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Главный редактор:
PhD, кандидат психологических наук,
доцент кафедры общей психологии Института психологии им. Л.С. Выготского РГГУ,
член ЦДУ РАН, член-корреспондент РАЕН **Р.Е. Барабанов**

Ответственный редактор:
кандидат психологических наук, доцент, заведующий кафедрой психолого-педагогических дисциплин
Московского гуманитарно-технологического университета, член-корреспондент МАНЭБ **Е.Н. Скрипачева**

Рецензенты:
Карапетян Лариса Владимировна
доктор психологических наук, профессор,
специалист по экстремальной психологии, эмоционально-личностному благополучию, эксперт-психолог,
ведущий специалист «Академии контрактных отношений»

Колягина Виктория Геннадьевна
кандидат психологических наук, доцент кафедры олигофренопедагогики
и специальной психологии Института детства *МПГУ*

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STUDYING INTERNET ADDICTION IN YOUNG PEOPLE

Akhmedova Shoirakhan Bilalkhanovna
Andijan Region Center for Pedagogical Excellence
Professor, Department of Teaching Methods in Exact and Natural Sciences
E-mail: shoira.ahmedova.66@mail.ru

Annotation. Internet access is provided from home computers, computers in various Internet cafes and even from mobile phones. Various social networks such as Telegram, Odnoklassniki, Facebook, Twitter have gained particular popularity today. and others, as well as programs for communication. They allow not only to communicate with friends, but also to find new interlocutors from other cities, sometimes even countries. Some social networks already have tens and even hundreds of millions of registered users, the latest Uzbekistan networks have increased their audience to several million people. Many people are captivated by the so-called online games, in which participants act in real time through the image of the character they have created - wars, going on quests, completing tasks. At the same time, participants can communicate with each other, unite in groups and armies. Recently, in connection with the increasing computerization and internetization of Uzbekistan society, the problem of pathological use of the Internet, identified in foreign literature by Ivan Goldberg and Kimberly Young in the late 80s of the last century, has become relevant. It's about internet addiction. Psychologists define it as an obsessive desire to go online offline and an inability to get offline online. According to our methodology (Questionnaire for the structure of temperament (OST) by V.M. Rusalova), we conducted it among young people aged 12 to 16 years and reported on the results.

Keywords. Internet, communication, society, socialization, modern youth.

ИЗУЧЕНИЕ ИНТЕРНЕТ-ЗАВИСИМОСТИ У МОЛОДЫХ ЛЮДЕЙ

Ахмедова Шоирахан Билалхановна
Андижанский областной центр педагогического совершенства
Профессор, кафедра методики преподавания точных и естественных наук
E-mail: shoira.ahmedova.66@mail.ru

Аннотация. Доступ в интернет предоставляется с домашних компьютеров, компьютеров в различных интернет-кафе и даже с мобильных телефонов. Особую популярность сегодня приобрели различные социальные сети, такие как Telegram, Одноклассники, Facebook, Twitter и другие, а также

программы для общения. Они позволяют не только общаться с друзьями, но и находить новых собеседников из других городов, а иногда и стран. Некоторые социальные сети уже насчитывают десятки и даже сотни миллионов зарегистрированных пользователей, а новейшие сети Узбекистана увеличили свою аудиторию до нескольких миллионов человек. Многих людей захватывают так называемые онлайн-игры, в которых участники действуют в реальном времени через образ созданного ими персонажа — ведут войны, отправляются на квесты, выполняют задания. При этом участники могут общаться друг с другом, объединяться в группы и армии. В последнее время, в связи с растущей компьютеризацией и интернетизацией узбекского общества, актуальной стала проблема патологического использования интернета, выявленная в зарубежной литературе Иваном Гольдбергом и Кимберли Янг в конце 80-х годов прошлого века. Речь идёт об интернет-зависимости. Психологи определяют её как навязчивое желание выйти в онлайн и неспособность выйти в офлайн. По нашей методологии (Опросник структуры темперамента (ОСТ) В.М. Русаловой) мы провели его среди молодых людей в возрасте от 12 до 16 лет и представили результаты.

