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THE INFLUENCE OF INTERNET ADDICTION MANIFESTATION IN ADOLESCENTS ON PERSONALITY TRAITS

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Abstract:

This article empirically investigates the psychological factors and the conditions of manifestation that cause mobile communication dependency in adolescents. The socio-psychological mechanisms of mobile communication dependency in adolescents are identified, and necessary practical recommendations have been developed.

Keywords: Internet, phone, hypodynamia, psychotherapist, profile, addiction.

Introduction

In recent years, our republic has implemented a series of fundamental reforms aimed at nurturing young people into well-rounded individuals, establishing the necessary legal and regulatory framework. The development of artificial intelligence technologies and their safe implementation has become one of the priority areas of state policy in our country. Notably, the "Ethical Rules for the Use of Artificial Intelligence," approved by the Ministry of Justice in March 2026, will be an important step in regulating the legal and ethical environment in this field. The Development Strategy of the New Uzbekistan for 2022-2026 sets forth the task to "support and realize the creative and intellectual potential of the younger generation," which provides a sufficient basis for scientifically studying

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the intellectual development of youth by protecting them from factors that cause internet addiction.

Today, it is difficult to overstate the role of the internet in our lives. It is simultaneously a part of global culture and a new, parallel dimension to the lives of both individuals and society as a whole. Communication via social media holds a dominant position among today's youth. Social internet platforms provide modern students with opportunities to join various communities, make new acquaintances, have constant access to news feeds, view photos and videos, participate in discussions on various forums and chats, and much more.

Currently, many researchers emphasize that the unlimited use of mobile phones has a serious negative impact on human health and psychological stability. In their view, this situation primarily leads to a weakening of an individual's communication skills and a decline in their ability to communicate face-to-face. Using a mobile device day and night causes physical problems such as sleep rhythm disorders, chronic insomnia, and an increased risk of obesity due to physical inactivity (hypodynamia). Furthermore, short-sightedness, rapid eye fatigue, headache, lack of oxygen to the brain, muscle spasms in the neck and shoulders, postural disorders, and diseases of the circulatory system are also among the consequences of excessive phone use.

Psychotherapists were the first to encounter the problem of internet addiction. Consider clinical psychologist K. Young, who pioneered the psychological study of Internet addiction phenomena. He wrote the following about the first reason I studied internet addiction: "My first subject of study who became an internet addict was the husband of my girlfriend, who developed an addiction to online conversations."

"When my friend told me she was going to divorce her husband, I was curious to find out, because many people have already started an internet addiction, whether drugs, alcohol, gambling or addiction are visible in their behavior." It was possible to observe that other psychotherapists also encountered similar problems

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in their practice. A survey of 3,000 Americans during that period found that, according to experts, 73% of them had experienced problems using the Internet. According to a survey of Swiss psychiatrists, 74 of them are ready to admit that they have an Internet addiction and have already begun discussing the prospects for treating such patients. This is where the recognition of internet addiction as an international phenomenon begins. Internet addiction was widespread not only in the United States but also in Russia, China, and other countries, and could be found in any region. Signs of addiction can be observed in 2% to 15% of internet users worldwide [19.403,412].

At the first stage of the study, we collected a questionnaire titled "Self-Presentation on Social Networks" from adolescents studying in the cities of Fergana and Kokand and analyzed them as follows.

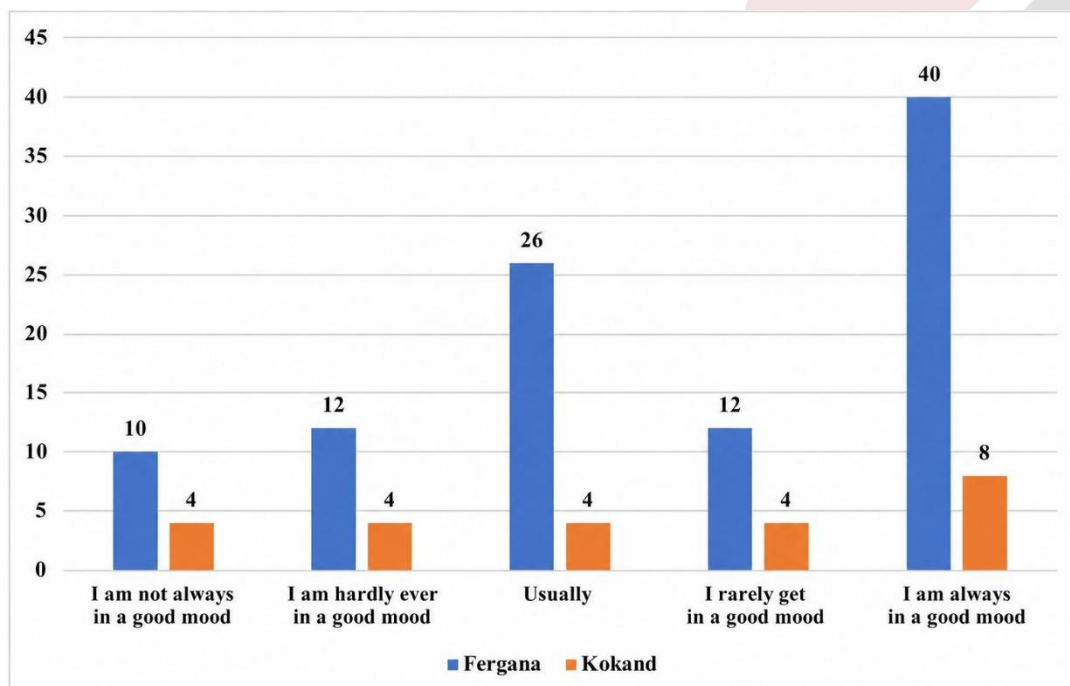


Figure 1: "I know myself well, and many of the things I post on my social media profile are a way of showing what kind of person I am."

