

ANALYSIS OF THE DEVELOPMENT OF INTERNET ADDICTION IN ADOLESCENTS

Suleymanov Shuhrat Rakhimovich¹, Sharipova Farida Kamilevna²

¹Senior assistant of the Department of Psychiatry, Narcology, Child Psychiatry, Medical Psychology and Psychotherapy; Tashkent Pediatric Medical Institute,

Chief Child Psychiatrist of the Uzbekistan Ministry of Health

²candidate of medical sciences, docent of the Department of Psychiatry, Narcology, Child Psychiatry, Medical Psychology and Psychotherapy

Tashkent Pediatric Medical Institute

farida@48mail.ru

Abstract

This article presents the psychosocial predictors of the formation of Internet addictive behavior in adolescents, explores changes in the psycho-emotional state of young cyberheimers, explores anxiety levels and personality traits that contribute to the development of Internet addiction

Key words: computer gaming addiction, affective disorders, personal characteristics, behavior disorders in adolescents.

Relevance:

The problem of studying Internet-dependent behavior in children and adolescents is caused by an increase in the number of violations of adaptive abilities in this population and the emergence of social isolation in connection with the negative impact of incoming information from the virtual space. The rapid development of information systems and digital technologies, the availability of the cybernetic environment of the Internet space contribute to the formation of computer addiction in children and adolescents [1]. According to Russian researchers, family dysfunction affects the occurrence of violations in children's behavior, providing models for the development of addictive, including Internet-dependent behavior [8]. Modern technologies of neuroimaging allow us to trace violations of information processing during the formation of suicidal attitudes, expand our understanding of the pathogenesis of suicidal behavior and highlight neurophysiologic markers that allow us to objectively assess suicidal risk [5]. According to foreign researchers, the risk of developing computer addiction has about 15% of the population. In connection with the increasing globalization of scientific and technological progress and the massive impact of virtual space and the media on the human population, the problem of preventing negative consequences on the psyche of the most affected populations - children and adolescents [9]. According to Russian psychiatrists and psychologists, the formation of a virtual dependence on the Internet is based on various psychosocial factors, in particular, the presence of a predisposing micro social environment and a personal predisposition to the emergence of this type of non-chemical addiction [8]. The social nature of these factors testifies in favor of the suggestibility of the young generation and the tendency to believe unverified information from the Internet. at the same time, it is easy to notice that with respect to the action of these factors, children and adolescents with a certain premorbid pathological soil, with personality deformation, with impaired ability to interact with peers, and partial cognitive, are especially vulnerable deficiency [10]. According to the American Academy of Pediatricians, one in ten children is addicted. The greatest danger is role-playing games, which provoke outbreaks of aggression and destructive actions due to the content and thematic direction. Leaving in the "virtual world" is accompanied by complete detachment from reality and delinquent behavior [3]. The player is completely immersed in the game and virtually implements most of the existing needs. Immersion in the virtual world of cybernetic space is manifested by increased irritability and aggressiveness, a tendency to illegal actions, a hostile perception of loved ones and the surrounding world [4]. Computer games contribute to the formation of prenosological conditions in adolescents; adversely affect socialization and school performance, interpersonal relationships in the family [9]. Intra-family relationships, the microclimate in the family, are

significant factors that shape the behavior of the child in the family and society, and affect his relations with other people in the future [1]. The problem of researching Internet addictive behavior is caused by an increase in the number of suicides and suicidal attempts among children and adolescents as a result of the negative influence of the media and the virtual space of the cybernetic Internet, highlighting suicides as an example for imitation and worship[7].

The aim of the study: to study the relationship between family system and the formation of Internet addiction in adolescents, taking into account their personality characteristics to optimize early prevention and psycho-correctional help for this population.

Material and research methods: 86 adolescents admitted for inpatient treatment to adolescent departments of the City Clinical Psychiatric Hospital with diagnostic criteria for socialized behavior disorder from the age of 15 were selected as the object of the study under 17 years old. Using a specially designed questionnaire, interpreted by the staff of the Department of Psychiatry in conjunction with clinical and social psychologists, consisting of a list of psychological test questions, the risk factors for the formation of Internet addiction were identified. To diagnose the parameters of the family system, the questionnaire "The scale of cohesion and flexibility of the family system" was used in the interpretation of D. Olson and D. Partner. To study the psycho-emotional status, the Hospital Anxiety and Depression Scale (HADS) and the Spilberg anxiety questionnaire were used. In order to determine the character logical characteristics of the personalities of adolescents, a pathological diagnostic questionnaire was used by E.A. Lichko.