Ключевые слова: интернет, общение, общество, социализация, современная молодёжь.

Introduction. Today, the main users of the Internet in Uzbekistan, according to many opinion polls, are young people aged 12 to 16, most of whom are schoolchildren. For them, the Internet is not only an information space, a means of communication, but also often a means of escaping from reality and (or) pleasure. Therefore, the development and psychometric testing of an Internet questionnaire of adolescents' propensity for addictive behavior is of particular relevance, since a large number of Internet addicts are often detected among schoolchildren.

The purpose of the study: to develop and conduct a psychometric test-questionnaire of adolescents' Internet addiction.

Object of study: Internet addiction in adolescents.

Hypothesis: The developed questionnaire of teenage Internet addictive behavior makes it possible to measure the Internet addicted behavior of older adolescents aged 12-16 years with a high level of reliability.

To achieve this goal and test the hypothesis, the following tasks were set: 1. Analyze the literature on the behavior of Internet addicted teenagers. 2. Development of the construction of addictive behavior on the Internet among adolescents and its reflection in the test tasks of the questionnaire. 3. Analyze the factor structure of the questionnaire. 4. Check the questionnaire and scale items for reliability and validity. The study sample consisted of 117 adolescents aged 12 to 16, including 46 boys and 71 girls.

Research methods: theoretical: analysis of psychological and pedagogical literature; empirical: survey, verification; methods of statistical processing of results: quantitative and qualitative analysis of the results obtained in the course of diagnostics.

Research methods: Questionnaire for the structure of temperament to study the communicative characteristics of V.M. Rusalova (1981). Survey of Internet addiction - addictive behavior in adolescents, its development is a special task of the study. The scientific novelty of the study is primarily due to the insufficient development of the problem of measuring non-chemical dependence in adolescents aged 12 to 16 years. In this paper, we developed and tested a questionnaire on Internet addiction to online games and social networks in adolescents, which meets the requirements for questionnaires and allows you to determine the propensity for Internet addiction in adolescents - sufficient validity and reliability.

Main part. Innovations have become an important part of the economic and social development of mankind in the modern world. The Internet has become a necessary medium for human communication and serves the following purposes:

* cyber communications - communication in social networks between young people and adults who are friends and relatives;
* recreation and entertainment, computer games and various programs;
* source of knowledge ("pantry" of knowledge, open to all on the Internet);
* various sources of information [1].

The term "Internet addiction" was proposed by I. Goldberg in 1995 to refer to this form of addiction, which is manifested by an unlimited desire to use the Internet and has harmful consequences in the areas of daily, educational, social and psychological activities. By this term, he understood the decline of self-control, freezing real life [2].

In the most general form, Internet addiction (Internet addiction) is defined as “non-chemical dependence on the use of the Internet” (Antonenko A.A., 2011). From a behavioral point of view, Internet addiction manifests itself in the fact that people prefer life on the Internet so much that they actually begin to abandon “real” life, spending up to 18 hours a day in virtual reality. Another definition of internet addiction is “an obsessive (compulsive) desire to access the Internet while on vacation -line_ (offline) and the inability to get off the Internet when it is turned on -line_ (when connected). Synonyms - "Internet addiction", "virtual addiction", "cyber addiction", "notagoism" [2].

