

PSYCHOLOGICAL ANALYSIS OF THE CONCEPTS OF VIRTUAL WORLD, CYBER AND CYBERSPACE, CYBERBULLYING IN THE RESEARCH OF WORLD SCIENTISTS

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Abstract

This article presents the results of scientific research on the problem of teenagers addicted to virtual games, the negative qualities that appear in the behavior of teenagers as a result of virtual games, and recommendations for their prevention.

Keywords: Aggressive behavior, information-psychological, security, virtual, computer games, emotional, thinking, contemplation, consciousness.

Introduction

In the world education system, effective psychological and pedagogical methods of developing the competence of adolescent pupils to work with Internet data have been widely introduced into the educational process. In 2015, the "Incheon Declaration" adopted at the International Education Forum in South Korea until 2030 "To improve the process and tools for assessing the quality of education, to introduce mechanisms to determine the results achieved", Special attention is paid to the implementation of scientific and educational achievements in the content of educational materials, raising psychological measures to protect young people from the influence of the virtual world to the level of new reforms and its implementation. Determination of the impact of the virtual world on the human mind in educational and research institutions, prevention of Internet addiction, scientific research of information processing skills of adolescent youth, as well as ensuring information and psychological security in the life of society, protecting young people from destructive ideas of extremist and separatist organizations in the conditions of technogenic changes and providing a safe information environment in the mahalla, Scientific research is underway to stabilize cyber security among people from different strata and subcultures of society. The virtual world is subject to specific global ethical and digital laws. If everyone steps into this world once since childhood, it will be very difficult for them to come back or come back. Why we started using the terms "virtual world", "virtual life" today. Because there are almost no people who don't use the internet these days, particularly young people. All of them are already exposed to virtual, that is, cyber culture. There was even a phrase that "if you are not in virtual life, then you are not even in life". Of course, the assimilation of human values into the virtual world creates several problems.

In recent years, in the Republic, providing various sectors of society with modern information and technological means, increasing inter-industry information literacy, introducing a safe information environment, protecting the younger generation from the onslaught of negative information, reforming open information systems, man-made management of society, constantly improving the

quality and level of procurement of productive information products, as well as its material and technical foundations have been created base expanded. In this regard, the development of psychological mechanisms for protecting adolescent youth from the influence of the virtual world, the widespread use of scientific and methodological programs of developed foreign countries, the development of factors of dependence on the information of the virtual world and socio-psychological mechanisms of protection from it, the further development of psychological propaganda programs for the protection of adolescent youth from the influence of the virtual world. In this regard, when determining promising directions for the development of state educational standards, state qualification requirements, curricula in educational institutions that train specialists in the field of psychology and information security, special attention is paid to the socio-psychological mechanisms and development of advanced methodological support for protecting adolescent youth from the influence of the virtuous world. The virtual world opens up a lot of opportunities for a person. Anonymity on the Internet, access from different parts of the world, access to communication with any user (regardless of gender, age, nationality, religion), self-realization, absence of moral rules in life on the Internet, evasion of responsibility will exacerbate the risks mentioned above.

We can see how high globalization has reached its peak in the example of millions of young people today who cannot get up from the Internet, and as a result, various messages and articles are constantly covered on dozens of social networks. It's a social media platform where one is using it as a political weapon, while another is trying to jam out his ideas by barely giving them away. In such complex and complex conditions, one of the most important tasks for us is to protect the minds and hearts of the younger generation from foreign ideas and ideological threats.

Although the issue of protecting adolescent youth from the influence of the virtual world has been extensively studied by many industry leaders, including psychologists, pedagogues, sociologists and philosopher researchers, this issue is still considered as the main goal of interdisciplinary research. This is because most of the studies carried out were conducted in control groups, to which many researchers expressed their objections, i.e. control groups are not perceived as a sufficient object to solve this issue. Also, this issue cannot be fully explored through surveys or interviews alone. The virtual universe is a world created artificially using means that do not exist in the real world. A person who is absorbed in it with the help of the tools and systems of the virtual world begins to give up actions related to the external world, trying to perform actions in it as in real life. In fact, concepts such as the virtual world, the Internet, cyberspace are synonymous with each other, its positive and negative aspects for the life of society are widely studied by experts from all over the world. In particular, the scientific research conducted by psychologists, as well as the development of a program of measures to prevent and prevent such unusual behaviors as Internet addiction and gambling addiction, are among the scientific reforms of particular importance.

