

**THE IMPORTANCE OF THE FORMATION OF LOCUS OF CONTROL IN
INTERNET USE FOR ENSURING THE EMOTIONAL STABILITY OF
ADOLESCENTS**

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Abstract: This article analyzes the formation of locus of control during adolescents' use of the Internet and its impact on emotional stability from a psychological perspective. Research shows that adolescents with an internal locus of control have a greater ability to regulate their behavior, maintain balance in internet use, and experience fewer emotional problems. In addition, the relationship between excessive internet use, external locus of control, and psychological instability is examined.

Keywords: adolescence, locus of control, internet use, emotional stability, psychological development.

Introduction

Adolescence is one of the most complex stages of human ontogenesis, during which significant changes occur in the emotional sphere of personality. The issue of emotional stability has been studied as an important scientific problem not only in foreign psychology but also in the Uzbek psychological school.

In the context of globalization and rapid social changes, the psychological development of adolescents has become one of the most relevant scientific issues. In particular, emotional instability observed during adolescence, the intensification of affective reactions, and the complexity of the process of self-awareness directly influence personality development. Therefore, the formation and development of adolescents' emotional stability has been widely studied in both foreign and national psychological science.

In the modern information society, the Internet has become an integral part of adolescents' daily lives. While the Internet expands opportunities for education, communication, and information exchange, uncontrolled use may negatively affect adolescents' psychological state. In particular, excessive internet use may lead to emotional instability, anxiety, loneliness, and social adaptation problems.

In psychology, one of the important concepts related to behavioral regulation is **locus of control**. This concept reflects the extent to which individuals attribute the outcomes of events in their lives to their own actions. Individuals with an internal locus of control attribute success and failure to their own actions, whereas those with an external locus of control attribute them to chance or external factors.

Literature Review

A.E. Voyskunsky in his scientific article "*Current Issues of Internet Addiction*" highlighted some aspects of the negative impact of the Internet on human activity. According to the author, excessive involvement in online communication may eventually lead to replacing real-life relatives and friends with online acquaintances. In some sources, this type of behavior is also referred to as "cybersexual intimacy" [1.92]. This type of behavior is more common among adults who communicate through closed online groups.

An important component of organizing a normal human life is interpersonal relationships. The levels of internal and external subjective control largely determine a person's lifestyle and behavior in various life situations. Interpersonal relationships are systemic qualities that arise in

communication processes and strengthen interactions between individuals, sometimes leading to disagreements, conflicts, or claims, and in other cases producing positive outcomes.

In the context of global changes, protecting adolescents from the negative effects of the Internet and developing their ability to control its use rationally has become one of the urgent issues in applied and social psychology. Many specialists are conducting comprehensive research on medical, legal, and psychological solutions to this problem. However, psychodiagnostic methods and personality questionnaires aimed at identifying internet addiction are still insufficiently developed in practice. Therefore, there is a need for new diagnostic tools to determine addictive tendencies.

Nevertheless, significant contributions to the development of methods and tests for studying internet addiction have been made by researchers such as K. Young, M. Orzack, I. Goldberg, V. Malign, I. Kukharenko, V. Mendeleovich, and A. Zhichkina.

Within developmental psychology, Erik Erikson explains adolescence as a stage of “identity crisis”. According to him, the success or failure of identity formation determines the level of emotional stability.

Discussion

In psychoanalytic theory, Sigmund Freud describes adolescence as a stage in which the conflict between internal instincts and social demands intensifies. He writes that during adolescence the individual redirects psychosexual energy and experiences internal conflicts.

Similarly, Erik Erikson considers adolescence as a period of identity crisis, when young people attempt to determine their personal identity and social role.

From the cognitive perspective, Jean Piaget describes the **formal operational stage**, during which adolescents develop abstract thinking abilities.

In the Uzbek psychological school, numerous studies have been conducted on the development of adolescent personality and emotional sphere. Academic researcher E.G‘oziev describes adolescence as a period characterized by increased affective sensitivity and intensified social self-awareness. According to him, emotional experiences deepen during adolescence, although mechanisms for regulating them are not yet fully developed.

Professor M.Vohidov emphasizes the significant role of the social environment in the formation of adolescent personality, noting that the psychological stability of adolescents largely depends on the emotional climate of the family and parenting style.

Similarly, M.G.Davletshin associates emotional stability with social experience and communicative competence, emphasizing that the level of social adaptation determines emotional balance.

Studies by Uzbek scholars also show that adolescents’ emotional stability is closely related to national mentality, family values, and moral norms of society.

In modern conditions, the digital environment also influences adolescents’ emotional stability. Observations by Uzbek researchers indicate that social comparison on social networks, cyberbullying, and increased virtual communication can intensify emotional sensitivity.

Results

The development of an internal locus of control in adolescents is associated with several important factors:

1. **Family environment** – parental support and supervision help adolescents develop a sense of responsibility for their actions.
2. **Psychological support in educational settings** – training sessions organized by school psychologists and teachers help develop self-regulation skills.
3. **Development of media literacy** – knowledge about safe and effective internet use helps adolescents make conscious decisions.

4. Formation of personal responsibility – encouraging adolescents to make independent decisions strengthens internal control.

Modern studies also show that during adolescence the **prefrontal cortex** of the brain is not yet fully developed, which makes emotional regulation mechanisms unstable. At the same time, the high activity of the limbic system intensifies emotional reactions.

Uzbek psychologists also emphasize that the interaction between biological maturation and social environment determines the emotional development of adolescents.

Conclusion

Internet use significantly affects adolescents' psychological development. In this process, the formation of locus of control serves as an important protective factor. Adolescents with an internal locus of control are better able to regulate their behavior, manage their time effectively, and maintain emotional stability while using the Internet.

Therefore, it is important to strengthen psychological and pedagogical work in educational institutions and families aimed at developing an internal locus of control among adolescents.

Psychological literature interprets adolescents' emotional stability as a multifactorial phenomenon. While foreign theories emphasize internal conflicts, cognitive development, and temperament as major determinants, the Uzbek psychological school highlights the role of the social environment, national values, and family upbringing.

Thus, ensuring adolescents' emotional stability requires a comprehensive approach integrating biological, psychological, and social factors.

Foydalanilgan adabiyotlar

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