Psychological study of the impact of computer technology and the Internet on the development of adolescent consciousness and thinking

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ABSTRACT

In the current process of globalization, it is important to avoid attacks on the consciousness of the individual, to form a strong spirituality in everyone's mind, to protect young people from destructive groups, to create in the minds of every citizen of our society ideological immunity, anti-manipulative, assertive behavior based on our national and spiritual values. is one of the most pressing issues. This scientific article discusses the destructive factors affecting the minds of adolescents and the social psychological mechanisms of their elimination.

Keywords: Globalization, Anti-Manipulative, Assertive Behavior, Psychological Mechanisms

In the current process of globalization, it is important to avoid attacks on the consciousness of the individual, to form a strong spirituality in everyone's mind, to protect young people from destructive groups, to create in the minds of every citizen of our society ideological immunity, anti-manipulative, assertive behavior based on our national and spiritual values is one of the most pressing issues. This is one of the factors that will play a key role in ensuring the security of the individual in the future, as well as the security of society and the state.

The urgency of this problem is justified by the need to create a scientific basis for protection against destructive ideas, to study the content of activities of destructive groups, methods of work, methods and means of propaganda using scientific methods and to develop a mechanism of socio-psychological protection from them. Theoretical and practical analysis of the activities of destructive religious, cultural, extremist and terrorist movements, groups that negatively affect the stability of the Republic of Uzbekistan, in particular, its social and spiritual development, creating a certain socio-psychological basis for young people not to be influenced by these ideas is one of the important tasks facing psychology, pedagogy and all social sciences and humanities in general today. This issue, that is, the problem of young people being exposed to destructive ideas, has not been the subject of separate research.

Today, a number of destructive groups operate in the regions of the world, causing a number of problems in the political, socio-cultural and educational life of these countries. In the Russian Federation alone, there are more than 400 organizations registered as

destructive groups. Unfortunately, in our country, too, some groups seek to influence young people in various ways, posing a serious threat to public and state security in the religious, cultural, spiritual, social and political spheres.

The implementation of the upbringing of a harmoniously developed generation is one of the important strategic issues, and given the demographic characteristics of our country, this is not only a theoretical but also a practical task. In today's world of globalization, the struggle for the human mind and heart continues in a variety of ways and means. These actions are aimed directly at young people, aimed at forming in them a negative attitude towards our national traditions and values, the policy pursued in our country. This is done through the use of specific media, mass art and culture to form the necessary ideas, to provide guidance. The result can also be observed in cases of expansion in the religious, cultural, social and spiritual spheres of society. These circumstances, in turn, are likely to have tragic consequences:

- Narrowing of social relations of youth;
- changes in the content of values;
- young people live only for today and do not think about the future;
- Occurrence of psychological depression (internal instability, internal conflict, social fear, accentuation of negative personality traits);
- Striving to find a place outside the family, work, study community.

A number of scientific studies have been conducted in many foreign and Commonwealth countries, including in our country, to study the impact of destructive groups on young people, which is one of the global problems. a comprehensive scientific analysis is attempted. E.Bern, D.Karnegi, E.Shostrom, A.Maslou, P.M.Granovskaya, F.V.Bassin, A.I. Kochetov, I.A. Nevskiy, Z.A.Astemirov, V.N.Myasishchev, K.E.Igoshev, L.M.Zyubin, A.Buryak, E.N.Volkov, E.V.Zaika, B.T.Kondrashchenko, number of scientists, such as I. Dolgova, GG Bochkareva, EB Melnikova, in their research have tried to study the socio-psychological problems that arise as a result of the activities of destructive groups. V.P.Sheynov, V.B.Shapar, I.Vagin, N.N.Kozlov, L.Mixaylov, V.Solomin, G.M.Andreeva, L.I.Bojovich, I.P.Bashkatov, B.T.Kondrashchenko, A.N.Leontev, N.D.Levitov, G'.B.Shoumarov, E.G'oziev, V.M.Karimova, N.S.Safaev, B.M.Umarov, R.S.Samarov, According to Russian and Uzbek psychologists such as Z.T Nishonova, N.A Soginov, T. Malikova, A.H Yugay, S.M Tuychieva, the content of a person's consciousness, behavior and activity is determined by the environment around them. According to them, a person's consciousness, behavior, and character are governed by their activities in the micro and macro environment.

