

The Causes and Consequences of Virtualization in the Life of the Youth

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ABSTRACT

the article gives information on an increase in the interest of young people in virtual life, its causes, consequences and ways to resolve this serious problem, which is being considerably topical today.

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Introduction

Young people, who are the future successors of the country, are currently paid attention at the level of public policy. The question will arise on this: "Why is the state policy program on the youth being made when the state faces up to economic, environmental and legal issues?" The answer of this question which seems simply, is that our future-minded leader intends to leave the fate of our country to young generation which is worthy of its great ancestors, of course. "We have set the great goal of building the foundations of the Third Renaissance in our country, and we need to create an environment and conditions that will educate Khorezmians, Beruni, IbnSina, Ulugbeks, Navoi and Baburs' new descendants to achieve this target. In this, first of all, the development of education and upbringing, living in a healthy lifestyle, the progress of science and innovation should serve as the main pillars of our national idea. On the way of this goal, it must be a priority for all of us to support the youth to get their purposes, create ample opportunities and provide them with all possible assistance¹".

The impact of information and communication technologies, which are becoming an integral part of our lives, on the lives of young people is growing. Their interest in virtual life is surging day by day. The due to this is that we can easily and quickly perform many tasks that we cannot or will not be able to performing virtual life. The conveniences and possibilities of the virtual world are so vast that we are constantly addicting to the benefits they provide. For example, if we look at social sites that the young people are closely connected to itself, they have peculiarities of more interesting in virtual friendships, virtual communication, virtual space, cyberspace, digital environment and the relationships based on them. "People are rushing into the virtual world, but they forget that the psychological effects of virtual reality can be dangerous. Today there are many devices available that allow you to escape the problems of life and fall into another world. The development of the system of virtual reality has reached at such a level that a person totally lives in the second world, and he is fully immersed in the virtual world²".

The term "virtual reality" is widely used, especially in the 21st century, and is considered as a rather

¹ The petition of the President of the Republic of Uzbekistan to the OliyMajlis, 29.12.2020, <https://prezident.uz/>

² MarufKasimogluKubayev "Socio-psychological features of addiction to the Internet and computer games in a person", "SCIENTIFIC PROGRESS", Volume 2: Issue: 2021, ISSN: 2181-1601.

vague concept. For example, for D. V. Pivovarov, it is "the artificial realization (creation) of an imaginary probability (abstract or concrete), which this or that did not happen or did not happen naturally in the form of a graph³". In fact, virtual reality completely engulfs man and drags him into a whirlpool of artificiality and falsity. So, we must first learn its causes to be able to resist the negative aspects of the virtualization.

The role of the media, television and the Internet in reaching at a peak of the virtualization is significantly boundless. The virtualization is not possible without the Internet. Originally invented for military purposes and intended to serve the peace of mankind, www (web of worldwide) is now causing a lot of trouble. Everything has both advantage and disadvantage sides. The negative sides of the Internet and social networks force many people think when the term "virtualization" is utilized. The factors which cause virtual dependence are not the same, but vary from person to person. The popularity of the virtual world is mainly due to the following attractive features and its optimal capabilities:

- high speed of information exchange;
- ability to do many things in a short time, such as sending messages, files, documents via e-mail, making online purchases, learning, teaching and listening music online, watching favorite movies, shows and animations online, etc .;
- forget about boredom, sadness and depression by spending time on social networks;
- lack of loneliness and separation due to the fact that it is easy to make friends on the Internet (many people spend a lot of time online because they feel lonely and isolated from the world);
- high level of development of mobile phones, continuous production of new generation models.

When we are addicted to the Internet like dependence on alcohol or drugs, we forget ourselves, and we become belonged to cyberspace to feel good. You can know the negative aspects of the young people's virtualization at a glance. For example, physiologically the people, who have a virtual lifestyle, may experience symptoms such as back pain, decreased vision, insomnia, low energy, and severe fatigue. These people are moving away from real society. Because they spend most of their time in cyberspace, they are less likely to communicate with relatives, family, friends and acquaintances. In fact, there is no clear reason for this situation. It occurs in a person based on external factors such as different lifestyle, family relationships, mental state, temperament and environment. Below we present a grouped analysis of the reasons for the increase in the preference of the younger generation for virtual life in the framework of our research:

