



CYBERSPACE IN THE REAL WORLD

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ABSTRACT

Cyberpsychology is the basis not only of social space but of the whole society as a whole. Indeed, in the 21st century, every psychologist conducts consultations both offline and online. Social space is able to manage the opinions of the majority, as well as drive people into mass depression. A cyberpsychologist is able to get people out of the realm of cyberbullying and cyber repression.

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HAQIQIY DUNYODA KIBERMAKON

KALIT SO‘ZLAR:

kiberpsixologiya, kiber makon, sotsializatsiya, internet depressiyasi, onlayn psixolog, media maydoni, kiberbulling

ANNOTATSIYA

Kiberpsixologiya nafaqat ijtimoiy makonning, balki butun jamiyatning asosidir. Ushbu maqolada ijtimoiy makonning ahamiyati, shuningdek uning kamchiliklari muhokama qilinadi. Darhaqiqat, 21-asrda har bir psixolog oflayn va onlayn konsultatsiyalar o'tkazadi. Ijtimoiy makon ko'pchilikning fikrlarini boshqarishga, shuningdek odamlarni ommaviy depressiyaga olib borishga qodir. Ushbu maqolada batafsilroq muhokama qilinadi. Bu qanday ta'sir qilishi va jamiyatda eng yaxshi natijalarga erishish uchun nimani qo'llash mumkinligi haqida. Terminologiya va ko'rsatmalar talabalar uchun maktablar va universitetlarda, shuningdek mutaxassis psixologlar uchun qo'llanmada qo'llaniladi.

Today, the Internet has become interesting among different sectors of society. Starting from a small child and ending with the elderly, however among specialists who are interested in the diversity of the human psyche and its life activities, there must be professionals who must study such activities as cyberpsychology. Cyberpsychology is an industry that studies how people use social services on the Internet. But, not only the social networks we are used to, but also all means of communication from various Internet forums.

Who is the cyberpsychologist himself?

A cyberpsychologist is a specialist who studies a person in the context of innovative processes, computerization of workplaces and the introduction of new information technologies. And also, theoretical applied aspects of ensuring information and psychological security of the individual. Today, online consulting is gaining more and more popularity.

What could be the reason for such an approach?

First, it has to do with the potential client's emotional safety. He is at home, in a familiar and safe atmosphere for himself. He can allow himself to relax, and in general, to feel like the "master" of the situation. In addition, such a technique removes the psychologist's physical presence, and in fact, he does not feel the psychologist's energy and moral strength. Secondly, it is a huge time-saver for both parties. As a rule, you do not need to spend money on the road and you can start the session where it is convenient for both parties. But, unfortunately, at the moment, Internet consulting is used to a very small and insufficient extent. Although these advantages are clearly underestimated.

But let's first analyze where this direction came from?

One of the first demonstrations of the Internet was a simulated virtual psychotherapy session as part of an international conference on computer communication in the United States in 1972. Nationwide, online psychological counseling became popular in the United States in 1979.

What was the beginning of the emergence of cyberpsychology?

If we consider the modern side of this issue, then it can be revealed that the most popular and widespread methods are online trainings, seminars, consulting via Skype and other video resources. But what is most convenient in this process is that a person, with knowledge of the language, can afford a consultation with a psychologist from anywhere in the world and now, let's figure out what pitfalls a psychologist can expect when working with a client via the Internet.

1. You need to understand that meetings and consultations are negotiated through social networks. This means that the psychologist must have a competent written speech. To be able to influence a person through the text and place him on his side.

2. Every online psychologist is obliged to follow all generally accepted, ethical and professional standards, as in face-to-face counseling.

There are many advantages of online consulting, however, you need to understand that it is also impossible without disadvantages. And the most noticeable disadvantage is perhaps the mediation of communication between specialists and clients. Since, during counseling, the psychologist is not able to see reliable and accurate non-verbal information about his client, as well as about his true emotions and experiences. And I have to be content with only the information provided by the client himself. But seeing your client is one of the most important aspects of a psychologist's work. Especially during the initial consultation. And, as it is worth noting, the client himself, unfortunately, cannot always correctly assess his emotional state, trying to embellish the situation as brightly as possible and present himself as whiter and cleaner as possible. In particular, trying to make someone else guilty of his problem, but not himself. Another disadvantage is the slowdown in the pace of counseling and as everyone knows, one of the brightest and main aspects of counseling is psychoanalysis, which is based on the human subconscious or its unconscious phenomenon. When a person does not have a lot of time to think, he gives out information that is hidden in his unconscious, which corresponds to reality, and not what the person is trying to think of for himself, and connecting the conscious area to turn out the situation that does not correspond to reality. Or one that meets the client's expectations.