Unhealthiness in the social environment, on the other hand, leads to various deviations in a person's consciousness and behavior. In the manipulative management of the individual, it is necessary first to theoretically and practically interpret the place, mechanism and laws of mental activity, and then to form anti-manipulative behavior. It is expedient to pay attention to the implementation of the following tasks in the research work in this direction:
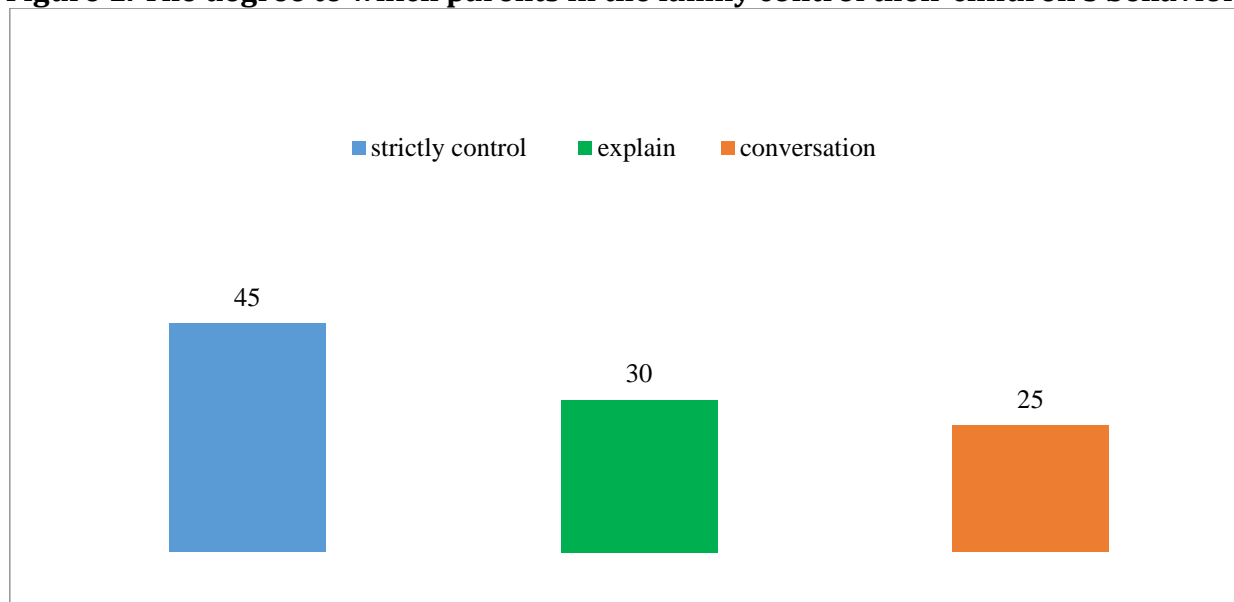
• to study the process of education of young people on the basis of various criteria, to determine the causes of relations with destructive groups;

• to study the emergence of destructive groups, the expansion of their activities, the methods and means of involving young people in their structure;

• Identify psychological methods of protecting young people from the influence of destructive ideas and groups, create developments for practical psychologists and educators;

• Development of a psychological model of ideological protection, the creation of the immune system, the formation of assertive behavior to prevent young people from being exposed to various influences;

• Raising awareness, literacy and selection of experts on the issues of spiritual and educational work of educational institutions, law enforcement agencies and community activists;

• study the regional, demographic, statistical, age and sexual characteristics of young people affected by destructive ideas;

• to study the causes and motives of young people's exposure to destructive ideas;

• Analysis of the individual-psychological characteristics of young people affected by destructive ideas and the development of their typological characteristics;

• to analyze the peculiarities of the manifestations of psychological protection in adolescence in relation to gender characteristics

• to study the emotional-volitional, communicative, intellectual characteristics of the person that characterize his youth;

• to study the relationship between the individual-psychological description of the person and the characteristics of different defense mechanisms.

