

# Social-Psychological Aspects of Prevention from Cyber Attacks in Adolescents

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**Abstract.** This article highlights the psychological interpretation of cyberattack prevention. Also, the use of prevention from cyber attacks as a research subject of psychology and as a criterion determining the main essence in psychological research is analyzed.

**Key words:** virtual world, cyber attack, influence, person, psychological characteristic, individuality.

Today, the formation of the information culture of the young generation is one of the issues that cannot be postponed. In spite of the fact that the process of informing the society is often evaluated as a purely technological process, it is also considered a deep social process by its essence. Because informatization means the transition from one form of society to another form with a higher level of social development and determines the future characteristics of society.

Cyber threats also refer to the potential for a successful cyber attack to gain unauthorized access to, damage, compromise, or steal an information technology facility, computer network, intellectual property, or any other confidential information. Cyber threats can originate from within a company or organization, from trusted users, or from remote locations by unknown individuals.

The international global rating on cyber security is a joint project of ABI Research and the International Monetary Fund, and the index allows to assess the level of participation of countries in the field of cyber security. The level of commitment is assessed in five areas: legal measures, technical measures, organizational measures, capacity development and international cooperation. According to the 2020 summary of global cyber security rankings, Uzbekistan ranks 90th in the National Cyber Security Index, 52nd in the Global Cybersecurity Index, and 95th in the ICT Development Index. These analyzes once again confirm the relevance of the issue of cyber security, because software vulnerabilities can cause an attacker to remotely access an information system or website, as well as files and data, and leak personal data of citizens. In this regard, cyber security measures in teenagers serve to prevent such situations<sup>1</sup>. According to experts, this is done by supporting the development of developing countries, influencing the minds of citizens under the guise of deciding universal democratic principles, subjugating them to their goals in various ways. Unfortunately, in this process, attempts to organize cyber-attacks and to "effectively" use the unique opportunities of the global network of the Internet are becoming more and more frequent<sup>1</sup>. The choice of information and its effective and correct use is related to the level of consciousness of a person. The level of consciousness should be proportional to the level of knowledge, and the level of knowledge, in turn, should be proportional to the essence of events in existence. Therefore, first of all, the person receiving information should analyze it at the level of his consciousness, and then accept it.

One of the distinguishing features of modern society is the constant adaptation of the growing young generation to the changes taking place around them. In the development of civilization, we compare its true nature with what it was before. Its distinctive features are continuity, intensity, global character. The rise of information attack in the age of information requires the formation of the culture of receiving information, the culture of reading, especially among young people<sup>1</sup>.

« P. Zurkovsky first used the concept of "literacy to prevent cyberattacks" in the 70s of the 20th century to refer to a person who can correctly use information resources to solve problems in work and everyday life. "People who are able to properly apply the resources of protection against cyber-attacks in their life activities can be called information-literate," he says. Over the following decades, cyber literacy has become an active concept in everyday life, schools, and workplaces in the United States. To the evolution of this concept the official basis was the US President's Office Cyber Literacy Report. According

<sup>1</sup> Connolly, I., Palmer, M., Barton, H., Kirwan, G. (Eds.) (2016). An Introduction to Cyberpsychology. Routledge, 2016. P. 136-144.

to him, "an information-literate person can be called a person who feels the need for information, knows how to search for information, evaluate it and use it correctly. Today, any modern person who can make optimal decisions and fully participate in a democratic society must be an information-literate person<sup>2</sup>.

When looking at foreign countries on cyber literacy, the American Library Association has been paying serious attention to information literacy since 1989. In this way, a special working group was formed under the President of the United States, and the term "Cyber Attack Prevention Literacy" appeared as a result of this working group. In addition, the group led the creation of the National Cyber Literacy Forum, which brought together more than twenty-five different organizations and institutions.

Over the past few years, the need to develop literacy to avoid common cyber attacks has been one of the main principles of working with young people in our society. Thinking and evaluating information is at the center of information literacy in the new context.

