

ADOLESCENT COMPUTER-INTERNET ADDICTION AND ITS RELATIONSHIP TO PERSONALITY

Abstract. The process of computerization is gaining momentum in modern world. As a form of telecommunications, computer networks are a fundamentally new layer of social reality. The huge flow of information mostly unnecessary and sometimes harmful, makes anxious even an adult, when adolescents who are not resistant to various irritations suffer more. The article analyzes the essence of the "computer addiction" notion, its relationship with addictive behavior, describes its types and stages of formation, highlights the research of modern scientists from different positions on computer addiction as a type of addictive behavior.

Key words: computer addiction, adolescents, computer addiction, health, addictive behavior.

Relevance of the topic: Recently, the computer has become an integral part of our lives. It is impossible to overestimate the positive significance of this scientific and technological achievement. However, the period of widespread use of computers and the Internet has revealed a number of shortcomings, namely its negative impact on humans, especially adolescents, whose mental health is more vulnerable and unprotected than adults. In recent years, the number of young people in Ukraine who have access to computers, tablets, and mobile phones has increased significantly. The World Health Organization has introduced computer addiction into the category of pathological diseases. It is difficult to imagine the modern world without a computer and an Internet connection. Today, the Internet and computer technology are not only the main driving force of progress, but also the cause of computer addiction [4; p. 67].

The purpose formulation of research: to analyze the phenomenon of computer addiction as a type of addictive behavior.

Materials and methods: methods of theoretical analysis and generalization of scientific literature within the research issues are applied.

Results and discussion: Today, the pace of computerization exceeds the pace of development of all other industries. No organization or institution in the world can do without computers and computer networks. Computers are rapidly being introduced into human life, and we often do not realize that we are depending on them. [1; p. 114]

In connection with the "computerization" and "internetization" of Ukrainian society, the problem of "pathological" use of computers became relevant, which began to be used by O. Asmolov, considering it as one of the possible stages of Internet addiction development. Among Ukrainian computer and Internet users, between 2% and 6% are considered addicted, most of them are teenagers. Today, the problem of computer addiction has become the subject of research by psychologists, doctors, educators, social educators and sociologists [5; p. 16].

Computer addiction was first discussed in the early 1980s by American scientists. The term "*computer addiction*" was first used in 1990. Nowadays, the term "computer addiction" has no specific definition, but the phenomenon of a pathological

relationship formation between man and computer is obvious and is gaining momentum. Therefore, in our opinion, *computer addiction* is a pathological human urge to work or spend time at the computer.

There are three main types of computer activity:

1) Cognitive – a passion for knowledge in the field of programming and telecommunications;

2) Gaming – a passion for computer games and, in particular, gaming via the Internet;

3) Communicative – a passion for network communication [3; p. 6].

Adolescence is a period of value formation, expansion of social contacts, whereas a dependent child limits his circle of communication with the computer. As a result, such children have a lack of life experience, infantilism in solving life problems, difficulties in social adaptation, poverty of the emotional sphere, somatic disorders, narrowing of interests, the desire to create a personal world, escape from reality [9; p. 221].

The analysis of computer dependence from the standpoint of the biological approach was analyzed by T. Bolbot, who drew attention to the relationship between mental disorders and addictive manifestations. Bolbot believes that this dependence can be divided into primary and symptomatic. Thus, symptomatic computer addiction is similar to other forms of mental disorders, which are dominated by diagnostic taxa such as socialized and unsocialized behavioral disorders, organic anxiety disorder, personality and behavioral disorders caused by disease, brain injury or dysfunction, and mild mental retardation.

Yurieva L., Balbot T.Yu. dealt with the analysis of the stages of formation of computer dependence, as well as methods of diagnosis and prevention.

The formation of computer addiction occurs in three stages:

The first stage is the risk of developing computer addiction. The main characteristics are the increase in time spent to achieve the goal and work on the computer, the loss of a sense of time.