The profound social changes taking place in the world today require a new look at a number of phenomena that have not been given enough attention before. When we conducted a research study, with my supervisor, on the socio-pedagogical basis for increasing the ideological and educational knowledge of parents in the family, 45% of parents surveyed said that they strictly control their children's behavior, 30% explain it through good speech, 25 % said that they use the methods of communication, conversation, explanation with their children in the process of upbringing.
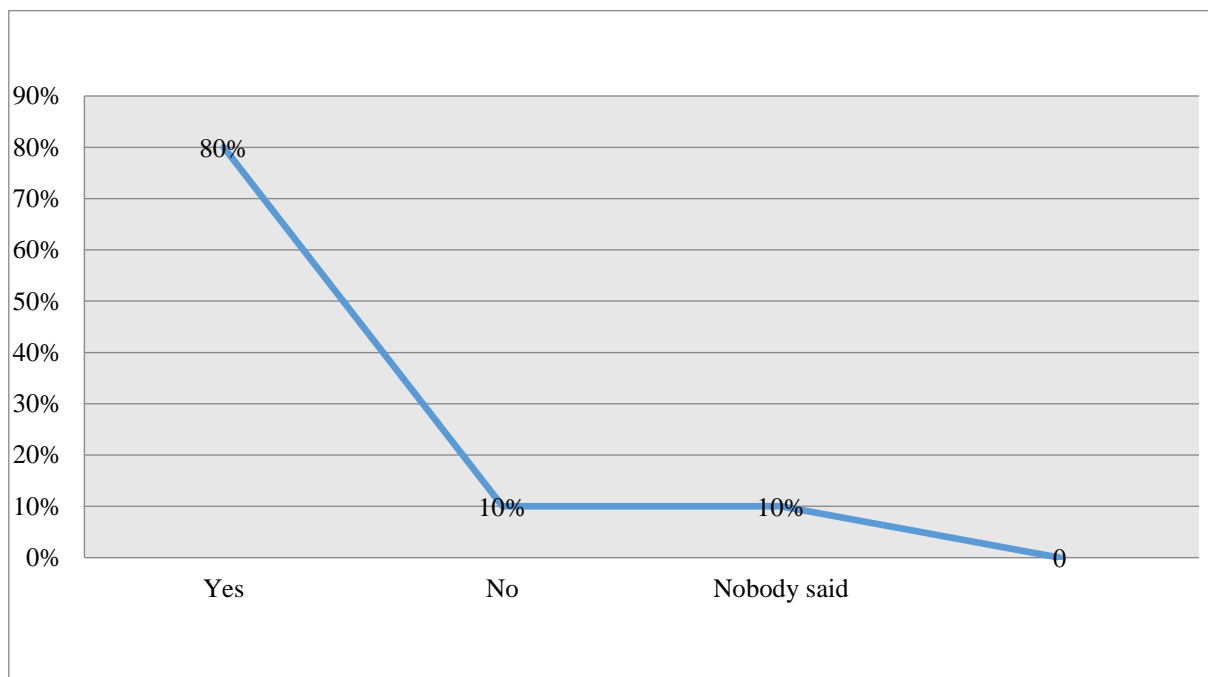
Figure 1. The degree to which parents in the family control their children's behavior.

On the survey parents are asked, "Have you taken part in anti-religious activities?" to the question, 80% of parents answered "Yes", 10% answered "No" and 10% answered "No one said". Consequently, most parents go to such meetings and express their opinions, indicating that they are engaged in the upbringing of their child.
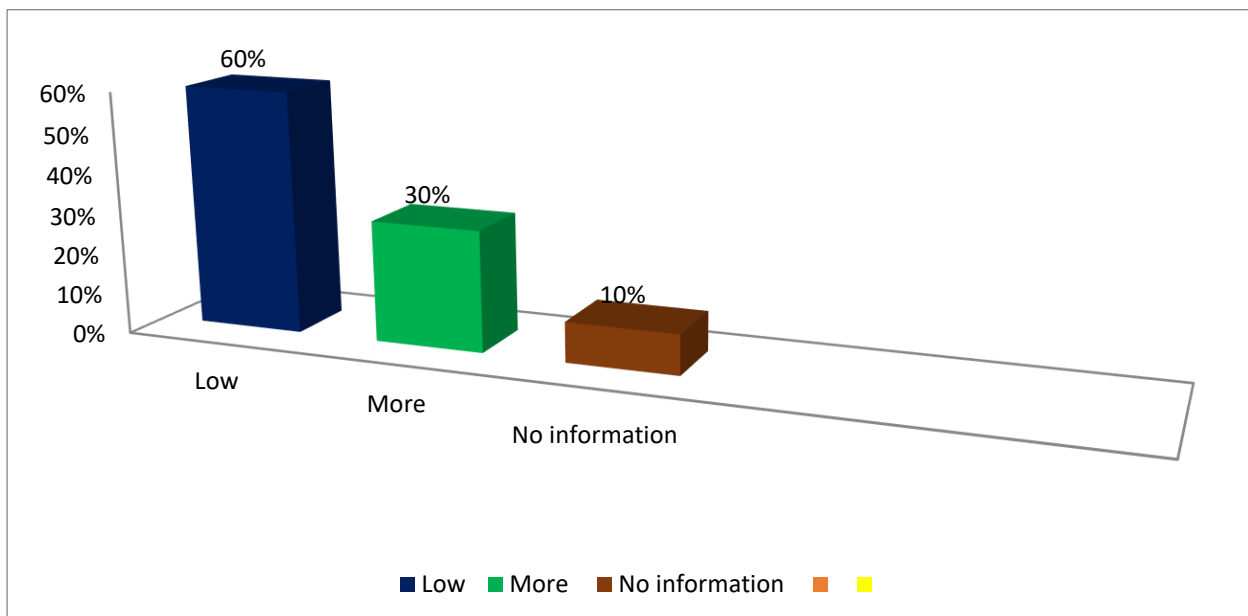
Figure 2. Indicators of parental attitude to the question: "Have you taken part in anti-religious activities?"

