

### The Role of the Family in the Formation of Internet Addiction

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#### ABSTRACT

The influence on the specifics of the development of internet-dependent behavior plays an important role in the educational significance of the family in the formation of internet addiction in children and adolescents. Among the socio-psychological factors is the tendency of adolescents with a stagnant and Schizoid character to internet addiction, in which there is a high level of anxiety and clinically pronounced depression.

**Introduction.** The relevance of the study of Internet-dependent behavior in adolescents is due to the growing number of Internet addiction among the child and adolescent population of the globe [1-5]. Family dysfunction influences the occurrence of disorders in children's behavior, providing models for the development of addictive, including Internet-dependent behavior. According to estimates of foreign researchers [6-11], about 10% of the population has a risk of forming non-chemical dependencies. Due to the growth of scientific progress and the broader influence of information technologies on modern society, the problem arises of preventing negative consequences on the psyche of the most affected segments of the population - children and adolescents, whose departure to the "virtual world" is accompanied by complete detachment from reality and delinquent behavior [12-20].

The creators of cyber games in pursuit of fabulous profits do not take into account the full danger of the current situation, developing increasingly complicated and risky versions of computer programs that lead to mass maladaptation of cyber gamers in the parameters of terrain-oriented computer games [21-27]. According to L.O. Perezhogin, at least four factors underlie the formation of dependent behavior: informational (the illusion of contact with an informed source), communication (anonymity, real time, multiplicity of images, multi-user environment), identification (loss of connection of the image with the personality), network socialization (network subculture, communities of marginal groups, criminal cyber environment) [28-35]. All these factors are of a pronounced social nature. At the same time, it is not difficult to notice that in relation to the action of these factors, children and adolescents with a certain premorbid pathological soil, with personal deformation, with impaired ability to interact with peers, partial cognitive deficits and those brought up in destructive families are particularly vulnerable [36-44].

**The purpose of the study:** to study the influence of parenting styles and the emotional climate of the family on the formation of Internet-dependent behavior in children and adolescents, taking into account their personal characteristics, in order to optimize psychoprophylaxis and psychocorrective assistance to this contingent of the population.

**Research material and methods:** 40 visitors of Internet clubs and Internet cafes aged 10 to 16 years were selected as the object of the study; a specially designed questionnaire created by the staff of the Department of Psychiatry together with clinical and social psychologists contained a list of psychological tests-questions to identify risk factors for the formation of Internet addiction. To diagnose the parameters of the family system, the questionnaire "Scale of cohesion and flexibility of the family system" (D. Olson, D. Portner) was used. In the course of an experimental psychopathological study, the Hospital Anxiety and Depression Scale (HADS) and the Spielberger-Khanin anxiety questionnaire were used to determine emotional status, and the Shmishek-Leonhard test was used to identify typological features of adolescent personalities.

**Results and discussions:** the study found that there is a direct correlation between certain parameters of family relationships and a tendency to Internet-addictive behavior. Most of the children and adolescents surveyed were from families that had dysfunctional family relationships. As a result of the survey, the bulk of the respondents 90% were boys. Of these, 60% of respondents became interested in computer games at the age of 9-12, 25% of respondents – at the age of 13-14, and only 15% of teenagers started playing computer games at the age of 15. A group of socially neglected adolescents was identified among these individuals by means of a questionnaire. Among them, 15% grew up in a single-parent family, 25% - in a socially disadvantaged family, 30% of the subjects had problems in communication and establishing new social ties. In 53% of the surveyed, hereditary burden of alcoholism of parents (one of the parents) or burden of mental pathology was revealed, which in turn caused conflict relationships in the family, non-compliance with moral and social norms of behavior in the family and unsatisfactory material and living conditions. The study identified adolescents raised in dysfunctional families with a destructive nature of relationships (70%), raised by one parent (cases of social orphanhood and improper upbringing by the type of "hypoopek"); families in which there were both parents, but one of them was a non-native (more often a stepfather) and with him the teenager developed conflicting relationships. The analysis of the data obtained established 26% of adolescents prone to delinquent and deviant behavior, with a hedonistic lifestyle, formed in the process of an ambivalent parenting style in families, with a low level of prohibitions, which is further characterized by significant disciplinary sanctions. According to the results of the diagnosis "Scale of cohesion and flexibility of the family system", the largest number of families with the wrong extreme type of upbringing was revealed, which leads to disruption of the functioning of the family system, the emergence of a crisis in interpersonal relationships. With this type of family relations, there are no clear rules, in particular, the family is deprived of any rules.