With an abundance of names, experts are unanimous in identifying behavioral characteristics that may be associated with this phenomenon (or syndrome). Thus, there is an unwillingness and an active unwillingness to be distracted from working on the Internet, even for a short time, and even more so to stop working; the restlessness and restlessness that accompanies obsessive distractions and intrusive

thoughts about the Internet during such periods; The desire to spend on the Internet ever-increasing working hours and the inability to plan the end time of a certain working session; desire to spend more and more money on the Internet, without stopping savings or debts for other purposes; Willingness to lie to friends and family members, reducing the length and frequency of surfing the Internet; The ability and tendency to forget about household chores, school or work tasks, important personal and business meetings, studies or careers while browsing the Internet; the desire and ability to get rid of the feelings of guilt or helplessness that arose earlier, anxiety or depression, emotional upsurge and a certain euphoria when working on the Internet; unwillingness to accept criticism from relatives or superiors about such a lifestyle; Willingness to survive the destruction of the family, the loss of friends and social circle due to the passion for working on the Internet; a sharp reduction in sleep duration due to neglect of one's health and, in particular, systematic work on the Internet at night; Desire to avoid or reduce physical activity, motivated by the need to perform urgent tasks related to the use of the Internet; due to inattention to personal hygiene, the desire to spend all personal time without a trace, to work on the Internet; constant "forgetting" about food, the desire to be content with random and monotonous food, uneven absorption and not taking your eyes off the computer; abuse of coffee and other tonics [4].

Researchers name different criteria for Internet addiction. Kimberly Young (Young, 2000) lists the following four symptoms [5]:

1. Obsessive desire to check e-mail;
2. Constantly waiting for the next access to the Internet;
3. Complaints from others that a person spends too much time on the Internet;
4. Complaints from others that someone spends too much money on the Internet.

A. Goldberg (1995) offers a more detailed system of criteria. According to him, Internet addiction can be determined if there are 3 or more of the items he proposed.

Common symptoms of computer addiction are a series of closely related psychological and physical symptoms: ***Psychological symptoms***: 1. Good health or euphoria at the computer; 2. inability to stop; 3. Increase in time spent at the computer; 4. Neglect of family and friends; 5. Not at the computer, a feeling of emptiness, depression, nervousness; 6. Lies to employers or family members about their activities; 7. Problems with work or study.

***Physical symptoms*:** 1. Muscle tension; 2. Dryness in the eyes; 3. migraine-like headache; 4. Back pain; 5. Improper nutrition, skipping meals; 6. Non-compliance with the rules of personal hygiene; 7. Sleep disturbances, changes in sleep patterns.

A detailed analysis of the results of the study shows that the causes of Internet addiction can be divided into external and internal.

1. ***External causes*** -

A. Factors contributing to maladaptation in real life: a) Traumatic situation, stress, leading to alienation from the real world and people. b) Social isolation - forced or deliberately created. A person finds himself in isolation and tries to find a way out of this isolation.

B. Features of the Internet environment: c) online reputation. d) Availability. d) The ability to search for the necessary information. e) Ability to communicate with friends at a distance. j) Ability to quickly search for new social contacts (friends, relatives, acquaintances, people). h) The ease of communication on the Internet is associated with its meanness, because this type of communication is basically a game of imagination, allowing you to turn your interlocutor into an ideal interlocutor. i) Creation of one's image, causing the expected and desired reaction of others, their recognition. k) The ability to satisfy sexual desires. m) The ability to avoid problems in real life. l) Freedom of movement, behavior, expression - freedom from restrictions and social norms imposed by society, the ability to communicate on topics "forbidden" by society, free management of information. n) Irresponsibility in communication.

2. ***Internal causes*** -

A. Mental disorders: Agoraphobia - fear of open spaces. Xenophobia - fear of foreigners. Dysmorphophobia - a person always worries about his appearance. Fear of communicating with other people. Deficiency complex. depression. Accents and pathologies that encourage a person to satisfy illegal fantasies: sadism, masochism, pedophilia.

B. Psychological features of personality. Thus, we emphasize once again that the development of civilization is characterized not only by positive factors that affect the personality of a teenager, but also creates new problems that have a devastating effect on the mental health of a teenager.

The object of the study is the Internet addictive behavior of adolescents.

Hypothesis: The chosen methodology for studying Internet addiction - addictive behavior of adolescents will allow us to measure addictive behavior on the Internet in older adolescents aged 12–16 years with high reliability.