Results and discussion: at the initial stage of the study, the primary task was to determine the types of family, family leadership styles and relationships in which the studied adolescents were brought up. Anamnesis information were also collected from the parents and close relatives of the patients. The survey found that between certain parameters of family relationships and the formation of Internet-dependent behavior among adolescents, there is a direct correlation relationship. The studied adolescents were brought up in destructive and ambivalent families with the wrong style of family leadership, in conditions of dysfunctional microclimate and conflict situations. A questionnaire among these individuals revealed a group of socially neglected adolescents. The majority grew up in an incomplete family - 17%, 23% - in a socially dysfunctional family, 30% of the respondents had problems in communication and establishing new social ties. When collecting anamnesis information, it was found that 37% of adolescents had psychopathology burdened heredity for mental illness. A survey of the subjects revealed 12% of adolescents prone to delinquent and deviant behavior, with a hedonistic life position, formed in the process of ambivalent parenting style in families, with a low level of prohibitions, which is further characterized by significant disciplinary sanctions. According to the results of the diagnosis "The scale of cohesion and flexibility of the family system", the largest number of families with a pathological type of upbringing was identified, which leads to disruption of the functioning of the family system, the emergence of a crisis in interpersonal relationships and a violation of social adaptation teenagers. Adolescent in such a family grows up in conditions of emotional deprivation and lack of attention and love on the part of parents, left to itself as a result of neglect and, due to its personal immaturity, is subject to the harmful influence of the cybernetic environment of the Internet. With an ambivalent type of family relations, a high degree of freedom, completely devoid of responsibility, is combined with complete alienation between family members, leading to the formation of an accentuation of character according to the emotionally labile and psycho-asthenia type of development. Styles of parenting have a significant impact on the formation of Internet-dependent behavior, are one of the socio-psychological factors in the pathogenesis of Internet addiction. In addition, such children are characterized by an affective blockade of intelligence with a negative concept of the environment, which only aggravates the situation of a disharmoniously developing personality and often causes negative emotions and the involvement of children in the so-called death groups of virtual space. The study of emotional disorders showed that their presence and severity are associated with the type of gaming activity, the length of the gaming experience and the stage of dependence on role-playing computer games, virtual communication in social networks. Psychological testing of adolescents using the Hospital Anxiety and Depression Scale

(HADS) found subclinical expressed anxiety and depression in 50% of the studied adolescents. Significant changes in the psycho-emotional status were observed in 10% of adolescents with manifestations of severe anxiety and depression. In the surveyed group, as a result of testing using the Spilberg questionnaire, the presence of anxiety disorders of varying severity was revealed in 98% of adolescents, more than half of the subjects showed the presence of anxiety manifestations of moderate severity (55%), in 35% examined - without clinically significant anxiety and in 10% of adolescents - expressed anxiety was observed. According to the test questionnaire E.A Lichko the following types of character accentuations were personally identified: a hysterical personality type was found in 9 teenagers (10%), a psychoasthenia personality type was found in 22 teenagers (25.5%), an emotionally labile type was detected in 46% of cases (40 examined), epileptic type y - 12 patients (14%), in 4.5% of cases an unstable personality type was identified. The largest percentage of identified character accentuations turned out to be an emotionally labile type. These adolescents were prone to mood swings, an unstable emotional background, a quick change of affective reactions, a long fixation of negative situations, mistakes and memories from the past. **Conclusions:** thus, the study found that adolescents with a dependence on the cybernetic environment of virtual space show changes in the psycho-emotional background, a high level of anxiety and the presence of clinically pronounced depression, a tendency to suicidal tendencies and intentions. Research results indicate the need for psycho-preventive measures with parents of adolescents, optimization of psycho-correctional activities with children and adolescents at risk to prevent the occurrence and formation of dependence on computer games and social networks and communities.

LITERATURE

1. Abdullaeva V.K. The influence of parenting styles on the formation of suicidal tendencies in adolescents // *Journal Sciences of Europe / Praha, Czech Republic. VOL 1, No 37 (2019) pg. 7-8*
2. Abdullaeva V.K., Babarakhimova S.B. Analysis of psychosocial factors in development of suicidal tendencies at adolescents / *Central Asian Journal of Pediatrics 2 (1), 201-204, 2019*
3. Abdullaeva V.K., Nurkhodjaev S.N. Optimization of Therapy of Treatment Resistant Depressions in patients taking into account Personal Characteristics. / *Journal of Research in health science, 67-72, 2019*
4. Babarakhimova S.B., Abdullaeva V.K., Abbasova D.S., et al. Relationship of personal characteristics in adolescents with suicidal tendencies // *Norwegian Journal of development of International Science. VOL 2, No 40 (2020) pp. 19-22*
5. Matveyeva A., Abbasova D., Sultonova K. et al. Optimization of psychodiagnostics of emotional states // *Danish Scientific Journal VOL 2, No 35 (2020) pp. 24-27*
6. Marc H. Bornstein Parenting and child mental health: a cross-cultural perspective. // *World Psychiatry. – 2013. – Vol. 12, № 3. – P. 258–265. doi: 10.1002/wps.20071.*
7. Pan Y.L. ICF-CY code set for infants with early delay and disabilities (EDD Code Set) for interdisciplinary assessment: a global experts survey. / Y. L. Pan, A. W. Hwang, R. J. Simeonsson, L. Lu, H. F. Liao // *Disabil Rehabil. – 2015. – Vol. 37, № 12. – P. 1044–54. doi: 10.3109/09638288.2014.952454.*
8. Pashkovskii VE, Dobrovolskaya AE, Sofronov AG, Prokopovich GA. Clinical features and assessment of suicide severity among attempted suicide through poisoning. *Suicidology. 2015; 6:1:32-41.*
9. Rowland C. The Communication Supports Inventory-Children & Youth (CSI-CY), a new instrument based on the ICF-CY. / C. Rowland, M. Fried-Oken, G. Bowser, M. Granlund, D. Lollar, R. Phelps, R.J. Simeonsson, S.A. Steiner // *Disabil Rehabil. – 2016. – Sep. 38, № 19. – P. 1909 – 17. doi: 10.3109/09638288.2015.1107778.*
10. Wasserman D. Help-seeking behaviour following school-based screening for current suicidality among European adolescents. *Soc Psychiatry Psychiatr Epidemiol. 2015 Jun;50(6):973-82. doi: 10.1007/s00127-015-1016-3. Epub 2015 Feb 6.*