- 1) Interpersonal problems. Lack of access to them, lack of social problems and face-to-face encounters, that is, when one is alone, isolated from society, one tries to indulge oneself through social networks, media and video games.
- 2) Social support. When a person needs enough compassion and love from loved ones, their motivation, he is forced to establish virtual connections to alleviate his situation. Such situations usually occur when the relationship between parents and children deteriorates. If family relationships are restored and improved, children will develop immunity to virtual influences.
- 3) Psychological problems. People who experience mental problems such as depression and depression see internet addiction as an easy way to distract themselves. But experts say this is far from the truth, which they say is tantamount to an increase in both diseases⁴.
- 4) Neurobiological problems. As with many psychopathological conditions, virtual addiction is a combination of characteristic conditions such as nervousness, secrecy, low self-esteem and lack of self-confidence, which can be caused by genetic disorders⁵.
- 5) Other reasons. Parents' level of education, age at first use of the Internet, duration of use of social sites

³Social philosophy: dictionary / ed. V.E. Kemerova, T.Kh. Kerimov. Moscow: Academic project, 2003.-p.47.

⁴Young K (2017). "The Evolution of Internet Addiction Disorder". Internet Addiction. Studies in Neuroscience, Psychology and Behavioral Economics. Springer, Cham. pp.3-18. Doi:10.1007/978-3-319-46276-1. ISBN 9783319462752.

⁵Tereshchenko, Sergey; Kasparov, Edward (June 2019) [June 2019]. "Neurobiological Risk Factors for the Development of Internet Addiction in Adolescents". Behavioral Science. 9 (6):62. Doi:10.3390/bs9060062. PMC 6616486. PMID 31207886/.

and games. Such arguments are related to the use of the Internet by teenagers abroad⁶.

Typically, it has become common for almost everyone to use mobile phones to communicate virtually and browse social media pages. In view of the above, not all of these aforementioned actions can be considered a disease of virtualization. Because they have to be chronically serious for the disease to occur. The Internet addiction manifests itself under the guise of "popular culture."

In general, giving an example of the above reasons, we are far from the idea that the Internet should be restricted or abandoned altogether. The reason for this is that technology has its own advantages, which make human life more positively important nowadays. Through cyber innovations and nanotechnologies, the people have made necessarily remarkable achievements in medicine, science, education, the military area and social life. Thus, what should we notice when we are online in the social media? For instance, it can be useful that you communicate with your friend who studies abroad via video and audio messages on the social networks (telegram, meta (facebook), instagram, tik-tok, etc.) to inform about impressions, a foreign experience in the education system, difficulties or easiness in learning, and sharing opinion, of course. But there is the other side of the coin, which is that you can make friends with a lot of people on websites (even if they are not familiar) and join to the various groups and channels. This can be dangerous as many of these virtual friends are strangers, and the ideas such as religious extremism, dogmatism, terrorism, violence, crime, and delinquency are promoted in posts posted on these groups and channels. Furthermore, absorbing in the virtual world can cause the followings:

- physical pain (eye fatigue, back and muscle pain, fatigue);
- fear of losing self-confidence;
- inclination to cyber bullying;
- not to differentiate or wander with real life and virtual life;
- loss of family time, face-to-face contact with loved ones and even isolation from society as a result of spending a lot of time in front of gadgets;
- loss of self-awareness;
- Sleep problems. Checking the phone at night and getting up in the morning to sleep again disrupts sleep and has a negative effect on mental health;
- inability to concentrate at school or work, carelessness;
- Being deceived due to incorrect information in the network⁷.

All of the mentioned situations are the result of the virtualization by using continuously the Internet, television, video games, and social media. To prevent such conditions, the parents had better control their children's behavior and reassure them when they are depressed. Otherwise, one of the above situations will be encountered. To stop this, the following rules should be carried out:

- control the amount of time the youth spend in the virtual world and limit their overuse;
- examine what kind of people children spend time with, find out who their virtual friends are;
- checking accounts on their phones;
- spend more time with children;
- tell children often that they love them;
- to be a role model for them and a person who aspires to be them;
- constantly inspire young people and increase their self-confidence;
- Explain to young people how to protect themselves from the Internet, telling them that everything on

⁶Ramachandran S (2015-10-01). "Technology: Smart tablet or just a new drug?" (Lessons for use of technology with children). The Essayist.

⁷Lawrence Robinson and Melinda Smith, M.A. "Social Media and Mental Health". <https://www.helpguide.org>

the Internet is good and not necessary.

If the skills of proper use of data in the virtual life are mastered and the Internet, social networks, media and games are correctly used in the right amount, our life will be more and more nice and beautiful with modern technological means. `

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