The results of the survey showed, "Is there much or little access to bad roads among young people?» When asked, the majority of parents (60%) answered "Low" and 10% answered "More", 30% said they had no information about it. It shows that our people understand that the fight against destructive ideas is the duty of everyone.
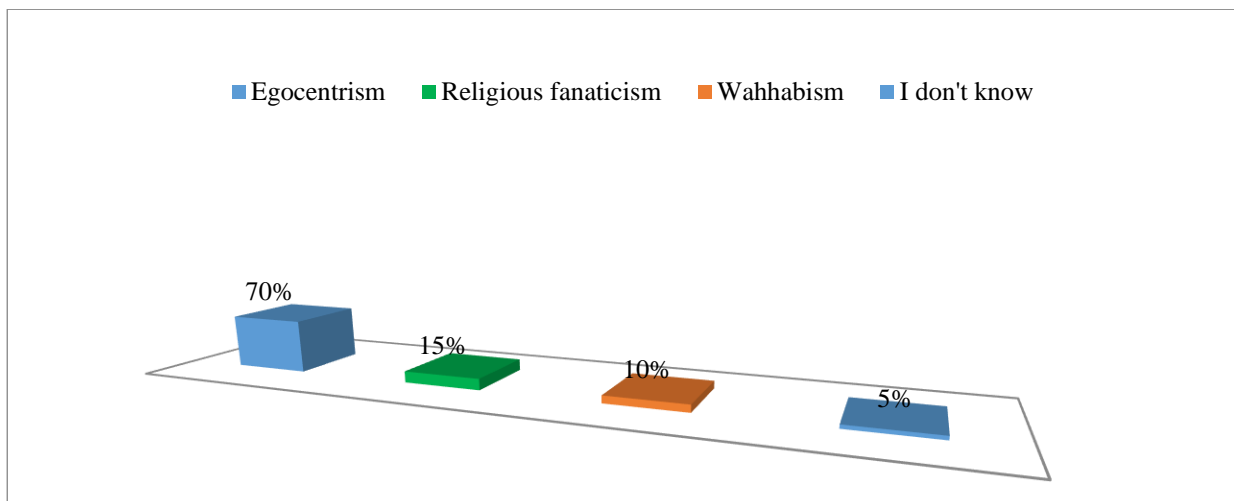
Figure 3. Indicators of parental attitude to the question: "Is there much or little access to bad ideas among young people?»

When parents' attitudes toward bad ideas were surveyed, 70% of parents surveyed said they were "egocentrism," 15% said "religious fanaticism," 10% said "Wahhabism" were destructive ideas, and 5% said "I don't know."
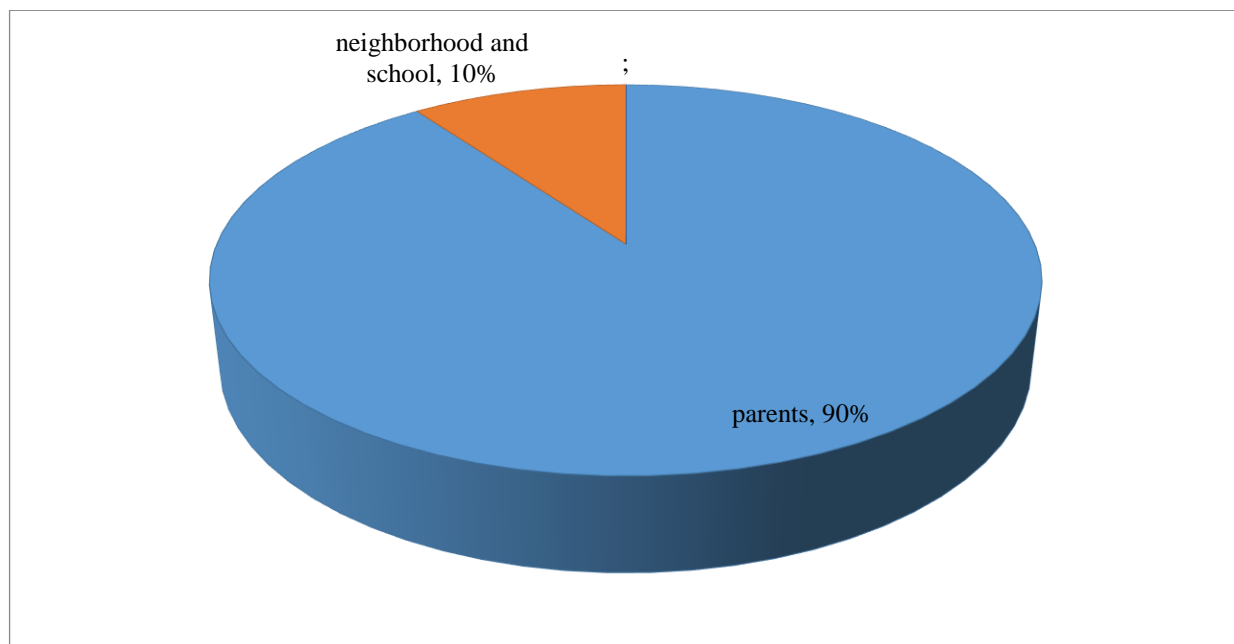
Figure 4. Indicators of studying the attitude of parents to bad ideas.

