

Persönliche virtuelle Beziehung als Gegenstand psychologischer Forschung Turgunova Gulru Todjiboyevna

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Zusammenfassung: Heute, im Zeitalter der technischen Entwicklung, erfreut sich die virtuelle Kommunikation weltweit großer Beliebtheit. Laut Statistik ist die Zahl der Nutzer der virtuellen Kommunikation in den letzten 10 Jahren deutlich gestiegen. Insbesondere im Kontext der COVID-19-Pandemie empfinden Menschen auf der ganzen Welt die virtuelle Kommunikation als bequem und sicher, und die Benutzer der virtuellen Welt sowie die von dieser Form der Kommunikation abhängigen Personen sind gewachsen und nehmen stark zu. Dieser Artikel liefert Informationen über die virtuelle Kommunikation von Individuen, ihren Einfluss auf die menschliche Psychologie, sowie Forschungen zur Psychologie von Menschen in der virtuellen Welt, deren Ergebnisse.

Schlüsselwörter: Kommunikationsarten, virtuelle Kommunikation, Vorteile virtueller Kommunikation, persönliche virtuelle Kommunikation, Internet, virtuelle Kommunikationsfunktionen, Forschung, The John D. and Catherine T. McArthur Foundation, Yasmin B. Kafai, Deborah A. Fields und Mizuko Ito Forschung, „Linked Game: Twens in the Virtual World“, The Starlight Children's Foundation, Online-Meetings, „Live Man“-Beziehungen, virtuelle Realität, innovative Methoden.

Personal virtual relationship as an object of psychological research Turgunova Gulru Todjiboyevna

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Abstract: Today, in the age of technical development, virtual communication has become very popular all over the world. According to statistics, the number of users of virtual communication has grown significantly over the past 10 years. Especially in the context of the COVID-19 pandemic, people around the world find virtual communication convenient and safe to communicate with, and users of the virtual world, as well as dependents on this form of communication, have grown and are growing significantly. This article provides information about the virtual communication of individuals, its impact on human psychology, as well as research on the psychology of people in the virtual world, their results.

Keywords: types of communication, virtual communication, advantages of virtual communication, personal virtual communication, internet, virtual communication features, research, The John D. and Catherine T. McArthur Foundation, Yasmin B. Kafai, Deborah A. Fields and Mizuko Ito research, “Linked Game: Twens in the Virtual World,” The Starlight Children’s Foundation, Online Meetings, “Live Man” Relationships, Virtual Reality, Innovative Methodologies.

All living things belong to communication. And communication is the interaction of an organism with an organism, living beings with each other. In psychology, the types of communication are classified according to the goals, means, content, which are specific to this or that interaction

The main types of communication:

- By means (verbal and non-verbal communication).
- Objectives (biological and social).
- Content (cognitive, material, conditional, motivational, activity).
- Mediation (direct communication, mediation, indirect, direct).

In today's globalized world, virtual communication is becoming more and more popular. However, most observations, research and experiments in psychology are based on this type of communication [1].

Virtual communication is a type of communication that is carried out by means of telecommunications, ie computers and the Internet. The interlocutor is not presented in the form of a living person, but in the form of his image, signs, symbols and numbers. Virtual communication is often written communication, they are in a blank style, people exchange different information. There are many sites on the Internet where virtual communication takes place.

There are social networks that aim to connect acquaintances and friends no matter who they are. You can find old classmates, you can find a friend they once mentioned. You can simply ask her if she has a patch on her social network from her ordinary lover's life.

There are sites where people comment on articles or some information. When people meet and communicate by interests, for example, the topic of a site, there are sites where people are combined with interests, where they get to know and talk about the topic of the site. Virtual communication has many effective features that continue to attract many people.

Initially, virtual communication was a business communication between people at different points. It was only with the advent of the Internet that virtual connections began to unite all strata of all people on various issues. The advantage of virtual communication is that people can communicate with everyone, even those in another country or city.

It can be said that virtual communication is a good tool for shy, lonely people with other physical disabilities to make friends and even communicate with their loved ones. An internet connection is easier and calmer because people don't see it, they don't hear it, or they can't check it.

All this allows you to present yourself in the best openness. And no one, in essence, can verify the accuracy of the data. If you want to look more attractive, you can put a photo of such a person. You can talk about things that aren't actually like that. On the Internet, you can be anyone, because there is no way to expose a lie until virtual communication becomes real [2].

Other advantages of virtual communication:

- Ability to resolve an error at any time.

- Voluntary relationships and connections.
- The ability to find many friends around the world with interests, goals, desires, and more.
- Ability to stop communicating at any time and without explanation.
- The opportunity to be as much as you want to be.
- The emergence of self-confidence due to the lack of communication failures [3].