Literature review on the subject

Issues such as the virtual universe and its impact, Internet addiction and psychological prevention, ensuring information and psychological security in the life of adolescent youth, cyber safe environment and youth remain the focus of psychological scientists around the world. Topics such as the virtual world and its impact, the Internet and the individual, being subject to the Internet, and protecting young people from the influence of the virtual world have been extensively studied by a

number of foreign and local psychological researchers.

According to N.A. Nosova's definition, the means of the virtual world are new information technologies, information search and transmission systems, which will undoubtedly in the near future reach the level of absolute freedom. Along with these large-scale information structures, the influence of another associated system, the virtual universe, is also further increased [1; p.-187.]. E.D.Nevesenkoi argues that a virtual world is a world created using technical means provided to a person through seeing, hearing, smelling, touching and other senses[2; p.-23.]. The influence of the virtual universe manifests itself as a "simulation" reaction in adolescent behavior, that is, it ends with the adolescent imitating or assimilating virtual world phenomena.

According to the works of I.A. Lipkov, at the stage of development of human civilization, several information achievements have been achieved: The first of them is the transmission of information from generation to generation through writing. The second is the emergence of publishing houses. The third breakthrough is the invention of telephones, TVs, radios, etc., which was created by the advent of electricity. A fourth breakthrough from the end of the 20th century is a new information breakthrough, formed by the integration of computer technology with network technology and known as information and communication technologies [3; p.-132.]. And now this information achievement has become the driving force behind the amazing changes. According to the analysis of researcher A.B. Sorokina, the concept of "Information Society" was proposed by Japanese scientists in the 70s of the last century. At present, this advanced idea has had a great impact on the rise of human civilization, science and education, the development of the socio-political structure of the state, and sustainable development, and has been able to attract the attention of many countries [4; pp.-45-64.].The idea is based on information technologies embodied in the virtual world. And it is now developing rapidly around the world at an extraordinary rate.

Adolescent youth addicted to the virtual world undergo changes in the cognitive, motivational, and behavioral areas first. At the same time, in a motivational situation, an excessive, emotional attitude towards the dependent object arises, in relation to other objects, thoughts about the dependent object dominate, aggressive behavior, which is a defense mechanism in adolescent behavior, increases. M.M. Kuznetsov says that "Virtual" (visual) The word virtual) is an English word whose meaning varies, firstly it means "Invisible", and secondly, it is a functional system that appears to be "Virtual reality", but tasks are performed by other devices [5; pp.-62-91.].

According to some scientific sources, the virtual universe is a new artificial illusion universe that is formed through information technology, at the will of humans, by changing the environment of time-space.

So if we look at the first dictionary meaning of the word "virtual," it means "invisible." To simplify the word, a person's disconnection from real life as a result of his exposure to information on the Internet is to remain invisible to people, to remain by himself. If we pay attention to the second dictionary meaning, events on the Internet seem to us real (real), but because their functions are performed through other devices, it is virtual, that is, a completely different universe. In addition, it is advisable to pay attention to the term "cyberspace" along with the phrase "virtual world" in order to provide a broader coverage of the information within the scope of the study.

The concept of cyberspace (visual: cyberspace) was coined by Canadian writer William Gibson in 1984 in connection with the publication of his first novel, Neuromancer, a trilogy called Cyberspace

[6; p.-320.]. Disambiguation pages with short descriptions So, in life, everything happens with a root reason. Nothing comes into existence for no reason. One of our most fundamental flaws in human beings is that if a crime occurs in society, we punish the perpetrator first. That is, we often struggle more with the aftermath of the crime. True, punishment for a crime is inevitable, but the reasons for the occurrence of the crime remain at one extreme. If we find the causes, factors, that is, the root of the crime, we can prevent many types of crimes.

