

METHODS OF DETECTION AND PROBLEMS IN ELIMINATING THE PHENOMENON OF INTERNET ADDICTION

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Abstract: In this article, we will consider methods for identifying the phenomenon of Internet addiction, the main problems in its prevention and elimination. We also express our views on the need to raise the importance of this issue in society and encourage people to use the Internet carefully and responsibly.

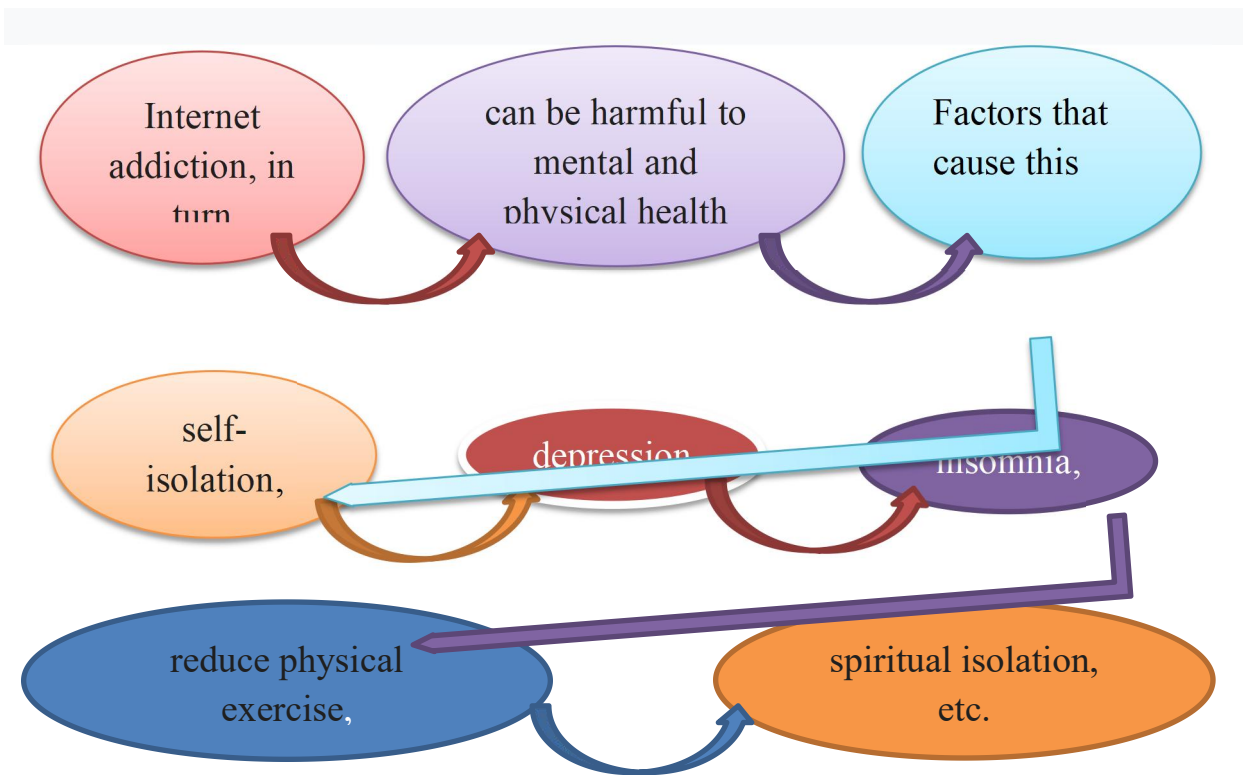
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Today, it is a social phenomenon that is widespread and causes serious problems worldwide. Along with the penetration of the Internet into our daily lives and its increasing importance in various fields, Internet addiction is also widespread and causing major problems. This condition is characterized by a person spending excessive time on the Internet, which negatively affects other areas of his life, in particular work, study, personal relationships and health. Identifying and combating Internet addiction poses a number of difficulties and problems. Factors that have exacerbated the impact of Internet addiction include the rapid development of technologies and digital platforms, stressful and depressive situations in personal life, lack of social connections and psychological support. People may feel comfortable and safe on the Internet, but when this situation persists and continues for a long time, it has a negative impact on other areas of life. Content and online activities that attract people's thoughts and attention can lead to excessive addiction. Identifying and combating Internet addiction poses several key challenges and problems. For example, there are no strict criteria or standards for diagnosing Internet addiction, there is uncertainty about its definition and treatment, and the importance of this issue in society is not sufficiently understood. In some cases, spending time on the Internet can be considered a simple hobby or activity, which makes it difficult to recognize it as an addiction. At the same time, psychological and social approaches are important for preventing and combating Internet addiction. These processes help people learn to use the Internet effectively and responsibly, to maintain a balance with the real world, and to manage themselves in the digital environment. Society, family, and the education system also play an important role in overcoming Internet addiction, as they have direct contact with people and are able to guide them in the right direction.