Cybersecurity and the fight against disinformation. In this area, the greatest success has been achieved in the UK. The UK authorities point out that the tech companies that run social networks do not represent a communication platform, but bear a huge responsibility for harmful content posted by users. In defense against misinformation, if considered as a long-term perspective, according to the UK, it will provide a high level of digital literacy of the population, which should be included in the basic educational curriculum along with reading, writing, and mathematics. This method carries with the idea to change the approach of people to the exchange of information on the Internet and make them more conscious in this area.

Now let's move on to the psychology of ordinary users of the Internet space. Unfortunately, nowadays there is an increasing misunderstanding among the netizens

among the various classes. So, representatives of one movement "throw a stone into the garden" of their appointee. Naturally, in this way, every day on the Internet, disputes flare up, develop into aggression, or, as they call it now, into bullying. Unfortunately, such persecution can begin for any little thing. Nevertheless, it is worth sorting out between misunderstandings and grievances of a particular person, from the very real cyberbullying. First, let's look at the very concept of bullying. Bullying is a certain strong group of people or individuals who inflict (moral) pain on a weaker society or a certain person.

Bullying usually has certain characteristics. This includes the inequality of forces, the repetition of experiences, and also, the victim feels abandonment, dissatisfaction, and loneliness in the network. Bullying is also a situation where a certain mass attacks a weaker person. More often than not, such attacks occur without thoroughness, which is one of the main problems of cyberbullying.

Bullying is also a situation where a certain mass attacks a weaker person. Most often, such attacks occur without thoroughness, which is one of the main problems of cyberbullying. Unfortunately, people themselves ignore the fact that social networks, in terms of their structure and fundamental features, are very different from the offline space, where we can feel the physical presence of a person. But most often, the human psyche equates these two concepts, and for the most part, does not want to distinguish one from the other.

And many supporters of the social space are confident that online activity can be as effective as influence in the offline space. Those. influence in the real world.

The root of such bullying is most often a way to draw attention to any unfairness. It's much easier to build such attention online than it's in the real world.

That is why, at the present moment, the words "bullying" and "cyberbullying" have begun to be actively used as synonyms

Is it really so?

At what point can internet attacks really refer to cyberbullying or other forms of bullying?

Let us turn to the opinion of the Danish specialist in the theory of communication - Anders Aldergsong [2; C Thomas D. Parsons]. He believes that there is a connection with the habit of constantly publishing any personal information, and thus, a kind of tolerance for its massive discussion by other people.

He says the following: "Users get used to constantly posting their life and personal information, as well as commenting on it from other people, and gradually begin to take this aspect for granted."

Another researcher, psychologist John Schuler [1; C Kent L. Norman] describes the phenomenon of disinhibition in the network, which looks like a fundamental and rather striking difference between the online behavior of users and actions and reactions in the real world. Sharpie attributes this phenomenon to the following characteristics of the Internet. And this:

-high potential for anonymity of any interactions;

-asynchrony and remote nature of communication, confidence and implicit presence in each person.

And unfortunately, participation in such acts of retaliation is gradually becoming a habit with a person. A person begins to consider participation in such disputes as morally obligatory. And the more often a person takes a position of moral authority, the more difficult it is for him to leave such a platform.

It is also necessary to take into account the fact that the absence of comments, likes or other involvement in the content, generates anxiety in the user and a feeling of uselessness in society.

This leads to one of two aspects: either cyberbullying or Internet depression.

And just at this moment, the main work of a cyberpsychologist starts, the tasks and aspects of which we have discussed above.

CONCLUSION

From all the information listed above, we can conclude that online psychological counseling has great prospects, and in the modern world, clients will increasingly turn to this particular type of counseling and give it a visible preference over others. Since this method is the most pleasant and with the least expenditure of time and effort.

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