

## **SÜCHTIGKEIT NACH DER VIRTUELLEN WELT ALS EIN FAKTOR DER EXPOSITION DURCH ZERSTÖRENDE INFORMATIONEN**

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**Abstrakt:** Dieser Artikel stellt die psychologische Essenz des Lernens vor, um Cyberangriffe zu vermeiden. Moderne Studien haben die psychologische Analyse von Cyberangriffen untersucht. Auch psychologische Ansätze zur Vermeidung von Cyberangriffen bei Jugendlichen werden detailliert analysiert.

**Schlüsselwörter:** virtuelle Welt, Cybersicherheit, Cyberkriminalität, Manipulation, Persönlichkeit, psychologisches Merkmal.

## **ADDICTION TO THE VIRTUAL WORLD AS A FACTOR OF EXPOSURE TO DESTRUCTIVE INFORMATION**

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**Abstract:** This article presents the psychological essence of learning to avoid cyberattacks. Modern studies have explored the psychological analysis of cyberattacks. Also, psychological approaches to avoid cyber attacks in teenagers are analyzed in detail.

**Keywords:** virtual world, cyber security, cyber crime, manipulation, personality, psychological trait.

The development of modern information technologies on a global scale, in the conditions of globalization, in a time when teenage students have their own views, and it is possible to systematically and rationally use the achievements of science and technology, destructive information, along with constructive information, did not fail to show its influence. This, in turn, led to the widespread popularity of the virtual world. At the same time, virtual manipulations aimed at having a negative impact on the adolescent's mind, various attempts to derail the worldview are also increasing. Cyberbullying has created a favorable negative environment aimed at controlling the adolescent's time and thereby controlling the mind. In addition, through cyber attacks, unprecedented manipulative information has been developed, which includes information of various contents, programs with destructive effects based on the needs and interests of teenagers.

In modernizing Uzbekistan, the state has paid great attention to the issue of protecting teenagers from negative attacks in various virtual worlds. The third of the five important principles put forward by the President of the Republic of Uzbekistan Sh.M. Mirziyoev on raising the morale of young people and meaningfully organizing their free time is "aimed at organizing the effective use of computer technologies and the Internet among the population and young people" . At the same time as making it possible to freely use constructive information through modern information

technologies, it also means that it is exposed to the influence of cyber attacks and addiction. Therefore, the use of modern information technologies by teenage students, by forming moral and social rules, it is of particular importance to develop a strong will against various ideological and psychological threats in them. Therefore, the scientific analysis of the psychological determinants of resistance to cyber attacks is considered an urgent task of the present time.

Modern man constantly, in fact, every day of his life, absorbs and processes a huge amount of information. Homo Cyberus is indeed living in information, living with information, information overload and hunger for information is one of the primary causes of stress in the 21st century. At the same time, the information in the modern world, even according to the most conservative estimates, is several hundred thousand times more than a person can process independently. Moreover, this information is many times more than a person needs to adequately meet his real needs. And when perceived, all information, even if it is necessary for something and useful for a person, is not effectively processed by him, remains in memory and is not used in life.

The impact of cyberspace on society cannot be denied. It has provided a platform for instant communication, trade and interaction between individuals and organizations around the world. As cyberspace has grown in popularity, unfortunately, so have the number and variety of cyberattacks. Here, cyber-attacks are defined as events aimed at violating the integrity, confidentiality or availability of a system (technical or socio-technical). These attacks range from hacking and Denial of Service (DoS), ransomware and spyware infections, and can affect everything from the public to a country's critical national infrastructure.

Research has shown that members of the public respond more to the consequences of a cyber attack than to the attack itself. One example is a cyber-attack that infected a national power plant with malware, leaving hundreds of thousands of citizens without electricity. Here, the attack, that is, the infection of malicious programs, may not worry people (the public), but more attention is paid to their effects, that is, the absence of electricity, thus the lack of heating, problems with food preparation, etc. In this study, two main important aspects were considered. These are social and psychological (emotional and behavioral) effects. The social impact of a cyber attack refers to the social disruption caused in people's daily lives and widespread issues such as anxiety or loss of trust in cyber or technology. Psychological influence can be known through social influence and can include a person's anxiety, worry, anger, rage, depression and a number of other personal aspects.