Responsibilities: 1. Literature review on the Internet - addictive behavior in adolescents. 2. Formation of Internet habitual behavior in adolescents and its reflection in questionnaire tests. 3. Analyze the factor structure of the questionnaire. 4. Check the reliability and validity of the items and scales of the questionnaire.

Researching. The first stage of the scientific and theoretical stage consisted in studying and analyzing the literature on this topic, selecting the information

necessary for our study, putting forward a hypothesis, and defining goals and objectives. The second stage, experimental, selection of subjects, research, data processing and analysis of results. The third stage, the final one, consisted of summing up, confirming the hypothesis, forming conclusions and writing the paper.

The study was conducted at two university bases in the city of Gulistan, Syrdarya region of the Republic of Uzbekistan. The main activity of these schools is the implementation of educational programs of primary general, basic general and secondary (complete) general education. The study was conducted during the time specially allotted for class hours.

117 teenagers, including 46 boys and 71 girls aged 12 to 16. On the basis of the 5th secondary school in the city of Gulistan, 44 teenagers were tested. On the basis of the 6th secondary school in the city of Gulistan, 73 teenagers aged 12 to 16 were tested.

Research methods. Temperament Structure Questionnaire (OST) V.M. Rusalova. ***Description of technology***

This method is used to diagnose the characteristics of the "subject-activity" and "communicative" aspects of temperament and allows you to quantify its characteristics: energy, plasticity, tempo and emotionality. The ratio of the levels of expression of the listed characteristics indicates the type of temperament of the respondent (choleric, sanguine, phlegmatic, melancholic).

Theoretical basis. The technique allows you to determine the level of masculinity, plasticity, tempo and emotionality as characteristics of temperament.

1. Courage (energy) - the level of activity that a person shows in communicating with people and in practical work.

2. Plasticity - the ease or difficulty of switching from performing one type of activity to another or changing behavior in communicating with people.

3. Speed or speed - the speed of individual actions, operations, actions.

4. Emotionality is a person's tendency to emotionally respond to various events related to practical activities and communication with people.

Internal structure. The test consists of 105 questions to which the respondent must answer clearly: Yes or No.

Correlation between scores on the scale of the questionnaire and the methods used to assess reliability

Table 1

Variables	Scale 1	Scale 2	Scale 3
Senior Respondent	0.132	0.113	-0.070
How much time does he spend online - game on weekdays	**0.193**	-0.017	**0.229**

How much time does he spend online - game on the weekend	**0.193**	-0.048	**0.297**
How much time does he devote to social networks on weekdays	**0.236**	**0.548**	0.171
How much time do you spend on social media and going out?	0.167	**0.532**	0.157
Internet addiction	**0.419**	**0.564**	**0.292**
Bravery	0.051	-0.095	0.027
social courage	0.136	0.176	0.052
Plastic	-0.018	-0.105	-0.021
Social plasticity	-0.032	-0.040	-0.118
Temperature	0.116	-0.014	0.108
social pace	-0.052	-0.097	-0.043
Emotionality	-0.007	-0.036	-0.115
social emotionality	**-0.204**	0.070	**-0.244**
social desirability	-0.026	0.123	0.035
authoritarian	-0.027	0.017	0.0006
Selfish	-0.049	-0.121	-0.045
aggressive	0.100	0.083	0.091
Suspicious	-0.086	0.125	-0.138
subordinate	-0.036	-0.056	-0.003
Dependent	-0.087	0.127	0.021
Friendly	0.109	0.125	0.070
Altruistic	0.024	0.016	0.142
Scale 1	1	**0.391**	**0.436**
Scale 2	**0.391**	1	**0.351**
Scale 3	**0.436**	**0.351**	1

An analysis of the scales showed that in the process of correlation between the scale and the "Time devoted to online games on weekdays" scale 1 (r = 0.193) and scale 3 (r = 0.229), a weak correlation was found. The following ratio of the scales was determined by scale 1 (r = 0.193) and scale 3 (r = 0.297) "Time allotted for online games on weekends". A stronger correlation of the scales was found with the scale "Time spent on social networks on weekdays" with scale 2 (r = 0.548) and weaker with scale 1 (r = 0.236). And a strong correlation was found with the "Time spent on social networks on weekends" scale 2 (r = 0.532). Thus, the developed questionnaire meets the requirements of the validity criterion.

