

## Psychological Aspects of Youth Education in the Information Society

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**Annotation:** This article is based on the methodological analysis of our study "Psychological aspects of the influence of Internet communication on the social behavior of young people" Today, the rapid distribution of Internet connections in Uzbekistan is actively discussing at all levels. This sector is of interest to psychologists, doctors, philologists, sociologists, military, philosophers, political scientists, programmers and other programs in the field of programs.

**Key words:** Internet, Internet influence, communication, socialization, modern youth, mobile communications, stress, Internet communication, Internet addiction, social behavior, psychological pressure.

**Introduction.** At the present stage, under the influence of the development of communication technologies (Internet, mobile communications), the position of users, their ethnic and religious affiliation or any other material differences, interpersonal and intergroup interactions and society are changing radically. in the principles of self-organization. Today, the rapid spread of Internet communication is being actively discussed not only in Uzbekistan, but also in other republics. This direction is of interest to psychologists, doctors, philologists, sociologists, military, philosophers, political scientists, programmers and other specialists in the field of information and communication systems. In particular, an increase in the number of people, limited territories, lack of sunlight and the natural environment, the speed and noise of transport, unfavorable environmental conditions, the complexity and duration of movement around the city - all this creates "psychological pressure" on a person. The ongoing changes lead to high fatigue and stress. In such conditions, a person is forced to stay away from external stimuli in order to maintain their psychological health. The transition to virtual communication is a psychological protection for young people. Internet communication is increasingly filling the free time of young people and often does not leave time for live communication. At the moment, there are various networks of Internet communications that promote new forms of social behavior and are included in the realm of real interaction. We are interested in studying this problem of young people as a separate social group in order to find their place in society, to learn social norms, values and standards of behavior.

Young people, as a separate social group, are interested in studying this issue in order to find their place in society, to learn social norms, values and standards of behavior. Many studies by social psychologists, including D. Klumper and Dara N. Greenwood, link self-presentation in social networks with the problem of profile analysis, assessment of certain personality characteristics and prediction of its interests. According to self-presentation on the Internet (Donat, Suler, Turkle, etc.) E.P. Belinskaya, A.E. Zhichkina, A.E. Voiskunsky, O.N. Arestova, O.V. Smyslova, K. Jan, Dj. Suler, E. Reid, B. Becker, N. N. Samsonova and others. [7]

An important contribution to the study of the problem of interpersonal relations of Internet users was made by foreign scientists who suggested a positive effect of Internet communication on the self-disclosure and attractiveness of communicators, in contrast to face-to-face communication. -facial interaction" (Ch. Jiang, N. Bazarova, J. Hancock) [8]. According to the American professor Joseph Walter (JB Walter, 1996) of the model of superpersonal (hyperpersonal) communication, a computer-mediated environment is valuable for providing a better form and a better experience [9].

The importance of work on the interaction and dissemination of Internet communication in all areas, especially among young people, and the impact of computer-mediated communication on the user's personality, psychological research in the field of social behavior is increasing. There are still not enough users. Social behavior is associated with activity, which is a system of actions and relations aimed at adapting to the social environment. Fundamentals of the scientific approach to social activity as an integral part of human behavior L.S. Vygotsky, A.V. Brushlinsky, A.N. Leontiev, S.L. Rubinstein, D.N. Uznadze, G.M. Andreeva, N.A. Bernstein, A.V. Petrovsky, N.S. Leites, K.A. Abulkhanova, A.G. [10]. The manifestations of the social behavior of young people and their changes in modern conditions with the widespread introduction of Internet communications deserve careful study.

The subject of the study is the process of the influence of Internet communication on the social behavior of young people.

**Research Topic** - Psychological aspects of the influence of Internet communications on the social behavior of young people.

The aim of the study was to determine the impact of Internet connections on the social behavior of young people.

#### **Methodological and theoretical foundations of the study**

1) study of self-presentation in social networks, analysis of their profile, assessment of some personality characteristics, prediction of a person's characteristics, his new interests (D. Klumper, Dara N. Greenwood, etc.), self-presentation (Donat, Suler, Turkle, etc.); to study the reasons for the creation of virtual personalities (E.P. Belinskaya, A.E. Zhichkina, A.E. Voiskunsky, O.N. Arestova, O.V. Smyslova, K. Young., J. Suler, E. Reid, B. Becker, etc.)

