

**ANALYSIS OF THE PROBLEM OF INTERNET ADDICTION AND ITS IMPACT ON
ADOLESCENTS' PSYCHOSOCIAL STATE**

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Abstract: This article sheds light on the issue of internet addiction's impact on the lives, activities, and behavior of adolescents today. Research studies on the impact of internet addiction on adolescents' psychoemotional state are analyzed.

Keywords: Internet addiction, virtual, obsessive thoughts, anxiety, stress, depression, isolation, cognitive.

Today, the internet has become an integral part of our daily lives. Students, workers, and people in various fields take advantage of the Internet's endless possibilities: obtaining information, studying, conducting business, communicating, relaxing, playing games, and many other activities. The convenience of the internet allows us to connect with the world, quickly learn about news, acquire modern knowledge, and develop ourselves in various fields. However, along with all these benefits of the internet, its excessive use can also lead to negative consequences. Internet addiction is becoming increasingly widespread, especially among young people. Students use the internet not only for studying but also for spending time, communicating with friends on social networks, and playing games. However, the rise in internet addiction can negatively affect students' educational process, social development, and mental and physical well-being. The problem of internet addiction was first observed and psychologically studied by psychotherapists. The growing prevalence of this phenomenon, especially among young people, has created a need in the scientific community to analyze and study it.

From a psychological perspective, internet addiction affects not only the technology itself but also an individual's personal, mental, and social state. One of the first scientific researchers of this issue was clinical psychologist K. Jung, who proposed studying internet addiction from a psychological perspective¹. He was the first scientist to introduce the concept of internet addiction into the field of science.

He demonstrated that internet addiction in adolescents is associated with depression, anxiety, loneliness, and social isolation.

The term "Internet addiction" was first introduced in 1994 by American scientist Ivan Goldberg. He proposed criteria for identifying an internet-addicted individual, describing the behaviors of a person whose self-control in the virtual environment is diminished, and who experiences negative impacts on important areas of their life.

A. Goldberg also outlined the criteria for identifying an internet addict. The researcher included constant restlessness, rapid emotional arousal, obsessive thoughts about events happening online, a constant desire to be online, and others.

Researchers such as Soriano-Molina, Liminana-Gras, Patro-Hernandez, and Rubio-Aparicio (2025) study internet addiction and adolescent mental health issues. conducted studies involving 303,243 adolescents to analyze the relationships between internet addiction and

¹ Young, K. S.. Internet addiction: The emergence of a new clinical disorder. *CyberPsychology and Behavior*, 1998.1(3),237-244.

psychological indicators such as depression, anxiety, stress, aggression, self-esteem, psychological well-being, and suicidal behavior. The study leads to the following conclusions:

1. Internet addiction is positively associated with depression, aggression, anxiety, and suicidal behaviors.

2. Internet addiction is negatively associated with adolescents' psychological well-being and self-confidence.

3. This study most likely scientifically confirms the link between internet addiction and mental health².

The problem of internet addiction in Russia was only raised in the mid-2000s by A.E. Voiskunsky. Based on the experience of foreign colleagues and his own research, the scientist identified a number of signs of internet addiction behavior:

1. The inability and lack of desire to leave the internet, even for a few minutes.

1. A lack of desire and ability to leave the internet, even for a few minutes.

A desire to gradually increase the time spent online.

Irritability and aggression during failed attempts to connect to the internet.

4. A desire to be the first to know the latest news online.

5. Lying about the amount of time spent online.

Foreign scholar Yang identifies 5 types of internet addiction.

1. Cybersexual addiction. This is an addiction to communication in this area with adults or to cyberpornography.

2. Addiction to cyber-communication. An obsession with virtual friendly communication, interactive games, and conferences. In this case, "friends in the virtual space" replace real friends and family.

3. Excessive involvement in online activities. This includes getting carried away with intense and exciting online games and an addiction to interactive auctions.

4. Information overload. Excessive involvement in accessing websites and gathering information from various sources.

5. Computer Addiction. Becoming so attached to computer games and programming that it becomes an obsession, constantly on the mind and ingrained in the brain.

Russian researchers Elizaveta Sivak and Ivan Smirnov studied the relationship between adolescents' internet activity and their psycho-emotional state.

In their research, they analyzed the connection between activity on a popular Russian social network and the psychological state of adolescents. 144 school students participated in the study. They were observed for 4 months. The students' daily mood, sleep quality, and depression levels were measured. During the study, their social media posts and online behavior were analyzed. As a result of their research, they drew the following conclusions:

1. As the number of negative posts increased, depressive symptoms also rose.

2. Nighttime posting was associated with poorer sleep quality.

3. Adolescents with limited social interaction had fewer online friends.

The study showed that internet activity can serve as an indicator of adolescents' emotional state. During this process, adolescents exhibited symptoms of depression, sleep disturbances, and social isolation.