So, when it comes to a strange, destructive idea, it is positive that parents understand the concepts. When respondents were asked about the responsibility of parents for the upbringing of children, 90% of respondents said that parents are responsible for the upbringing of children, and 10% said that the neighborhood and school is responsible.

Figure 5. Indicators on the opinion of respondents on the responsibility of parents for the upbringing of children.

This shows the need for effective advocacy and advocacy work, especially on the responsibility of parents for the upbringing of children, as well as the fact that the public and educational institutions can not be left out of this important work. Summarizing the results of the research, it can be concluded that nothing can replace the responsibility of parents for the upbringing of their children. The indifference of modern parents to the formation of civic consciousness, position, high spiritual and moral values in their children leads to very serious consequences. It is well known that according to the laws of nature, the struggle for survival, the most powerful creatures survive. Figuratively speaking, even in today's globalization, states with psychologically, ideologically, ideologically strong citizens will have a worthy place in the world. Indeed, various incidents, acts of terrorism in the most advanced countries of the world (USA, Europe and other countries), these situations, destructive situations, activities are becoming one of the most pressing issues on the agenda for all.

Today, the so-called process of globalization, computer technology, the Internet has rapidly entered our lives and has become one of its integral components. The Internet has become one of the most important tools for solving problems with ideological problems. But at the same time, along with its capabilities, it should not be overlooked that the global information network has a clear, unambiguous threat and danger. According to "Jahongir Madad", based on a survey conducted by the "Youth Union" Foundation among more than 3,500 teenagers, Uzbek psychologists are deeply concerned that more than half of the country's youth aged 15-17 are now "living" on the Internet. 70% of these young people connect to the internet from personal computers. According to statistics, 52% of underage users tend to access sites with any content on the internet. In this case, the child or adolescent is more likely to come across information that hurts the psyche. When using the Internet, it is advisable to focus not on its negative, but on its positive aspects, such as the development of children's abilities, increasing

their mental capacity. It is known that during adolescence, the adolescent's "I" is re-formed. His attitude to those around him, especially to himself, his interests, the direction of his values will change dramatically. His attention to his own personality grows. During adolescence, a person's egocentrism reaches its highest level than in other periods. During this period, the adolescents becomes more self-centered. During this period, both boys and girls not only imitate adults, but also literally control their behavior, pay close attention to their behavior, dress, appearance, and make-up. During this period, the appearance of the adolescents, the insignificant negative statements about his personality can be the basis for him to experience serious negative experiences. Another characteristic feature of adolescence is the state of adolescent autonomy observed in adolescents during this period. There are different types of adolescent autonomy, such as *legal autonomy*, *emotional autonomy*, *spatial autonomy*. It is known that from the day a child is born, he needs someone to take care of him. Parents and other loved ones feed, clothe, nurture, and supervise the child on a regular basis. They support the child in every way and the child feels the need for such support and encouragement. During adolescence, the child becomes relatively independent in ensuring his or her life and safety. Now he will be able to defend himself, if necessary, to work at his own level, to earn enough, to meet his own needs independently.

The above-mentioned legal autonomy is characterized by the fact that a child is given a number of legal opportunities as he or she reaches adolescence. Having certain legal opportunities and being aware of it by the adolescent ensures that legal autonomy develops in him. Having such autonomy creates in adolescents a sense of responsibility, accountability for their own behavior. Another of adolescent autonomies is emotional autonomy. It is known that from the moment a child is born, he feels the need for emotional support of his mother and others, to show love and affection. That is why when children of early childhood, preschool and primary school age are loved, caressed, hugged, caressed,