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According to the results of Figure 1, when respondents were asked, "I know myself well, and many of the things I post on my social media profile are a way to show what kind of person I am," 24% of teenagers in Fergana and 16% of teenagers in Kokand answered, "I completely disagree." The reason for this is that the respondents who chose this option do not view their social media profiles as a mirror reflecting their identity. In Fergana, this indicator is significantly higher than in Kokand (by 8%). Among the adolescents of the city of Fergana, there are many who draw a strict line between the virtual and the real "I." This is explained by their high need for digital privacy or a strong distrust of "fake and embellished images" on social networks. They consciously refrain from displaying their true character, deep emotions, and intellectual potential on the Internet. 14% of adolescents in the city of Fergana and 10% of adolescents in the city of Kokand answered "On the contrary, I do not agree" to this question. This is due to the fact that adolescents in this group prefer to use social media mainly as passive observers. That is, they are more inclined to consume information and news than to leave information about themselves. The high overall rejection rate in Fergana indicates that the youth of this region prioritize real social relations over the virtual world in expressing their identity. 32% of adolescents in Fergana and 24% of adolescents in Kokand answered this question as "Intermediate." This is due to the fact that the majority of the study participants (the highest figure in both regions) have not made a firm decision on this matter, or their motives for using social networks vary depending on the situation. From a psychological perspective, this situation indicates that the virtual behavior of adolescents is unstable; sometimes they express their opinions openly, and sometimes they prefer secrecy and privacy. 12% of adolescents in the city of Fergana and 12% of adolescents in the city of Kokand answered this question as "I agree more." The reason for this is that, regardless of the region, a certain portion of adolescents consider social networks to be an important means of self-expression. Members of this group are primarily active on social media and strive to create a unique

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network image by sharing their interests, lifestyle, and status with others. The fact that the results in both cities were equal (12%) indicates that the tendency to express oneself in a digital environment is, in a sense, universal. 18% of adolescents in Fergana and 12% of adolescents in Kokand answered "I completely agree" to this question. This is because those who choose this option perceive their digital image and real personality as a complete whole. The relatively high rate of this indicator (18%) in Fergana is explained by the large number of young people in the region who actively use social networks as a platform for personal branding and targeted self-presentation. They fully intend to convey their true character and psychological state to the public through the content they upload to the network.

Results of the regional difference in the "Internet Attitude Survey Indicators" (n=100)

Scales	Territory	n	m	Std.Ovgish	t	p
Social comfort Single-Depression	Kokand	50	23,46	8,81	2,35*	0,021
	Fergana	50	19,68	7,19		
Self-control	Kokand	50	17,68	7,59	0,87	0,388
	Fergana	50	16,58	4,79		
Scales Social comfort	Kokand	50	26,92	9,41	1,06	0,292
	Fergana	50	25,00	8,69		
Single-Depression	Kokand	50	41,04	13,71	1,58	0,118
	Fergana	50	37,14	10,83		

* $p < 0,05$; ** $p < 0,01$; *** $p < 0,001$

When studying adolescents' attitudes toward the Internet based on the E. Gubenko OCS (Online Cognition Scale) survey, the following conclusions were obtained in the regional context. According to the "Social Comfort" scale of the "Social Comfort and the Strive for a Virtual Environment" methodology, a statistically significantly higher indicator was identified in Kokand city adolescents compared

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to Fergana city adolescents ($t=2.35$; $p<0.05$). This scale measures the subject's tendency to compensate for the lack of communication in real life through the Internet. The result shows that Kokand teenagers consider the virtual environment to be a more favorable platform for self-expression and bypassing social barriers. A significant difference ($t=1.06$) was also observed in the scale of decreased self-control among youth from Kokand compared to youth from the city of Fergana. This situation indicates that adolescents face difficulties in planning their internet use time and the prevalence of "obsessive" thoughts about the network. The high level of this indicator is a key risk factor for the formation of pathological internet addiction.

No statistically significant interregional differences were identified on the emotional state scales "Loneliness-Depression" ($t=0.87$) and "Distraction" ($t=1.58$). The proximity of "loneliness-depression" indicators means that adolescents in both regions have a similar tendency to use the internet as a "medicine" against a bad mood. Stability on the "Distraction" scale indicates that both cities have the same level of adolescents' use of the Internet as a means of escaping daily obligations.

The results of the study show that the formation of dependence on mobile communication and self-presentation in social networks among young people is determined by a multifactorial socio-psychological system. Difficulties in real communication, increased feelings of loneliness, depressive states, and avoidance (distraction) from responsible academic tasks have been scientifically substantiated as the primary determinants negatively affecting a student's mental development and social adaptation. At the same time, empirical evidence confirms that the stability of students' self-control abilities and their ability to actively engage in real social relationships are important factors in forming resilience to mobile addiction. Against the background of emotional instability, the inability to constructively resolve life difficulties and the increased need for

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"virtual social comfort" significantly increase the risk of developing clinical symptoms of mobile addiction.

In conclusion, the research results show that the components of internet addiction in adolescents in the city of Kokand, such as "Social comfort" and "Reduced self-control," are significantly more active. In the psychoprophylactic measures developed within the framework of the dissertation, the main emphasis should be placed on reducing dependence on virtual communication and developing time management skills.

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