, love and hate. Under the influence of computer games, these qualities are distorted. The child is closed, he does not have a sense of empathy, he is not able to control his actions. It seems to him that the whole world is opposed to him, he does not seek outside support, is immersed in his own world of his experiences. In addition, computer addiction is dangerous to physical health. Visual impairment, musculoskeletal system, digestive system, general depletion of the body. And this is a problem not only of adolescents, but primarily of their parents. The more often the child spends at the computer, the more excitement he brings to parents. He becomes uncontrollable, irritable, and increasingly throws harsh words in their direction. But in most cases, the parents are to blame themselves. They spend little time on their child, reducing everything to the fact that they have a lot of work, they are constantly busy. Instead of helping him figure out his lessons with books, they ask him to watch him on the Internet. Thus, the child is more and more immersed in network addiction.

Very often, computer addiction causes condemnation from others, which leads to increased conflicts with children, and as a result leads to an even longer time spent at the computer. We need to educate the child so

that he understands that the computer is just a certain working part of our life, and not an alternative world. The best prevention of Internet addiction is involving the child in processes not related to the computer, for example, creativity, sports. The child must understand that in addition to the computer, there are many other interesting and useful hobbies. If the child has a computer addiction, then parents need to imagine how much time the child spends on the monitor, what he neglects, what is his physical and emotional state. If parents see that the child is overly passionate about the computer, then you need to discuss the time frame. In no case can you sharply forbid and take away a computer from a child, this can further affect his mental state. To do this is consistent, it is better to prepare with a psychologist. The psychologist will most clearly determine the causes of computer addiction using certain techniques. He will give the necessary advice and recommendations for overcoming it, and will conduct a preventive conversation. Often, this way of influencing a teenager and has a positive result. The child begins to spend less time at the computer and communicate more in the real world with real people.

Based on the data obtained, a number of factors can be identified that contribute to the development of addictive teenage inclinations and the formation of psychological dependence on computer games: biological, social and psychological factors.

Biological factors due to the characteristics of the body. Among adolescents prone to addictions, there is a high level of depressive, affective disorders. American researcher notes the following characteristic features in dependent children: a constant feeling of loneliness and rejection, a tendency to depression, isolation, permanent anxiety, which invariably entails difficulties in interacting with others. Addict children, for the most part, are irritable, short-tempered, emotionally unstable.

Social factors is based on the formation of computer addiction is due to both personal characteristics and environmental traumatic factors, for example, an unfavorable atmosphere in a family environment. Violation of parent-child relationships, family conflicts, lack of mutual understanding hinder the adequate formation of the child's personality and the formation of his worldview. Emotional deprivation, the parents' indifferent attitude to the child or their abuse, psychological discomfort affect the child's desire to "plunge" into the virtual world, avoiding life's problems.

Psychological factors are based on the fact that adolescents with computer addiction are characterized by low self-esteem, a sense of uncertainty, or, conversely, behavioral demonstrativeness.

A survey was conducted at the level of school. Among the respondents were school-age children, their parents and teachers. An analysis of the results of the study, the purpose of which is to study the degree of distribution of game addiction among schoolchildren, the characteristics of their psychological portrait and the attitude of parents to this phenomenon, allowed us to draw the following conclusions: 70% of schoolchildren say that they became less sociable as a result of their enthusiasm for games; 40% of players communicate exclusively with players, that is, in the virtual world, experiencing difficulties communicating with real people; 10% were lonely due to short temper and emotional instability; 20% are withdrawn in themselves. Conversations with parents made it possible to establish that they did not see a significant problem during their children and did not note their dependence. Thus, it was found that parents underestimate the problem of gambling addiction, there are no preventive actions in the family, and, as a result, pathological dependence is aggravated

In assessing the social dependence of adolescents, the following results were obtained: the stage of an ordinary Internet user - 4%, the stage of excessive Internet enthusiasm - 49%, the stage of Internet addiction - 47%. According to the results of the survey and observation: 98% of participants use smartphones, 2% use a phone without access to the Internet. The 100% of participants have accounts in social networks: 90% in two or more, 10% in one social network. The observation was carried out as part of training sessions during one academic semester. The 20% of participants use a smartphone, including the Internet and social networks, throughout the duration of training sessions, distributing attention between the smartphone and the general discussion during seminars or lectures.

The 50% of adolescent use a smartphone periodically, interrupting in the classroom, most of the time, focusing on core activities. The 25% of participants do not use a smartphone all the time, but keep it in sight, use it as a watch, do not use mobile Internet constantly. The 5% of participants do not use a smartphone / phone during classes, do not take it out of their bags.

According to the results of observation, participants can be divided into three groups: a group with zero risk of dependence (30% - not using smartphones, or the Internet on an ongoing basis); a group with a potential risk of dependence (50% - those participants who occasionally use mobile Internet and social networks, not being distracted during periods of main activity, but using the Internet in their free time); a network addiction group (20% - using mobile Internet and social networks to the detriment of the core business).

According to the results of the study, we can say that with the development of modern technologies, the vast majority of young people and teenagers do not use a computer - as a stationary device, but a mobile phone (smartphone). And the Internet is used not through a browser, but mainly through applications. Some SMM experts say that perhaps Internet browsers will not be in demand in the near future, and the Internet will be used to a greater extent through applications. Applications are more convenient for use in mobile devices - they simplify the user's work, save his efforts and time, the application interface has been adjusted taking into account the use of electronic resources using a mobile phone (smartphone).

There is a need for further research on this topic, for a deeper, more detailed, expanded consideration of the issue of the impact of network communications on the economic orientation of the individual and the processes of economic socialization of the individual. In the future, the development of psychological criteria for network communications, the explication of psychological mechanisms of the optimal combination of online and off-line communications. Development of measuring tools for the study of social dependence of the individual.

III. CONCLUSIONS

Thus, the prevention of computer, gaming addiction and dependence on social networks should include a set of methods of different levels aimed at enhancing protective factors (social, social, environmental, personal) and reducing risk factors for the development of gaming addiction. Psychoprophylactic activity should consist in the development of adequate values, the formation of motivation for education, sports, cultural development, healthy lifestyles. Close attention should be directed to children at risk. Types of preventive measures should have a certain resource provision. In educational institutions, psychoprophylaxis should be

implemented on the basis of an extensive set of organizational, pedagogical and educational measures in the process of training students, including after-school hours.

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