The second stage is already formed computer dependence. The main signs: emotional and volitional disorders and mental dependence. There is a growing tolerance for the computer, obsessive thoughts about it and fantasy formation, de-actualization of the main problems - sleep, rest, eating, personal hygiene, on the other hand - there is a kind of infantilism, almost complete helplessness in the world of social norms and relations.

The third stage is a total computer dependence. There are signs of both mental and physical dependence. Attempts to control the computer remain unsuccessful. [8; p. 93]

In 2009, Kyivstar, a Ukrainian telecommunications company providing communication and data transmission services based on a wide range of mobile and fixed technologies, initiated the All-Ukrainian Sociological Survey "Knowledge and Attitudes of Ukrainians to Children's Safety on the Internet" conducted by the Institute of Sociology of the National Academy of Sciences (NAS) of Ukraine.

According to the results of the study:

- 76% of parents do not know which sites their children visit;

- 28% of surveyed teenagers are ready to send their photos to strangers online;

- 17% without hesitation report information about themselves and their family (home address, profession, work schedule of parents, existence of valuable things in the house), children do not think why strangers are interested in this kind of information);

- 22% of teenagers often visit adult sites;

- 28% of teenagers seeing alcohol or cigarettes advertisement on the Internet, at least tried to buy them once, and 11% tried to buy drugs;

- 14% of respondents from time to time send paid SMS for bonuses in online games and only a few pay attention to the cost of the service. [7]

Today, researchers of computer dependence Bezpalko O., Galoluzova M., Grishko V., Nikitin V., Orzhekhovska V., Pavlenyuk P., Fedorchenko T., consider it being an *addiction*, ie a specific deviation in human behavior, according to which the sense of reality is disturbed, the sense of time and space is lost, the control of one's actions is limited.

First of all, the term "*addiction*" (bad habit, predisposition, addiction) was used more often to describe the behavior of people addicted to any chemicals, such as alcohol, nicotine, drugs.

Today, the concept of addictive behavior in a broader sense as a repetitive habit that increases the risk of disease and is associated with personal and social problems is emerging in the scientific community.

Addictive behavior (predisposition, bad habit; Latin - addictus) - a form of deviant human behavior (mostly in children, adolescents, youth), which is characterized by the desire to move away from reality by artificially changing their mental state due to the use of various chemicals or constant fixation of attention, thoughts, actions on certain activities in order to develop and maintain intense emotions. From a subjective point of view, addictive behavior is considered a "loss of control", despite all attempts to restrain or control themselves. [2; p. 33]

There is no single approach in modern science to understanding the relationship between "dependence" and "addiction". In psychological dictionaries, these concepts are considered synonymous. However, there is an opposite position, which is based on the fact that these concepts should be distinguished. Thus, in the United States of America, where the science of addiction originated, this term represents a branch of medicine that deals with the study and treatment of only chemical addictions, ie identified with drug use (narcology).

Taking into account the lack of a single interpretation of the concept of "*computer addiction*" in relation to adolescence in scientific sources, we proposed the concept in the following formulation: "*computer addiction of adolescents - a kind of personality deviation which is determined by an artificial change in the psychological state and value priorities as a result of focusing on gaming activities, which replaces real life, satisfies the need and compensates for the lack of social contacts*".

Healthcare professionals in the developed countries are drawing attention to the problem as young people spend more and more time at the computer, preferring the virtual world to the real world, and reports of "death at the monitor" appear in the mass media from time to time. Psychiatrists have called this condition a special term "computer addiction", but most Ukrainian psychologists have not even heard of this dangerous disease [6].

Conclusions and prospects for further research. Thus, after a study, it is defined that computer addiction is a pathological urge to work or spend time at the computer. In addition, computer addiction has been identified as a disorder of deviant behavior. An analysis of the scientific literature has shown that humanity is increasingly immersed in computers and computer networks, and the number of people, especially adolescents, who become psychologically dependent on computer activity is increasing every day. This is a modern problem, scientists from different fields must come together to study the phenomenon under discussion. However, public health professionals already need to influence adolescents to avoid the negative consequences of this interaction, so that this modern technical invention called "computer" really promotes the development of adolescents, not inhibits them.

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