## INTERNET AND MENTAL HEALTH PSYCHOLOGICAL ANALYSIS

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**Abstract**: *This article is based on the methodological analysis of our scientific work on the topic "Studying the psychological aspects of Internet addiction in the social behavior of young people." The methodology of the chosen author for our scientific research is based on the general scientific analysis of the questionnaire "Resilience in behavior" (R. Lazarus). The study was conducted at the Gulistan State University of the Republic of Uzbekistan.*

**Keywords**: *influence of the Internet, communication, socialization, modern youth, Internet addiction, method of behavioral stability.*

Today, the free Internet is increasing a lot that makes life easier for people and saves a lot of time: through computers, we find any information, communicate, shop, transfer money and do millions of other emergency things, do it with a computer mouse without leaving the house and even getting up from the chair. Other immutable attributes of our time also lead to the formation of computer dependence:[2]

In our republic, opportunities are being created to build educational content and national ideology, taking into account universal values and the basics of our national culture. This is accompanied by the work of people's oral creativity, pedogogy, thinker, enlightened educator and scientists teaching the ideas of ethics in education. The future begins today says our wise people. The future life of the younger generation determines the criterion of the spiritual and spiritual process that makes it a person. In this regard, it is especially important to increase the effectiveness of education and bring it to the level of World requirements to enrich education on the basis of advanced experiences, to conduct it on the basis of new pedagogical experiences. Raising a harmonious generation on the basis of oral creativity, traditions, customs of folk music makes them more proud to love their nation, the basis for introducing them into the future by studying the ideas and teachings of shorkano.[10]

In the 19th century, the science of biology developed rapidly. As the technique progresses, delicate and precise instruments begin to form. The hakomylation of the microscope made it possible to study the world of microorganisms. The embryo came to the field, a new field of biology that studies the life of embryology. Scientists have noticed that the embryos of high-ranking animals are similar, the closer they are to the moment of fertilization (fathering), the more differences ushancha makes [8]

The emergence of a computerized world, a global information system connected the fate of peoples, peoples and all mankind. The development, processing, storage and

distribution of unimaginable information technology is a serious concern today. After all, the latest generation of modern computers has 80-100 million transistors per processor and can work up to two billion tasks per second. Thanks to such a miracle of Information Technology, anyone can make contact with everyone anywhere on Earth in a second and solve the problem instantly. This state in itself reflects human activity, thinking, morality standards, attitude to the world and, in general, the life and fate of mankind in a new age.[7]

One of the main advantages of online communication platforms is the ability to connect individuals from different backgrounds and geographic locations. This extended access allows young people to meet new people, share common interests and form friendships that may not otherwise be possible. Online platforms, as well as self-expression and identity exploration, are those with similar values and interests that individuals can connect with their personas curate and others online.[6]

Participants who rarely use online communication "solve problems prefer the strategy of "planning to do", they rarely use" avoidance of responsibility "and" fight confrontation". They do not avoid problems, but purposefully analyze the situation and development of possible variants of behavior, from its own point of view choosing the best from the point of view, a problem-solving strategy, they are overcome by timely planning their actions, taking into account objective conditions.[3]

The main types of computer addiction:

1) Internet addiction (networked;

2) computer game addiction (cyberradidication):

Currently, digital technologies provide unlimited opportunities: we can exemplify the likes of unlimited communication on social networks, online shopping, completing school assignments, learning languages, learning graphic editors and distance learning.[13]

At first glance, it seems that there can be no downsides to this, but the huge history of the World Wide Web is fraught with the risk of falling into the virtual world, while those around it begin to move towards the background. Compulsive web soaring develops, without any conscious reason, an endless cycle of information and entertainment resources begins.[16]

The Internet is becoming a center of attention, computer addiction is developing, schoolchildren are becoming more susceptible due to their fragile psyche. Interest in life disappears if they are disconnected from the Internet. A feeling of emptiness and irritability can occur. They feel feelings of play and pleasure only when they open their favorite sites or start games. As a result of this condition, social and psychological adaptation, anxiety and depressive disorders appear, which are the main indicators of the mental health of schoolchildren. Depression, in turn, is a psychological factor in the origin of open or masked, suicidal behaviors [9]

Taking into account the various characteristics of information holdahujjats today it is advisable to list them in the following order:

1. International terrorism;
2. Religious extremism;
3. Narcotics;
4. Arms and ammunition smuggling;
5. Computer fraud;
6. Illegal trade in human organs for transplantation;
7. Forgery of securities and legalization of illegal income;
8. Transnational Organized Crime;
9. Illegal migration;
10. Missionary and proselytizing movement.[5]

From pedagogical experiences, it is known that pedagogical activity is a kind of complex process, which requires the teacher to have not only higher education, but also sufficient professional training, knowledge, skills and qualifications in the direction of pedagogical and professional training, as well as certain experience.[15]

The process of implementing the most basic and important functions of teachers in the educational process involves the implementation of several tasks, that is, the creation of necessary conditions for the subjects of the pedagogical process, the organization of their activities, it provides for the implementation of a number of tasks, such as coordination, control, analysis and evaluation, as well as the development of new pedagogical and information technologies. [11]

One of the most basic conditions for improving the efficiency of students ' activities and educational processes in educational processes is the need to organize innovative activities of teachers.[14]

Innovative activity of teachers is to ensure the effectiveness of the pedagogical process by introducing innovative approach technologies to the educational process based on the acquisition of pedagogical, psychologist and socio-economic innovations, the search for innovations, the foundation of learning Vaus and the use of scientifically based information. [12]

Psychotherapeutic method of treating internet addiction. No matter what they tell you about miracle pills, hypnosis or other semi - fantastic methods of treating computer addiction-do not believe them! If everything would be simple, there would be no addicts, alcoholics, pathological players, but smokers would be several times less. The most effective way to fix computer addiction is psychotherapy. To overcome addiction, you can use personal and group psychotherapy.[1]

Conclusion External signs of youth behavior, tied to Internet communications, are manifested in their real social behavior. Some typical signs of active users can be identified: with the help of Cosmetology, changing their appearance, experimenting with their own image, extreme selfies, in flash mobs, charity and social programs, voting in

polls, forums, volunteer valantiation, demonstrating healthy eating, participating in sports events, frequent visits to popular, expensive and unusual places, participating in photo shoots, observing new fashion rules, etc.

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