After discussing threat and attack perceptions, defense motivation theories, and theories of public reactions to attacks and online crime, two real-world cyberattack scenarios in 2017: the global WannaCry attack and the Lloyds Banking Group cyberattack are critically discussed in research by Maria Bada and Jason Newors. It attempts to understand the social and psychological effects of these attacks on the individual and society. All of these are important topics to discuss and analyze in advancing cyberthreat research from a cyberpsychological perspective.

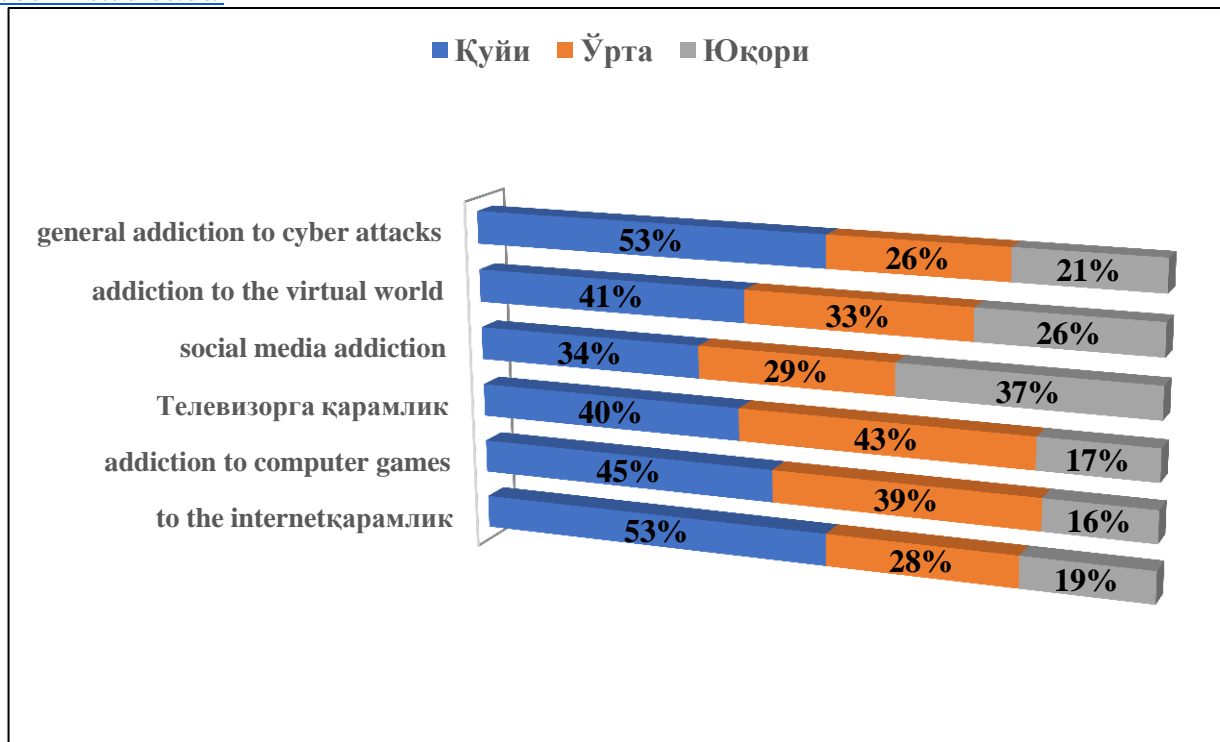
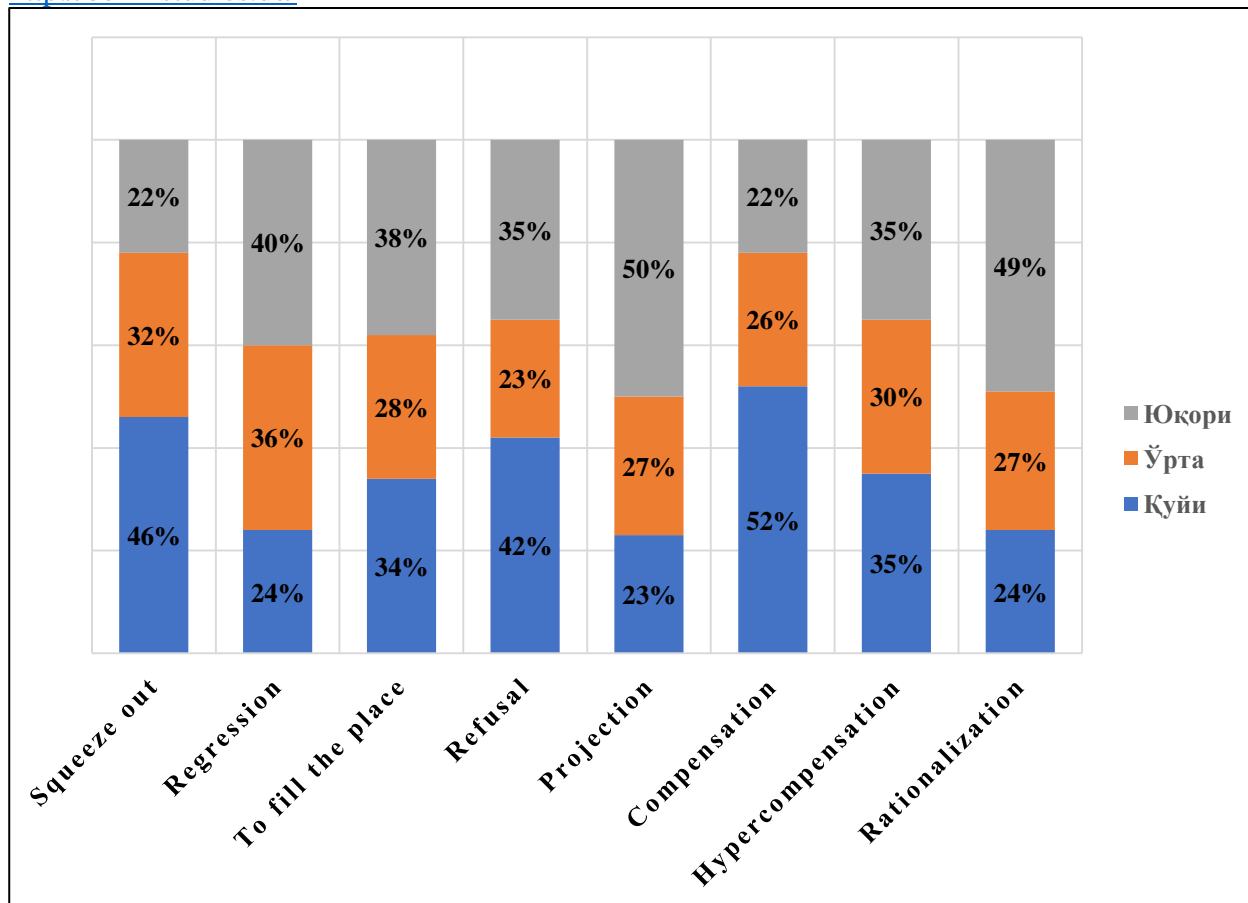


Figure 1

### Cybersecurity and Internet Addiction Questionnaire Indicators

Cyber Security and Internet Addiction According to the results of the survey, 21% of the test subjects showed a high level, 26% of the test subjects showed a medium level, and 53% of the test subjects showed a low result of the general addiction scale of the teenage students to cyberattacks. 26% showed high, 33% medium and 41% low result on the virtual world addiction scale. According to the social media addiction scale, 37% were high, 29% were medium and 34% were low. 17% showed high, 43% medium and 40% high ratio on TV addiction scale. According to the following computer game addiction scale, 16% reported high, 39% medium and 45% high. 19% scored high, 28% moderate, and 53% high on the latest Internet Addiction Scale. It can be seen that the results of these questionnaire scales showed that the respondents had a medium ratio and a moderate level of exposure to cyber attacks.