Internet addiction can manifest itself in several different forms. These include:

1. Gaming addiction is a constant return to games, complete immersion in the virtual world of games. Games are especially fueled by the motivation to succeed and achieve new achievements [1].
2. Social media addiction: Constantly being online on social media, posting, sharing news, and interacting with other users. This condition often leads to comparing oneself with others and making poor judgments about one's own success [3].

3. Spending too much time online: Internet addiction can develop through activities such as spending time online, watching videos, reading blogs and articles. This condition usually involves wasting time on indifferent or useless activities [2].



There are several methods used to diagnose Internet addiction. These methods are based on analyzing a person's online activity. The following methods are common:

Questionnaires and surveys:	Internet addiction can be assessed using self-report questionnaires, such as the Internet Addiction Test (IAT) or Young's Internet Addiction Test. These tests are based on a person's need for and time spent on the Internet [2].
Psychological analysis:	Internet addiction is diagnosed through clinical assessments and interviews conducted by psychologists. Psychotherapists and psychologists can analyze the patient's behavior and determine the level of addiction [1].
Online activity tracking:	In some cases, a person's online activity is monitored to detect internet addiction. This is especially useful in family monitoring systems or in the workplace.
Biometric verifications:	Some studies also use biometric methods to identify biological signs of Internet addiction, such as measuring a person's stress levels or brain activity [3].

Overcoming internet addiction is a very complex task and poses a number of challenges. Here are some of them:

1. Dependence on psychological and social factors: Part of the Internet addiction is due to psychological and social factors. Conditions such as depression, stress, loneliness, and insomnia

increase Internet addiction. In such conditions, it is very important to treat the individual, improve his psychological state, and establish a social support system[2].

2. Social importance of the Internet: Today, the social, economic and cultural role of the Internet is growing. Internet activities are necessary for processes such as education, finding a job, establishing connections in social networks, creating a personal brand. Therefore, overcoming Internet addiction is often associated with the denial of human vital needs [4].

3. Difficulty in managing technology: There are limitations to technology and online content management in addressing Internet addiction. Some countries and organizations are trying to introduce restrictions to reduce Internet addiction, but this is not effective for everyone. The openness and accessibility of the Internet makes it almost impossible to completely ban it [3].

4. The role of family and society: Another challenge in overcoming Internet addiction is the lack of a support system within the family and society. In most cases, families and society do not accept Internet addiction as a serious problem and do not have sufficient resources to treat or provide support to the person [2].

5. Restrictions in teachers and workplaces: Identifying and combating internet addiction is a new challenge for teachers and employers. In many cases, effective ways to control or effectively use the internet are not available [4].

Internet addiction is a phenomenon that is becoming increasingly widespread and causing serious problems in today's society. Although there are various methods for identifying and eliminating this condition, they all pose their own difficulties and problems. To eliminate Internet addiction, it is necessary to use psychological, social, technological and legal approaches together. In this, the cooperation of society, family and state is of great importance.

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