

The influence of the virtual world on the formation of destructive behavior in adolescents

Bakhtiyor Zokirjon-oglu Kayumov
Zilola Sodikjon-qizi Kodirova
Namangan State Pedagogical Institute

Abstract: This article analyzes the psychological and physiological characteristics of adolescence, its role in human life, and the changes that occur during this period on a scientific basis. It also describes in detail the positive and negative effects of the virtual environment on the behavior of adolescents, especially its role in the formation of destructive behavior. Negative states such as aggression, low self-esteem, social isolation, and a tendency to violence are indicated as the effects of the virtual world. The article emphasizes the importance of psychological support, pedagogical control, and cooperation between parents and teachers in protecting adolescents from virtual threats and ensuring their spiritual, moral, and physical well-being.

Keywords: youth policy, virtual world, adolescence, destructive behavior, aggression, psychological impact, Internet safety, upbringing

Since its independence, Uzbekistan has made state policy on youth a priority, considering the issue of raising a well-rounded generation as one of the main factors of national development.

In recent years, as a result of the rapid development of information and communication technologies, the deep penetration of the Internet and social networks into the lives of young people, the virtual world has become an important factor that seriously affects the upbringing of adolescents. Today, virtual space is becoming not only a means of education and development, but also a breeding ground for various destructive ideas, violence, extremism and other negative vices. The resolutions of the President of the Republic of Uzbekistan on "Educating young people in a spiritual, moral and physical way, raising the system of providing them with education and upbringing to a qualitatively new level" are also aimed at preventing these problems.

Throughout a person's life, he undergoes various changes, both psychologically and physiologically, and grows and develops. This period of time is divided into different age periods and is studied. At each age period, the child undergoes specific mental, spiritual, and physical changes. Adolescence, which is one of these age periods, is also a biologically and psychologically important period in the formation of a person.

What is adolescence and when does it begin? It is natural for many people to have similar questions. Adolescence is a period from 10-11 to 14-15 years old, and for most children, the transition to adolescence begins in the 5th grade. Adolescence is one of the periods of a person's life when he is no longer a child, but has not yet reached adulthood. "A teenager is no longer a child, but not an adult either" - this very classification expresses an important characteristic of adolescence. Adolescence is a period of transition from childhood to adulthood, which is distinguished by its physiological and psychological aspects. At this stage, the child's physical and mental development accelerates greatly, his interest in various things in life increases, his desire for intimacy increases, his spiritual world is enriched, and conflicts arise. What changes occur in adolescents during this period? At this age, adolescents undergo physiological and psychological changes. Physiological changes are the beginning of sexual maturation, the complete development and growth of all organs in the body, and the beginning of the re-formation of cellular and organism structures. During the period of psychological changes, adolescents try to behave like adults. They strive to demonstrate their abilities, skills, and capabilities to a certain extent to their peers and teachers. The period of adolescence is accompanied by psychological processes that have received names such as "Transitional period", "Crisis period", "Difficult period".

Now, returning to our main topic, during adolescence, the processes of personal identification, emotional stability, and social adaptation are actively taking place. The virtual world, the Internet, video games, and social networks can have both positive and negative effects on these processes. The role of the virtual world is especially important in the formation of destructive behavior. The impact of the virtual world on the formation of destructive behavior is the formation of violence and aggression, and as a result of the teenager's misuse of the virtual world, a tendency to violence and aggression may arise.

Social media bullying can lead to a lack of empathy for other people's feelings. Teenagers may become more attached to virtual forms of communication than to real-life social relationships, which can lead to underdevelopment of real-life skills and difficulties in social interaction.

Negative impact on self-esteem. Comparing peers on social media can lower adolescents' self-esteem. Idealized images, lifestyles, and achievements can lead to low self-esteem, depression, and anxiety. Teenagers use online chats or games to replace the real-life interactions they lack in the virtual world.

What is self-destructive behavior? - these are actions that deviate from the norm and harm society or the individual (aggression, self-isolation, violence, addiction, etc.).

Aggression is manifested in the form of anger, aggression, fighting, or swearing (abusing words) towards others. The teenager also becomes aggressive towards himself: he hits himself, cuts his hand, and even commits suicide.

Providing psychological support and counseling: The support provided by psychologists and educators helps adolescents develop social skills. Individual therapy or group sessions are conducted to address stress and emotional problems. Limits on the use of the virtual world are set with the supervision of parents and teachers.

In conclusion, the virtual world plays a significant role in the life of a teenager. It is a source of positive opportunities for a teenager. The conducted analysis shows that in the current era of information technology development, the virtual space has a two-fold impact on the upbringing of young people. On the one hand, it has created wide opportunities for learning, communication and development, on the other hand, it causes the spread of various destructive ideas, elements of violence and aggression. This, if those responsible for education and upbringing leave adolescents without control, can lead to behavioral disorders. Therefore, it is necessary to find a proper solution to this problem, taking full control of it by parents, teachers, psychologists.

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