Despite the widespread belief that this problem is typical for "children", no one is immune from it. Research shows that 40% of adults have experienced a cyberattack. However, teenagers are at the greatest risk, primarily because of the seriousness of the possible consequences. The peak of the threat corresponds to grades 5-7. It is also important that in 41% of cases, cyber attacks continue offline or stem from a real conflict situation. According to Kaspersky Lab, 26 percent of online conflicts become real conflicts.



**Figure 2**

### Indicators of the questionnaire of personal protective mechanisms

From the results of the study, it can be observed that 22% of the first scale compression was high, 32% was medium, and 46% was low. The regression scale reflected 40% high, 36% medium, and 24% low. The replacement scale showed 38% high, 28% medium and 34% low results. According to the rejection scale, 35% were high, 23% medium, and 42% low indicators. According to the projection scale, 50% showed high, 27% medium and 23% low values. According to the compensation scale, 22% of the respondents were high, 26% were middle and 52% were low. According to the hypercompensation scale, 35% scored high, 30% moderate, and 35% low. According to the rationalization scale, 49% produced high, 27% medium, and 24% low results.

Cyberbullying is no less visible than real violence. In some cases, it can be more dangerous due to its duration and mass character. According to Kaspersky Lab, 7% of cyberattacks result in serious psychological damage. Scientists say that cyberbullying can lead to deviant behavior, low self-esteem, and even suicide.

### Indicators of the personality assessment questionnaire

According to the results of the study, the psychological characteristics of avoiding cyberattacks in adolescent students are an assessment of the individual's self-regard. on the first scale of the questionnaire, self-blame showed 45% high, 38% medium and 17% low results. According to this scale, it represents a person's sincere relationship with others, adherence to generally accepted norms of behavior.

According to the internal conflict scale, the results of the testers showed 25% high, 36% medium and 39% low units. According to the self-acceptance scale, 35% produced high, 36% medium and 29% produced low levels. High values of the "Self-acceptance" scale characterize a person's tendency to accept his "I" in all aspects, full recognition of his behavior.

According to the self-esteem scale, 20% were high, 43% were medium and 37% were low. High values of the "self-esteem" scale mean that a person has a high appreciation of his spiritual potential, a rich inner world, a tendency to accept himself as an individual, and a high appreciation of his uniqueness.

The next scale reflected the self-reflection scale with 33% high, 37% medium, and 30% low. The scale "Reflection of self-relation" characterizes the subject's perception of the ability to arouse respect and sympathy in other people. In the interpretation, it should be taken into account that the scale reflects the subjective perception of the formed relationships, and not the actual content of interaction with people. He feels that others like him, value his personal and spiritual qualities, behavior and achievements, adhere to moral standards and rules. Such individuals are sociable, open-minded, enterprising in business and personal relationships.

According to the scale of self-management, 29% of the test-takers had high, 44% medium and 27% low results. On the last self-confidence scale, 36% scored high, 38% scored medium, and 26% scored low.

The main aspect of cyberbullying is that during the communication process, the victim is affected by disseminating false information, discrimination and isolation through information and communication technologies. Even single individuals can poison someone's life enough to condemn them to living in fear every day.

Summary. Online bullying has a number of characteristics that distinguish it from other types of aggressive behavior. Cyber attacks are always targeted actions with a specific victim. Threats are usually sent from anonymous profiles that pretend to be public. Often, this type of violence is committed by a mass and organized group. It does not stop for a minute - threatening messages appear on the victim's screen every time he accesses the Internet.

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