PERSONAL VIRTUAL COMMUNICATION

The disadvantage of virtual communication is that a person loses the skills of real communication with people, getting used to these forms adopted on the Internet.

Circumstances such as a lack of all forms, words, and other emotions occur. These situations are useless and cause confusion with the real connection between people.

Another important minus aspect of virtual communication is the change in the human mind. There is a lot of time in work that doesn't inspire him, and a person loves virtual communication. He follows other people's lives, puts his life down, communicates with people to see if they are interested in the information he provides. All of this may be far from the realities that are largely present in the world today.

In virtual communication, people typically stop communicating in the real world. Family people can spend their holidays on social media. They no longer communicate with each other, but prefer to be in the virtual world with a virtual friend.

Most people want to find their love by dating online on special sites. There can be a lot of pitfalls here.

- ✓ He meets the wrong interlocutor pictured.
- ✓ The photo may be old.
- ✓ It is not possible to properly test the information a person presents about himself.

In virtual communication, people do not communicate with each other, but they are painted and live in the pictures and fantasies they want. If such a relationship moves to real life, then the interlocutors are often disappointed in each other, and on the first day they end the relationship because they seem to be dreamers.

Often people avoid real communication because in their psychology the virtual world can rarely make a mistake, or show less of their negative qualities, or avoid being imperfect. Real communication is an area where there is a lot of sadness, frustration, hardship, and so on. Virtual communication allows a person to be nobody. It can even be violent - such an image also accepts someone and love. One can experience, even different, roles, and all this is good in communication, without being exposed in the virtual world.

The disadvantage of virtual communication is that a person forms a person who does not fit his or her personal capabilities and characteristics. It is dangerous to become a child who only learns to communicate with people and understand their place. In the virtual world, everything is allowed and allowed. The real world has

limitations. If the child does not understand himself, does not develop the necessary qualities for real life, he does not look for flaws and shortcomings, then he loses touch with real life and is forever connected to the virtual world. Because human psychology is like that [4].

Internet should be remembered as an addiction. And it manifests itself in this way. Its symptoms:

- When viewing messages, even if no one has written.
- Repeat or refresh the page.
- Spend the whole day in front of the monitor.
- Feeling panicked or frustrated if you can't access their page.
- Talk to friends only through social media.
- The desire to discuss other photos and post new photos of them.

VIRTUAL COMMUNICATION FEATURES

Virtual communication itself is not a good or bad thing. Initially, they created an opportunity for the network to keep many people away, in addition to being able to exclude their real connections. However, virtual communication has its own characteristics:

1. The ability to communicate with people from different parts of the planet. If people know each other's language, they can make friends and start a relationship right away.
2. Favorable conditions for communication. The interlocutors do not show their usual place of residence, which gives them confidence and peace of mind. At the same time, they communicate with each other.
3. Improving written speech. Virtual communication often involves the transmission of information in writing, after which people can improve their speaking skills in writing.
4. Virtual communication is the written transmission of information in the form that is most convenient to the person. And it can be anonymous on the Internet, after which a person feels impunity, excitement, permission, and at the same time, increases the chances [5].

RESEARCH IN PSYCHOLOGY

Virtual spaces can serve a variety of research and educational purposes and can be useful for monitoring human behavior. Individuals in the offline and virtual worlds are different, but nevertheless, they are closely related to each other, which leads to a number of effects: self-examination, self-o self-development and other personality theories. Panic and agoraphobia have also been studied in the virtual world.

In particular, given the large participation of young children in the virtual world by The John D. and Catherine T. MacArthur Foundation, there has been a steady increase in research covering the social, educational and even emotional impact of virtual worlds on children. For example, funded research in the virtual worlds, how young children learn and share information about reproductive health. A

collection of research on children's social and political use of the virtual world has been published by Hayvill.net as well as in the book "Linked Game: Twens in the Virtual World" by Yasmin B. Kafai, Deborah A. Fields and Mizuko Ito. . Currently, a number of other research publications are devoted to the use of the virtual world for education.

Other research, more focused on adults, explores the causes and emotions of virtual world users. Many users look for a zone of escape or comfort when accessing these virtual worlds, as well as a sense of acceptance and freedom. Virtual worlds allow users to explore many aspects of their personal lives in ways that are not easily available in a free life. However, users may not be able to apply this new information outside the virtual world.

Thus, virtual worlds allow users to evolve around the world and possibly become addicted to a new virtual life, which can make it difficult to interact with others and survive emotionally in real life. One of the reasons for this freedom of search is related to the privacy of virtual worlds. It gives an individual the ability to be free from social norms, family pressures, or the hopes they may face in their personal lives. The avatar persona is experiencing an event similar to avoiding reality, such as using drugs or alcohol to feel pain or hide behind it.