The analysis showed that the correlation process revealed a moderate positive relationship between the scale and Internet addiction, the strongest scale was 1 (r = 0.419) and scale 2 (r = 0.564), the weaker scale was 3 (r = 0.292).

The scale of social emotionality negatively correlates with indicators 1 (r = -0.203) and 3 (r = -0.244).

The results of the correlation analysis (Table 1) show the presence of significant relationships between the indicators on all scales of the Questionnaire.

Construct validity, or rather test validation through construct identification, is the most important aspect of validity. According to many authors, it is construct validity that determines the validity of the semantic interpretation of test results, and therefore most closely matches the understanding of what validity is.

To standardize the results of the final scales of the questionnaire, descriptive statistics were used - (Appendix 2), it was found that the empirical distribution of the scales does not correspond to the theoretical normal distribution, so quartiles were taken to determine the test norms.

Quartile boundaries: below 25% - low values, from 26 to 75% - medium, above 76% - high. (table 2). The obtained qualitative indicators are necessary for the practical work of the psychologist with the questionnaire.

Test standards are average representative indicators for a specific text, that is, indicators that are a large set of people with whom you can compare the activities of a particular person, assess the level of his psychological development.

Table 2

	Minimum	Maximum	25%	75%
Scale 1	6,000,000	26.00000	6.00000	11.00000
Scale 2	8,000,000	37.00000	11.00000	21,000,000
Scale 3	6,000,000	28.00000	9.00000	14.00000

Scale "Tendency to online games":

Up to 6 points - low propensity for online games **7-11 points** - average propensity for online games above **12** - a clear propensity for online games

Scale "Proneness to social networks":

Up to 11 points - low propensity to social networks **12-21 points** - average severity of propensity to social networks **Above 22 points** - a clear propensity to social networks

Scale "Emotional well-being - susceptibility to Internet addiction":

Up to 9 points - low values of the propensity for emotional well-being - affects the background of Internet addiction.

10-14 points - the average severity of the tendency to emotional well-being - affects the background of Internet addiction

Age over 15 years - a tendency to emotional well-being - affects the background of Internet addiction.

CONCLUSION. Currently, the world is faced with the problem of Internet addiction. In the course of the analysis of the psychological and pedagogical literature on the problem of Internet addiction of adolescents, it was found that there are two factors in this problem. On the one hand, Internet addiction leads to developmental problems: adolescents have difficulties in communication, narrowing their horizons, problems with learning, etc. On the other hand, there is reason to say that Internet-addicted adolescents have specific features not only mental, but also personal development.

This developmental feature can be seen not only as a result of their bias towards online games, but also as a prerequisite for addiction to social networks.

The main types of behavior of adolescents on the Internet have been identified:

- vain search for new information in the network without striving for results; cover the need for communication; staying on the Internet to maintain the required level of mental activity and regulate the emotional state; aimed at expanding communication as a necessary condition for accelerating real communication; caused by searching for sexual information on the Internet.

The main goal of our work is to develop and conduct a psychometric test of the teenagers' Internet addiction questionnaire. Based on the empirical data obtained, the questionnaire developed by us for the propensity of adolescents to Internet addictive behavior can be used in diagnostic studies, as it showed a high level of reliability and validity. The work confirmed the hypothesis that the developed questionnaire of Internet propensity - addictive behavior in adolescents allows measuring addictive behavior on the Internet in older adolescents aged 12-16 years with a high level of reliability.

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