2) the study of the individual psychological characteristics of Internet users: the study of the psychological phenomena of "Internet addiction" (I. Goldberg, J. Grohol, V. Yu. Nesterov, J. Suler, K. Young, etc.), the study of the psychological characteristics of users different audiences (O.N. Arestova, A.E. Voiskunsky, S.O. Kremleva, O.V. Smyslova, S.A. Shapkin, etc.); identification of models for building an identity in a virtual environment (E.P. Belinskaya, A.E. Zhichkina, V. Frindte, Yu. Suler, Sh. Turkle, etc.), analysis of personal changes occurring in the process of interpersonal Internet communication;

3) to look for prospects for using the psychological features of virtual communication for the implementation of traditional social practices, to determine the communication capabilities of the Internet in terms of the development of new educational, information, political and other technologies (S. Bodker, D.V. Ivanov, E.B. Morgunov, N.V. Romanovsky, A.V. Chugunov, E.V. Yakushina and others);

4) the study of the essence of social behavior: the concept of "social movement" (E. Durkheim, G. Spencer, G. Simmel, F. Tönnies, M. Weber, T. Parsons, etc.), subjective-subjective approach (Ch. K. Cooley, J. G. Mead, V. I. Thomas, F. Znanetsky and others), the activity of individual and group behavior (L. S. Vygotsky, A. N. Leontiev, S. L. Rubinshtein, G. M. Andreeva, A. V. Petrovsky and others). , interactionism, including exhibitionism, theoretical aspects of studying the phenomenon of self-presentation (Yu. Petrov), studying the theory of psychosocial development (E. Erickson).

Empirical basis: The study involved Internet users aged 20 to 25 years. In total, 386 people participated as subjects, of which 85% were women and 15% were men.

Scientific novelty of the research: Certain manifestations of social behavior and relationships between groups of active Internet users who have advantages in choosing one or another type of Internet communication among the youth of the metropolis are revealed.

**Methodical analysis.** The Internet is not only a source of all kinds of information and technologies, but also an innovative tool for information, advertising and propaganda on various topics. On average,

data output to the Internet is 700 times faster and 335 times cheaper than data output by mail. Humanity today has reached a point where life is unthinkable without an Internet connection.

Trends in the development of the modern world are determined not only by society as a whole, but also by the life of each individual. Life in modern conditions is unthinkable without digital technologies. One of the main directions was the computerization of all types of public administration, education, industry, culture and many other important areas of activity and the provision of the "Internet".