² Soriano-Molina E., Limiñana-Gras R. M., Patró-Hernández R. M., Rubio-Aparicio M. The Association Between Internet Addiction and Adolescents' Mental Health: A Meta-Analytic Review. Behavioral Sciences, 2025.15(2):116.

This study was also conducted among 4,615 adolescents aged 12–18 in the Siberian region. It examined the relationship between internet addiction and sleep and emotional state. Measurements of sleep quality and daytime sleepiness were taken. As a result, internet-addicted adolescents were found to go to bed late and wake up late, have reduced sleep duration, experience daytime fatigue, and suffer from psychological distress. These conditions were found to lead to emotional instability and reduced attention. As a result, the adolescents exhibited nervousness, stress, fatigue, and attention disturbances³.

A. Kolmogortseva and E. Rylskaya conducted research on the psychological characteristics of individuals addicted to the Internet. They studied the personality traits of young people and adolescents addicted to the Internet. The research led to the following conclusions:

1. Excessive immersion in the virtual environment leads to psychological dependence.
2. The tendency to avoid real-life problems intensifies.
3. Emotional instability and impulsivity increase.

As a result, adolescents experience anxiety and depression, reduced self-control, and social fear.

Rebysheva, Tolmacheva, and Belonozhko studied the issue of personal development in young people and internet addiction. As a result of their scientific research aimed at exploring the causes of internet addiction among young people, they reached the following conclusions:

1. Immersion in virtual life alters personal behavior and social qualities.
2. The risk of mental disorders increases.
3. Self-control decreases.

As a result, they experienced decreased motivation, emotional detachment, and social passivity.

Regush (2023) studied the psychological impact of the internet, personal resources, and adaptation indicators among 13–17-year-old adolescents in St. Petersburg and the Leningrad region.

The study's findings included the following conclusions:

1. Excessive internet use is associated with emotional instability, social isolation, and depressive symptoms.
2. Adolescents with low stress-management skills are more prone to internet addiction.
3. Emotional compensation occurs through online activities.

This study views internet addiction as a means of resolving emotional problems. At the same time, this tool leads to the social isolation of adolescents in the long run.

Lanovaya and Fadeeva (2022) studied social network addiction and psychological factors among 633 adolescents in the Moscow region. The researchers conducted experiments and surveys and came to the following conclusions:

1. 15–20% of the adolescents were addicted to social networks, i.e., they exhibited signs of internet addiction.
2. This problem has caused them to feel anxiety, anger, and depression, meaning that internet addiction is linked to these negative emotional experiences.
3. When adolescents become more attached to virtual communication, they withdraw from real-life social experiences.
4. Research shows that social networks are a key factor that intensifies addiction, negatively affecting emotional stability and real-life social skills.

³ Смирнова Е. О. Интернет-зависимость подростков: причины и профилактика. Москва: Генезис. 2013.

Bochaver (2019) analyzed studies by scientists from Russia and the CIS countries on the correlation between internet addiction, depression, and anxiety and came to the following conclusions:

1. Excessive internet addiction increases psychological stress in adolescents.
2. Emotional instability, sleep disturbances, and decreased attention were observed.
3. The manifestation of addiction differs between male and female adolescents: males are more addicted to online games, while females are more addicted to social networks.

Bochaver and colleagues present internet addiction as a psychological risk factor that has a constant negative impact on adolescents' emotional and cognitive development.

Aslanidou and Menexes (2021) studied the relationship between internet and drug addiction among 14–18-year-old adolescents in Russia. As a result, it was found that adolescents who use the internet excessively, especially those experiencing social stress, are also prone to other addictions, such as drug addiction.

Thus, internet addiction manifests as a factor that intensifies emotional problems and lays the groundwork for other behavioral addictions.

Studies show that

1. Internet addiction has a wide-ranging negative impact on adolescents' psycho-emotional state. It leads to depression and anxiety, sleep disturbances, and decreased attention and learning abilities.
2. Social environment and personal factors (stress management skills, social support) determine the level of addiction.
3. Adolescents who receive emotional compensation through virtual communication withdraw from real-life social skills.
4. Internet addiction also serves as a risk factor associated with other addictions.

According to empirical research by Russian scientists, internet addiction affects the psycho-emotional state of adolescents as follows:

Emotional impact

- depression and anxiety
- emotional instability
- stress and nervousness

Cognitive Effects

- Decline in attention and memory
- Impulsive decision-making
- Decreased motivation

Social Effects

- Withdrawal from real-life communication
- Social isolation
- Weakening of social skills

An analysis of research on internet addiction conducted by Uzbek scientists.

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