Scientists believe that the direct influence of the social environment on the formation of aggressive behavior in an individual is strong. Aggressiveness, aggressiveness, is one of the negative behavioral manifestations and subject-to-subject relationship is understood.

Psychological Disorder When it comes to victims of cyberbullying, especially teenagers, they often end up feeling isolated, have lower self-confidence, have problems with self-expression, increased rates of depressive incidents such as anxiety and anxiety, and more suicidal ideation attempts. The individual is under constant stress, experiences only negative emotions, and sometimes becomes too addicted to the role of victim. Somatic disorder. Psychosomatic disorders such as chronic insomnia, headaches, loss of appetite can occur in the heat of negative emotions and fear. Cyberbullying among students is rampant in educational institutions today, and its escalation causes alarm in today's society. In 2019, K.D. Khlomov et al. noted that about 70% of students suffer from cyberbullying, and 44,3% act as aggressors.

Given the above, the goal of the study was to determine the characteristics of cyberbullying among learners in educational settings. The objectives of this article are: to consider the problem of cyberbullying among students in the educational environment in the process of theoretical analysis, as well as to develop basic strategies for combating cyberbullying for all subjects of the educational process. In the last decade, many foreign works (M. Garaigordobil, R.M. Kowalski, S.P. Limber, D. Olweiss, D. Patchin, S. Khinduya, etc.) have appeared. Currently, there are many definitions of cyberbullying, but this is a new area of research with terminology that has yet to be established.

In our opinion, the researchers who most fully reveal this phenomenon J.V.Patchin, S.Hinduja understand cyberbullying as deliberate, continuous (repeated) aggressive actions using various modern technical electronic means on social networks against a person who cannot defend himself/herself. They stress the features of cyberbullying (as opposed to traditional bullying, debate, ridicule) such as

- 1) deliberate negligence;
- 2) Harmful effect (target scares);
- 3) constant recurrence (boredom can last 24 hours a day, 7 days a week

- Another difference between cyberbullying and traditional bullying is that online bullying has no limit. Scientists serve as a platform for scientists to use cyberbullying, often in which an anonymous victim does not always know their perpetrator, that an outbreak of the virus covers many people in a short time, causing tremendous suffering to the victim.

The anonymous nature of this phenomenon minimizes, removes the responsibility of the attacker, he says or does something that he cannot or cannot say "face-to-face" in the virtual space. In addition, in traditional bedouin, benefactors can observe how their behavior affects their victim. An online abuser does not "see" the consequences of his actions, the suffering of the victim, and does not consider all the consequences of the target of violence. Therefore, it can lead to minimal empathy on the part of

the attacker and his separation from the victim. Cyberbullying does not possess any specific qualities, e.g. for offline violence. A. Bandura, R. Walters argue that aggression is a motivated act in which norms and rules are violated, which leads to pain and suffering. There is a distinction between intentional and instrumental aggression.

Research Methodology

In this article, the test "Obedience to the virtual world (addiction)" developed by G.V.Lofovaya, the questionnaire "Assessment of character concentration" by K.Leongard and G.Smeshek, the methodology "Incomplete sentences" by A.I.Shepilova and the questionnaire "Overcoming behavior" created by A.A.Lugoviskaya. The degree of statistical reliability of the results was studied by mathematical and statistical methods K. Pearson correlation coefficient, percentage analysis and factor analysis. Psychologists believe that evil games affect 100% of conflicts. It is in these situations that a conditioned reflex is formed. The longer a person sits in front of the computer (playing evil games), the more confusing things he will find and think that he can only overcome it by the use of force.

Virtual games affect a person's psyche faster than movies or books. A person makes his own decisions while playing on a computer, whereas in cinema he is only an observer. Any movie lasts 2 hours, but a child can sit in front of computer games for 100 hours. Editor's ChoiceAll

In general, in the content of any hobby and their extreme forms, later, a togetic nature can develop. V.D. Emelyanenko argues that the concept of internet addiction is a comprehensive concept that should include specific features of human emotional experiences[7; pp.-51-54.].