Everyone gets complete freedom without obligations to the rest of the family. A teenager in such a family grows up in conditions of emotional deprivation and lack of attention and love from parents, is left to himself and, due to his personal immaturity, is subject to the harmful influence of the cybernetic environment of the Internet. In this regard, the connivance on the part of the parent, perceived by the individual in childhood as a given, which, as an adult, translates exactly the same behavior in his own family, repeating and copying the behavior patterns of parents, increases. With an ambivalent type of family relations, a high degree of freedom, absolutely devoid of responsibility, is combined with complete alienation between family members, leading to the formation of character accentuation according to the schizoid and unstable type. These levels indicate the presence of a crisis in the family structure. As a result of the impulsive behavior of the parent, positive emotions may be blocked in the child, as a result of which the

need for a good mood was caused artificially, in particular through the formation of computer gaming addiction, which has addictive potential and enhances the production of serotonin in the brain. Parenting styles have a significant impact on the formation of Internet-dependent behavior, are one of the socio-psychological factors in the pathogenesis of Internet addiction. In addition, such children are characterized by affective blockade of intelligence with a negative concept of the environment, which only aggravates the situation of a disharmoniously developing personality and often causes negative emotions and involvement of children in the so-called death groups of virtual space. The study of emotional disorders showed that their presence and severity are associated with the type of gaming activity, the duration of gaming experience and the stage of dependence on role-playing computer games, virtual communication in social networks. According to the HADS scale, subclinically expressed anxiety and depression was detected in 48% of respondents. In 9.5% of adolescents, testing on the HADS scale revealed clinically pronounced anxiety and depression. In the examined group, as a result of testing using the Spielberger-Khanin questionnaire, the presence of anxiety disorders of varying severity was revealed in 98% of adolescents, more than half of the subjects had moderate anxiety manifestations (55%), 35% of the subjects had no clinically significant anxiety and 10% of adolescents had pronounced anxiety. The testing data showed that all adolescents had a negative emotional state, the severity of which correlated with the data obtained during testing on the HADS scale. When studying personal characteristics using the Schmishek-Leonhard test, it was revealed that the personality characteristics of the examined adolescents did not reach the degree of psychopathy (personality disorder), however, in all cases it was possible to note the accentuation of certain character traits. Among all the surveyed, they found: demonstrative personality type in 6 adolescents (9%), stuck personality type in 20 adolescents (30%), schizoid type in 56% of cases (38 surveyed), anxious type in 4 adolescents (5%). The examined adolescents were characterized by frequent departures from home, absent-mindedness, the presence of impulsivity in actions, a tendency to lie, behavior disorders, a sharp change of emotions in their extreme manifestation, unwillingness to study, lack of full sleep. Some teenagers noted the presence of dreams with scenes from computer games, obsessive thoughts about the game. These teenagers lacked emotional and behavioral self-control. In some cases, adolescents with an individualized form of addiction had asthenia, indifference to everything that does not concern their hobbies, skipping lessons, and a decrease in academic performance. Behavioral disorders in persons with computer gaming addiction were manifested in the form of pathoharacterological reactions of opposition and protest, demonstrative blackmail suicidal behavior as a result of intrapersonal conflicts, violations of interpersonal relationships with peers, teachers, parents. Adolescents developed disorders in adaptive adaptability in rapidly changing events in real life and society.

**Conclusions:** the conducted study of the influence of parenting styles on the peculiarities of the development of Internet-dependent behavior has established that the educational significance of the family plays an important role in the formation of Internet addiction in children and adolescents. Among the socio-psychological factors, the tendency to Internet addiction of adolescents with stuck and schizoid character traits, who have a high level of anxiety and the presence of clinically pronounced depression, was revealed.

Anxiety-depressive disorders are leading in the clinical picture of addiction and increase with the development of Internet addiction, lead to vulnerability in the development of emotional self-regulation, inability to cope with stressful situations, the development of pronounced asthenodepressive states and pathological personality formation. The data obtained indicate that it is necessary to carry out psychoprophylactic measures with parents of adolescents, psychocorrective work with children and adolescents from the risk group to prevent the emergence and formation of dependence on computer games and social networks and

communities.

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