emotionally close to them with kind words and treats, they rejoice, and yearn for the person they are caressing. We can see this when young children are kissed by their mothers, hugged, and caressed. Children also expect emotional encouragement and emotional support from their parents and those around them when they encounter conflicts in their relationships with their peers, and especially when they are "suffering" from their peers. If he can receive this emotional encouragement in time, he will feel free, refreshed, victorious, and happy with them. He feels the need for adult help in solving the "problems" he faced in his small life, and strives to use them regularly. During adolescence, on the contrary, the adolescent is no longer a 'young child', he is no longer an 'adult' and the adult has to be independent and solve his own problems. Relying on adult help during this period is condemned by peers. And the adolescent doesn't want that either. During this period, the compliments and caresses shown to adolescents by adults seem to be melting. Now they "don't like" the way they caress and caress themselves, the applause of adults for "trivial things". Now they try to get rid of the emotional support of those around them, to solve their problems on their own. Previously, they complained to their parents about what happened on the street, in the kindergarten, at school, but now they try not to tell their parents about it, even if they hear beatings from someone outside the family. All of this is the effect of emotional autonomy, which is directly observed in adolescents. Another state of autonomy observed in adolescents is spatial autonomy. Accordingly, adolescents tend to be as lonely as possible in their room, to be as lonely as possible when they are doing something or being somewhere, especially when they are away from their parents, family members, and to spend time indulging in their own fantasies. Even when they are talking, they are mostly preoccupied with their peers and close friends, trying to communicate as little as possible with their parents. At the same time, some parents, who do not understand the real cause of these events observed in adolescence, are concerned about their condition and become more

interested in them than before. In other words, they "invade" their autonomy. And adolescents don't like that. Such situations can lead to disagreements, conflicts in the relationship between adolescents and their parents. During adolescence, which is often described as "transient," the body is still unable to withstand the effects of heavy and prolonged exposure to the nervous system. Therefore, in such cases, the nervous system can go into a state of braking. This is a specific defense mechanism of the organism. The main activity of this period is reading, and it is important for adolescence not only to acquire knowledge and skills, but also to form professions, beliefs, needs and motives, social communication skills. The Internet plays an important role in this process today. In humans, the response to the impact of information is different, the reaction to its reception. In other words, the most "weak" strata in terms of information, the impact of information on the psyche.
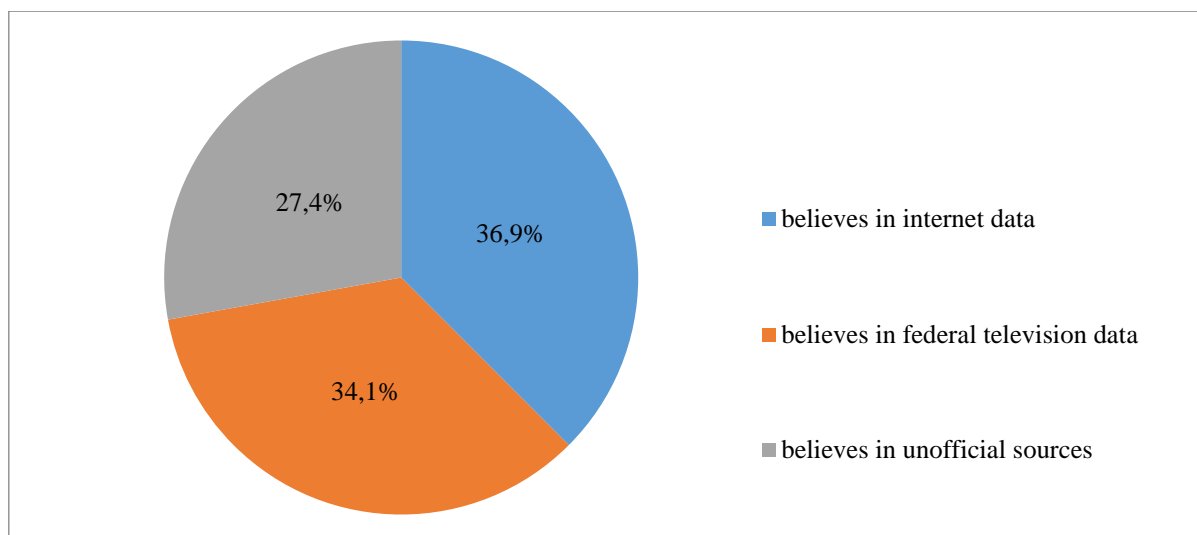
The formation of a person's perception of himself depends on the age, and usually during adolescence the image of "I" is not fully formed. In such cases, virtual, imaginary logos can help meet the adolescence's needs in this regard. A person who is not able to fully express himself in society tries to do so in virtual reality, in an imaginary space. This condition is caused by Internet addiction. A person who does not have problems with behavior, communication, socialization does not feel the need to work in the virtual world. According to many publications, Internet addicts can be divided into two groups. People in the first group, for example, are in a better mood during online gaming. They enjoy playing group games and are encouraged by others when they win a game. This is what is important to them, the computer, the Internet is a means of social approval for them. People in the second group turn to the internet to avoid certain difficulties in their lives. The Internet is a symptom of a much deeper problem in their example (e.g., physical disabilities, low self-esteem). The researchers also found a link between crime and internet games. When players go to a certain stage in the virtual world with the weapon in their hands, their brain reacts,

reacting as if they performed the same action in the real world. There has been a lot of talk lately about the problem of violence in internet games. Scientists point out that children who spend most of their time in computer games, where the highest success is assessed by killing all living things, cause aesthetic, moral, and spiritual harm to society by humans.