An avatar is no longer a simple tool or mechanism that is controlled in cyberspace. Instead, this person's bridge between the physical and virtual world became a channel for self-expression among other social actors. The avatar becomes the changing ego of man [6].

People with disabilities or people of all ages can benefit greatly from experiencing the mental and emotional freedom gained by temporarily leaving and doing things that are simple and potentially healthy things like walking, running through their avatars, leaving their disabilities temporarily. possible. , dancing, sailing, fishing, swimming, surfing, flying, skiing, gardening, exploring and other physical activities, their illness or disability hinders them in life.

They can also easily socialize, build friendships and relationships, and avoid stigma and other barriers that are usually associated with their disability. It can be more constructive, emotionally satisfying, and mentally satisfying than passive entertainment, such as watching television, playing computer games, reading, or the usual forms of Internet use [7].

The Starlight Children's Foundation helps hospitalized children (who suffer from pain or autism) given the participation of the players) they may not have been able to experience the virtual world, healthy or sick. Virtual worlds also allow them to live and move beyond the limitations of disease and relieve stress [7].

While the virtual world facilitates interaction across time and geographic boundaries, it provides an unrealistic environment where you can instantly connect and enjoy. Online dating is used as a seeming alternative to a "live person" relationship, when a person is embarrassed, insecure, lost, or simply finds something else and is encouraged to engage with it, virtual worlds are for its users. is the best environment.

Man has the right to unlimited possibilities to realize any dream, to fulfill any wish, or to satisfy a wish. He can face any fear or defeat any enemy by clicking the mouse. After all, virtual life is the place to go when the cosmic life becomes boring or boring. In real life, even if people are hesitant to convey their true thoughts, it's easier to do it online because they never have to meet their interlocutors. Thus, virtual worlds are primarily a psychological escape [8].

Another area of research related to virtual worlds is the field of navigation. In particular, this study examines whether the virtual environment is an adequate learning tool for real-world navigation. St. Michael's College psychologists have found that the video experience is compatible with the ability to move and accomplish goals in a virtual environment; however, this experience was not associated with an increase in the ability to move in a real, physical environment.

Extensive research conducted at the University of Washington has conducted many experiments related to virtual navigation. In one experiment, there were two group topics, the first of which explored virtual environment maps and the second of which worked in a virtual environment. Groups of subjects then performed the task in a virtual environment. There was little difference between the outputs of the two groups, and what a difference it made, in favor of the users of this map.

The test subjects were generally unfamiliar with the virtual world interface, which probably led to a navigation impairment and thus showed uncertainty in the analysis of the experiments. Research has shown that interface objects make natural navigation movements impossible and possibly reduce the impact of less intrusive management disturbances for the virtual environment [9].

The reason why new technologies and virtual reality are increasingly used in psychology is that they are offered as a means of developing and benefiting people in any area of life.

New technologies are entering every corner of our lives. The first Virtual Reality platforms were implemented for large industries that wanted to develop scenarios for professionals who could train in a variety of situations.

The first designs in virtual reality psychology focused on anxiety disorders. When its effectiveness was proven against control groups, it was suggested to expand the range to more complex diseases.

In particular, in psychological disorders, the first event of Virtual Reality focused on acrophobia, exposing a person to disturbing virtual situations.

Given that virtual reality is often presented as an effective alternative to treating diseases for which traditional methods are ineffective, its use is even more important.

In addition, for example, when it comes to influencing the imagination, it also provides advantages because there are individual differences in the imagination (people who face more difficulties) and a sense of existence that does not give the imagination [10].

Advantages of using virtual reality in psychotherapy

The application of virtual reality in psychotherapy can bring many advantages that are still difficult to achieve from traditional psychotherapy. Some of them are:

1. Increase capacity

In some cases, such as phobias, live exposure is difficult or non-existent. Traditional psychotherapy has reduced this discomfort by using imaginary exposure.

However, in some cases, it was very costly for the patient to visualize the desired situation at a high level. Thanks to the creation of a virtual environment, it is possible to dive into specific situations as needed.

2. Possibility of repetition

Because these environments are created in a virtual manner, it is possible to restore them to the desired level, as well as to include different events or variables depending on the treatment moment.

3. Helps to personalize treatment

In addition to opportunity, it is important that the exhibition is tailored to each specific issue. 360° video management in a real patient situation can be helpful for exposure.

4. Allows complete control of each event

That is, the psychologist is distinguished by the fact that he manages any virtual event that can be entered during the exposure, in contrast to the imaginary effect, which is almost impossible to control any imaginary details.

5. Helps the patient play an active role in their health

This advantage can be improved due to the 360 recording (video) that the user can perform in their daily environment.

6. Reduce treatment costs

It is as if the psychotherapist had joined in the real situation.