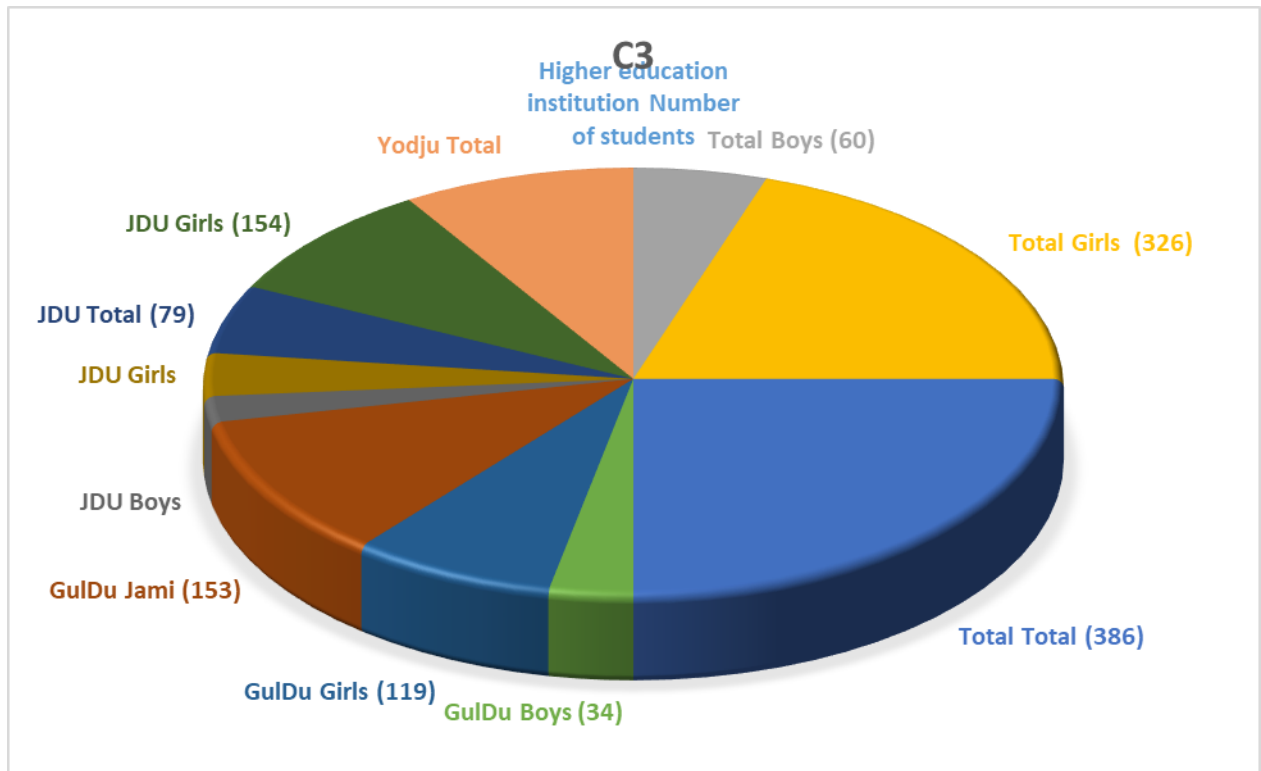
Thus, the transition to the digital age is observed all over the world. Digital technologies are being introduced among young people and even children. The increase in the number of Internet users leads to the emergence of new social relations and new types of cooperation in Uzbekistan. For young people, mobile devices, smartwatches, laptops, computers, tablets and iPads have become tools for free everyday use. Modern youth is brought up under the influence of digital technologies. One of the main objectives of our study is to study the Internet addiction of young people, as well as the positive and negative effects of using the Internet and computer technology on their behavior. Based on the goals and objectives set before us, we used the Kimberly-Young method of studying Internet addiction. The technique was carried out among students of Gulistan State University, Jizzakh State University and Tashkent Pedagogical University, as well as students of the International Institute of Yoju Technical University in Tashkent. The study involved boys and girls aged 19 to 25 years. The results were analyzed psychologically.

### Results And Its Discussion.

**Table 1**The results of a study of Internet addiction among young people

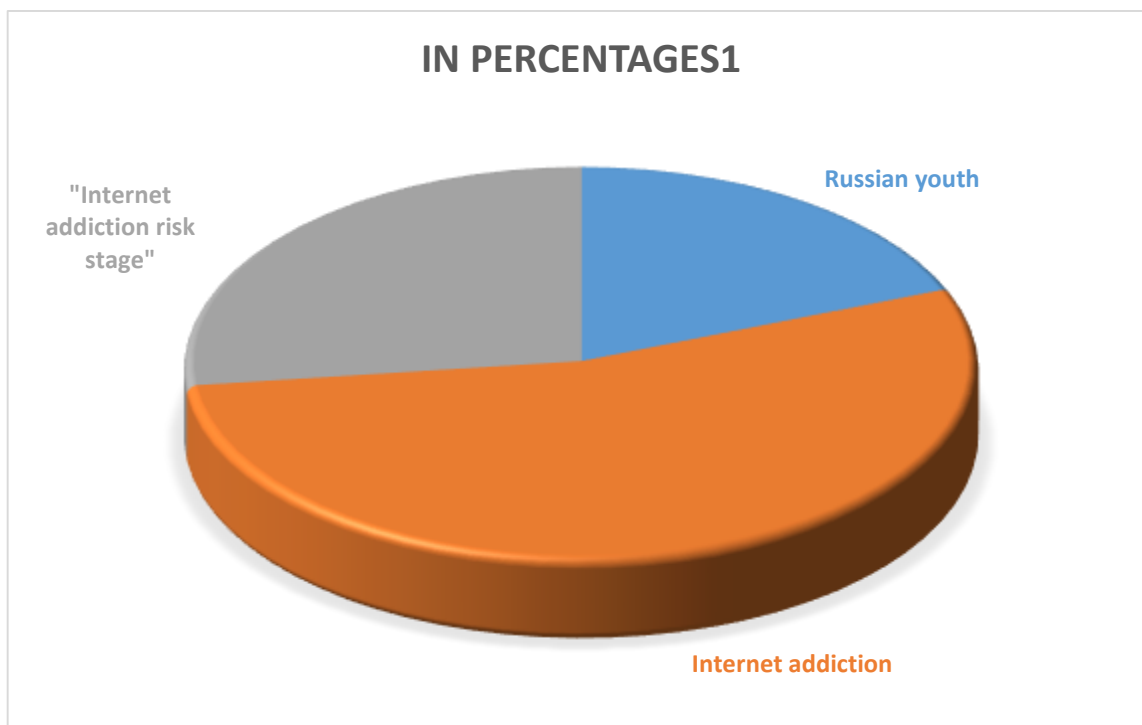
Higher education institution	Number of students	1 degree No dependency 20-49 ball		Level 2 internet addiction 50-79 ball		3rd degree Internet addiction risk stage 80-10 balls	
		Sony	%	Sony	%	Sony	%
Total	Boys (60)	55	91.7	5	8.3	0	
	Girls (326)	214	65.7	112	34.3	0	
	Total (386)	269	69.7	117	30.3	0	