Analysis and results

Akio Mori, a professor in the College of Humanities and Natural Sciences at Mison University, conducted experiments between brain activity and brain activity in 240 people between the ages of 6 and 29. The Māori divides the experimenters into 3 groups. The first group includes people who have not played the computer at all or have played it sporadically, the second group includes average gamers, and the third group includes hardcore gamers. Professor traces the effects of virtual games on the brain and the resulting emotional and creative response of humans to these influences. Mori studies the coherence of alpha and beta rhythms (the 1st indicates inactivity, the 2nd indicates the active work of the front forehead of the brain). As a result, he proved that in people who are not interested in computers, beta rhythms dominate alpha rhythms. Nothing will change even if they play normally low. In the second group, the beta rhythm weakens during the game. The third group of video gamers, on the other hand, dominates the primacy of alpha rhythms, even if they are away from the computer.

Virtual games affect the part of the brain that responds to vision and movement. Games damage the growth of the forehead of the brain cortex, the forehead of the brain cortex that responds to a person's behavior, emotions, and learning. In parallel with virtual games, mental capacities also decline. It must be said that the lab's failure of the forehead part of the brain makes Neanderthal man savage and impressionable, reluctant to live in a large community. Virtual gaming is exactly what slows down the activity of the forehead part of the brain.

In children who do simple arithmetic exercises and solve traditional examples, the frontal part of the brain develops. Comparing their intellectual potential with that of children who are engaged in computer games every day, it turns out that great intellectual capacity is needed to complete arithmetic tasks.

Many experts and people are hesitant that there is a psychological "attachment" to their virtual games. However, it is a clear fact that nowadays the number of people who are engaged in computer games and those in the vertical universe is increasing day by day.

The practical significance of our article is that it is effective in the organization of practical and psychological services in the system of public educational institutions, in the elimination of threats caused by the destructive virtual effects of the educational process of adolescent high school students, in the development of spiritual and mental-intellectual processes in educational activities. The conclusions and recommendations developed on the basis of the results of the study are determined by the wide availability of school practitioners, neighborhood leaders, teachers of public educational institutions and parents.

Conclusion/Recommendations

In order to educate the young, special attention should be paid to the following:

The socio-psychological mechanisms of protection of adolescents from the effects of the virtual world were influenced by such psychological features as the principles of the virtual world, coping behavior, assessment of the qualities of exit from the virtual world, ways to prevent Internet addiction and personality character concentration. It has been found that in protecting adolescents from the influence of the virtual world, volitional and motivational aspects, namely courage, rational actions, overcoming reality, striving to change oneself, forming positive thinking and controlling emotions, serve as a kind of auxiliary tool and are associated with the subjective experiences of adolescent youth. The socio-psychological mechanisms of protection of adolescents from the influence of the virtual world have been analyzed, and it has been clearly demonstrated that rural adolescents living in subordinate districts are less susceptible to destructive influences in the virtual world than adolescents living in the center of the provinces. Socio-psychological features of protection of adolescents from the virtual world reflect the correlation between personality traits and personality traits, and as factors such as coping behavior, assessment of qualities of exit from the virtual world, ways to prevent Internet addiction and personality concentration decrease, it turns out that avoidance from the virtual world in adolescent youth is negatively formed. It was found that the qualities that positively provide socio-psychological mechanisms of protection of adolescents from the influence of the virtual world: constructive perception of information on the Internet, perception of time, perception of positive and negative features of the Internet, and understanding of information on the Internet are important. According to factor analysis, the stable positive of protecting adolescents from the effects of the virtual world is associated with such psychological types as dysthymia, emotic, agitated, cycloid, and exalt. In the study of the factors determining the socio-psychological mechanisms of protection of adolescents from the effects of the virtual world, the relationship between the questionnaires was investigated, and it was found that positive relationships were formed by the questionnaires assessing coping behavior, qualities of exit from the virtual world, ways to prevent Internet addiction and personality concentration.

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