7. Improves treatment acceptance

In some cases, conventional psychotherapy may be refused by the patient. However, computer-centered treatment makes it easier to initiate treatment as in a simulated environment [12].

Application of virtual reality in psychological diseases

As for clinical psychology and psychological disorders, various systems have been developed using new technologies to improve people's health and thus help psychologists in their treatment.

a) Anxiety disorder

One of the most effective treatments for anxiety disorders is exposure, which means that the subject is gradually and regularly exposed to what they fear.

However, some patients refuse or refuse this treatment because, for example, it is very unpleasant for them, because when we talk about intervention, we find a group of patients.

Virtual reality allows patients at risk of disturbance to interact in a virtual environment so that the person can interact with the space and objects in a real-world environment.

Thus, because frightening things or situations are not “real,” patients who do not accept the effect may be more receptive to such a way of dealing with them.

Various studies suggest that many people prefer to interact in a virtual environment rather than in a virtual or in vivo environment.

In this way, Virtual Reality has been used before, for example, spider phobia, flight phobia, claustrophobia or agoraphobia.

In 1998 (Botella et al., 2007), they developed the first treatment for claustrophobia, and later others put forward different scenarios, such as a room with windows open and closed, another room without windows, or an elevator.

For example, in the case of agoraphobia, a variety of typical agoraphobic situations, such as the subway or a shopping mall, have been developed, while interactive experiences have been simulated.

Therefore, we can conclude that Virtual Reality results are effective for a variety of anxiety disorders, such as height fear or claustrophobia, which are maintained over time.

There are also small animal phobias, flight phobias, driving phobias, fear of speaking in public, panic disorder, and agoraphobia.

b) eating disorders and body image disorders

Eating disorders are a serious health problem. Both nerve anorexia and bulimia nervosa involve a person’s pathological desire to be thin.

In addition to nerve anorexia and bulimia nervosa, food simulators for obesity and excessive food intake have also been developed.

Virtual reality has also worked for body image distortions. This is very helpful for people with eating disorders.

There are various advantages to using Virtual Reality for this problem, starting with the ease with which the body image construction can be identified, making it difficult to detect and run [13].

Through virtual reality, we give a person the opportunity to project their image in 3D (although a psychologist can imagine it).

Virtual reality allows you to fully observe the body face to face with a person, as well as evaluate it on specific areas of the body.

Virtual reality in body image has shown its effectiveness compared to traditional methods of selection of a cognitive-behavioral nature. This is effective because people with eating disorders perceive the computer as a “more impartial judge” and therefore their therapeutic commitment increases and they are more likely to accept changes in body image.

c) Chemical and behavioral dependencies

Some researchers have also applied for addiction to substances such as nicotine or heroin through Virtual Reality, as well as applications for pathological gambling.

For example, in pathological gambling, the patient refers to scenarios related to situations such as casinos to learn impulse management.

d) health psychology

Other programs of Virtual Reality focus on the field of health psychology, such as pain associated with certain medical procedures such as burns.

e) Stress-related disorders

The use of virtual reality has also been used for post-traumatic stress disorder to trigger traumatic events for a person, such as war veterans or 9/11 terrorist attacks, and suggests that it may be useful in reducing these symptoms as a result [14].

It can also be useful for adaptive illnesses or pathological grief. In both cases, they are people with complex life situations that they cannot solve.

f) some childhood disorders

For example, some virtual worlds are designed to assess and treat autism spectrum disorder, as well as attention deficit hyperactivity disorder (ADHD) [15].

New information and communication technologies are a useful and effective tool in solving psychological problems. They have only recently begun to develop and have accumulated as early stages in the development of future treatments.

All the advances that are happening around virtual reality lead to improved patient health and full care. Virtual reality is growing at a rapid pace, and while not everyone has access to it due to its economic development, in the process of development its costs are also reduced and it is made available to all audiences. Undoubtedly, in psychology it has developed remarkably well and has proved useful in many investigations [16].

Current psychotherapy is already using innovative methodologies such as Virtual Reality Therapy. Visualize these images. These glasses include position observers, which allow them to detect head movements, thereby providing a variety of images based on them.

All of this is complemented by the use of headphones, which allows you to create a sense of baptism and therefore a sense of presence. In this way, the user replaces the existing physical reality with a virtual environment [17].

Thus, because of this sense of presence and interaction, this technology is able to create a virtual experience (computer-generated environment) that evokes cognitive and emotional responses in people similar to what happens in the real world in the same environment. Therefore, virtual reality is already being used to treat a variety of problems, mainly: phobias, anxiety, post-traumatic stress, eating disorders, depression, and addiction. In addition, it is useful for teaching certain techniques such as relaxation or meditation [18]

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