Cybersecurity issues are receiving special attention around the world. For example, in the United States in 2002, the "National Strategy for Cybersecurity" was adopted. In 2010, Belarus adopted a decree "On measures to improve the use of the national segment of the Internet." During the riots in the UK in 2011, young people who called on others to derail the

situation on social media were identified and prosecuted. In the same way, the Internet as a source of information is gaining the trust of the population of Uzbekistan. According to our another sociological survey, conducted on 200 respondents living in Bukhara(Uzbekistan), 36.9% of respondents believe that the Internet provides accurate, complete information about what is happening in the country and the world. The second place was taken by federal television data (34.1%). The third and fourth places (27.4%) are occupied by informal sources of information - relatives, friends, colleagues, as well as teachers of educational institutions, local publications.
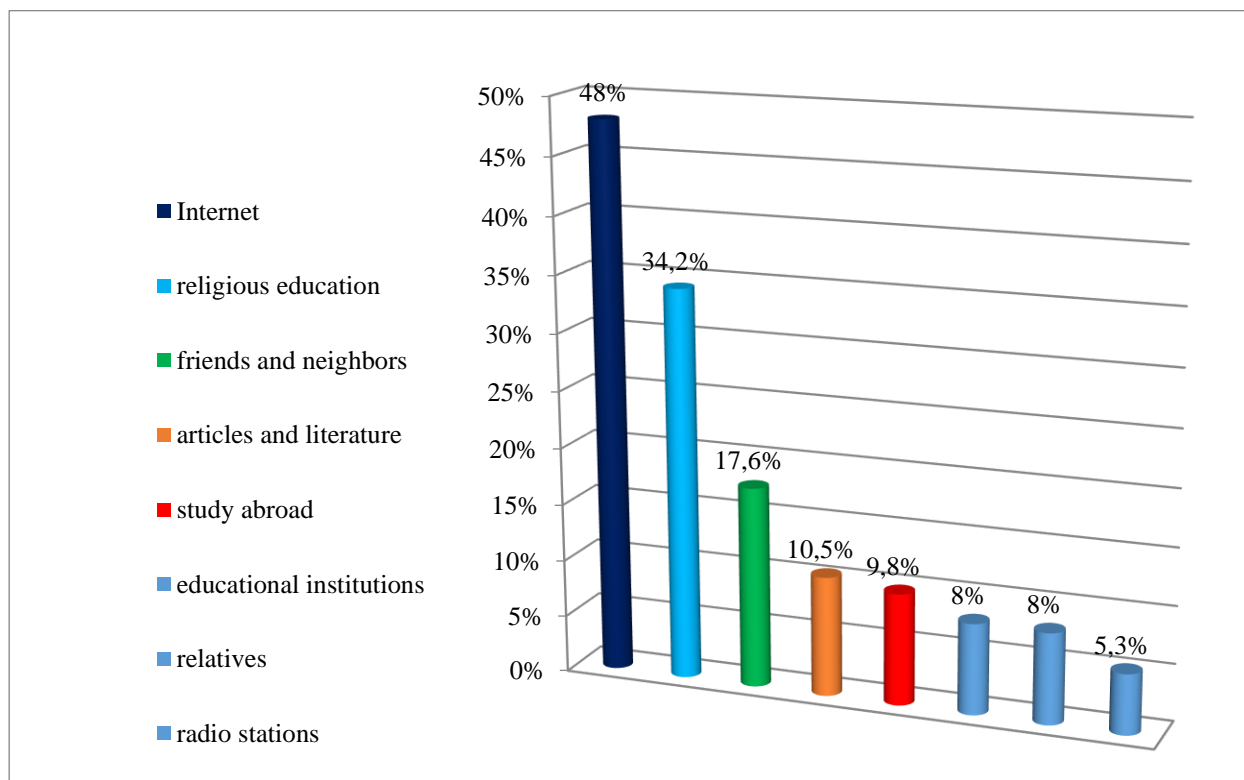
Figure 6. Indicators of public opinion in the survey "Internet as a source of information".