The results of this methodology were analyzed individually and in general for research universities, as well as by gender. Of the general results, the level of "absence of addictive risk" is only in 69.7% of students, 91.7% of boys, 65.7% of girls; The second level "Internet addiction" was revealed in 30.3% of students, including 8.3% in boys and 34.3% in girls. According to the methodology, no students were identified who fall into the "Risk Stage of Internet Addiction" level (0%). The results show that boys are less interested in the Internet than girls. It is concluded that the propensity for the virtual world is greater in girls than in boys. This condition, of course, can also be associated with gender differences. From the above, we can conclude that young people feel free and confident in online communication, and that it is convenient for them not to see the shortcomings, the ability to communicate without leaving the room leads to greater use of this type of communication.



**Figure 1. Distribution of Internet addiction level in youth.**

In a study by Russian researchers Skoblikova T.V. and Skripleva E.V. [12] on the topic "Internet addiction among young people as one of the problems of modern society" studied the Internet addiction of young people. Among the youth of Russia, the level of "no risk of addiction" is 19%, the degree of "Internet addiction" is 54%, the level of "risk stage of Internet addiction" is 27% of students. The authors suggest that the purpose of young people using the Internet is often to search for information and communicate. There were reports of declining proficiency in 70% of the students tested. Conclusions are drawn about the negative consequences of Internet addiction.



**Figure 2. Distribution of Internet addiction in Southwestern University students.**

### **Conclusion.**

According to the results of our study, there were no students who passed to the 3rd level, i.e. to the "internet addiction risk stage". Based on the results of the study, it can be concluded that among the subjects there are no students at risk of Internet addiction, addicts who use social networks from morning to night. Students are involved in learning and work activities, are able to control their behavior and know their limits in the use of the Internet and computer technology. In this case, there may be economic factors. But it is known that almost all of our testees are connected to an unlimited internet package. From the characteristics of age, it can also be said that adolescence is a period of control over one's behavior, as well as anxiety about plans for the future. Unlike teenagers, teenagers take their activities more seriously.

Based on the analysis of domestic and foreign literature, the concept of social behavior is defined for further research. Social behavior is a form of behavior of an individual or group, which is aimed at the formation and maintenance of interaction and relations between the individual and the people and groups surrounding him, contributing to the social structure of society and depending on the norms in it. Young people, as a special group of the population with specific age-specific behavioral patterns, are of the greatest interest for studying the relationship between Internet communication and social behavior.

In this article, we presented our chosen methodology using data from the Kimberly-Young Internet Addiction Research Methodology. In our study, we conducted more university students with the participation of our testers and determined their levels of Internet addiction using our methodology. This method is the main method of our scientific research to identify Internet addicts and determine changes in them. Determining changes in their behavior using our following methods.

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