The ratings of young men and women between the ages of 18 and 25 also do not differ much from the general estimates of the population of Bukhara(Uzbekistan). However, 48% of respondents confirmed that it is possible to absorb various destructive ideas that are actively promoted in the minds of young people through the Internet, giving priority to this source. The second place was taken by people who provide religious education (34.2%), the third place was taken

by friends and neighbors (17.6%). As a source of destructive ideas in the next places are various brochures, articles and literature (10.5%), study abroad (9.8%), educational institutions (8.0%), relatives (8.0%), various radio stations (5.3%). Almost half of the respondents (46.2%) said that they regularly come across materials promoting destructive ideas on the Internet, 20.6% said often, 25.6% said in most cases.

Figure 7. Indicators of a survey on the possibility of the penetration of various destructive ideas, which are actively promoted in the minds of young people through the Internet.

However, it should be borne in mind that the methods of propagating destructive ideas are diverse and may not always express elements of open action against the existing system. In particular, various forms of terrorism have emerged in recent years, and materials of this content published on the Internet are likely to not meet the usual, formal criteria. For example, in order to influence the consciousness of the population, various problems in society are given a racial, religious, national character, and the need to pay attention to radical actions in their solution is emphasized. Or a relatively noticeable form of propaganda of destructive ideas is to justify these actions, to try to legitimize them.

Specific manifestations of destructive propaganda include:
- Formation of negative attitudes, feelings of hostility towards certain races, religions, nationalities, social groups;
-competition of benevolence towards certain destructive behaviors (for example, the activities of sites that promote suicide or support extremist activities).

Of course, the possibilities of the internet are not only reflected in the negative aspects. It also has its own positive aspects. These include immediate access to information, the diversity of information and data, the availability of communication opportunities that help an individual express themselves, and the possibilities of the Internet for education. It should also be noted that without denying the positive aspects of the Internet, it has the potential to carry out effective destructive activities among young people at the lowest cost. Every day different social networks (Facebook, Instagram, WhatsApp, MySpace, Twitter, Habbo Hotel, Odnoklassniki, Moy mir, V kontakte, ,My world , Classmate , etc.) billions of people interact virtually with each other, visit various sites, express their opinions on blogs and get acquainted with the opinions of others. Given that young people are not yet fully formed ideological immunity against destructive ideas, they very quickly believe the

information they hear or read, this is a process that requires a lot of attention.

In general, in our opinion, it is necessary to do a number of things to protect adolescents, young people from the negative effects of the Internet. First of all, it is necessary to follow the norm, that is, to determine and limit the time a child spends in front of a computer. Instead, it is advisable to encourage them to read various art and science books, play music and play sports. According to doctors, first-graders can work on the computer for 10 minutes a day, second-fifth graders for up to 15 minutes. It is recommended that students in grades 6-9 of secondary schools sit in front of a computer for 20-25 minutes, and students of secondary special, vocational education institutions for half an hour to an hour a day. At the same time, it is desirable to use programs that restrict access to certain sites and portals of the Internet. By doing this, it is possible to reduce the negative impact of the internet on the psyche of adolescents.

In the current process of globalization, the risk of young people being exposed to the values promoted by various destructive groups and ideas is growing. After all, the formation of necessary, important life values and directions is a more complex process, which is based on existing traditions and procedures, rather than through voluntary coercion or instructions. Important life plans of young people will depend on the nature of the areas of vital importance that are fundamental to them. Vital areas are formed on the basis of the environment around boys and girls, the system of values inherent in their loved ones. The environment is close to the youth, and individuals who have acquired a distinctive, modern youth subculture. Depending on the socio-philosophical nature of the youth subculture, the depth of the study of the features of the value structure, as well as the analysis of the possible deformation of life, it is possible to think about the appropriate psychological and pedagogical impact and psychological and pedagogical support. Modern youth have different values and orientations, and a number of external factors, such as socialization and upbringing of boys and girls,

play an important role in their formation. Under such conditions, different life positions can be formed in different individuals. While some young people adapt to social life very easily and purposefully, others find it very difficult. Psychological and pedagogical influence on the younger generation, their psychological and pedagogical support is important in a number of respects. First of all, it should be noted that the youth is the main driving force, the future of all societies. As the formation of young people's personalities coincides with complex political, social and economic changes around the world, the support of the older generation will certainly be needed in their proper upbringing. One of the important factors in ensuring the security of the individual, the state and society is to provide the necessary psychological and pedagogical advice and assistance to boys and girls, to form in them appropriate behavioral skills, to direct their efforts in the right direction, to protect their minds from destructive ideas. Involvement of young men and women, adolescents and young people in official youth associations and organizations is of great importance in their proper upbringing, adequate, purposeful psychological and pedagogical orientation.

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