In the guidelines called "Standards for the 21st century student" adopted in the United States of America, it is determined that students should direct their skills, resources and means of obtaining knowledge to the following goals. These are: seeking information, thinking critically, acquiring knowledge, making inferences, making decisions based on relevant information, applying knowledge to new situations, creating new knowledge, sharing knowledge, and striving for personal improvement and aesthetic growth. These standards have become crucial in the debate about information literacy in the field of secondary education<sup>3</sup>.

These standards define a cyber-literate person as:

- able to determine the scope of the required information;
- able to critically evaluate information and its sources and harmonize the selected information with their knowledge base;
- understands the economic, legal and social issues related to the process of using information, and can use information legally and within the framework of ethical standards;
- is someone who can evaluate products and processes.

Thus, when the term "cyber attack prevention literacy" is used, many American researchers mean that any intelligent person must have not only one or a few skills, but a combination of great knowledge and perfect abilities to successfully function in an information society.

According to Yu.G. Noskov, conquering people's minds through information is in itself considered as depriving them of their beliefs and convictions<sup>4</sup>. Based on this, it can be said that the need for informational and psychological security is, first of all, a destructive force that directly affects man and society, man and state, individual and his integrity, nation and national values, customs, traditions, historical and cultural heritage, generations. comes from the presence of ideas and aggressive ideologies<sup>5</sup>.

According to the scientific basis, the issue of avoiding cyber attacks was reflected in the researches of A. V. Bortsov, T. V. Klimenko and A. Yu. Egorov, who are among the leading scientists of the science of addiction<sup>6</sup>. The authors mainly paid attention to the medical and psychological aspects of the problem, and paid more attention to the issues of psychoprophylactic measures implemented by specialists in cooperation.

According to K.S. Young, there are four important qualities that determine the prevention of cyber attacks<sup>7</sup>:

- a regular desire to check e-mail;
- constant waiting for internet connection;
- complaint of others that a person spends a lot of time on the Internet;

<sup>2</sup> Norman, K. L. (2017). *Cyberpsychology: An Introduction to Human-Computer Interaction*. UK: Cambridge University Press. P. 68-75.

<sup>3</sup> Suler, J. (2016). *Psychology of the Digital Age: Humans Become Electric*. Cambridge University Press. Whitty, M. T., Young, G. (Eds) (2016). *Cyberpsychology: The Study of Individuals, Society and Digital Technologies*. BPS Blackwell. P. 37-49.

<sup>4</sup>Носков Ю.Г. Опасность и безопасность с позиции деятельностного подхода// Информационный сборник «Безопасность». 1998. - №1-2. – С.45.

<sup>5</sup> Куликова, С. В., Шейфетдинова, Н. А., Маклаков, В. В., Креопалов, В. В., Нарциссова, С. Ю. (2018). *Взаимодействие в киберпространстве: принципы и формы: Учебное пособие*. Москва: Академия МНЭПУ. С.58

<sup>6</sup>Руководство по аддиктологии: учебник /А.В Борцов, А.Ю. Егоров, Т.В Клименко [и др.] / под ред. проф. В. Д. Менделевича. - СПб.: Речь, 2007. – С.123.

<sup>7</sup>Yang K.S. Internet addiction: The emergence of new clinical disorder. // *Cyber psychology & Behavior* 1998 vol. 1 - p.237-42.

- someone's complaint about spending too much money for the Internet, etc.

Ts.P. Korolenko, unlike other scientists, defines the phenomenon of avoiding cyberattacks as follows: "addiction to the network world is a form of aggressive behavior that is manifested in leaving the social environment or real life, and it should be supplemented with information from cyberpsychology. The author has a unique form of communication between a person and a network, and these forms of communication should not become the main idea of the human mind. According to the conclusions of D.G. Rybaltovich and V.V. Zaitsev, the following types of the phenomenon of avoiding cyberattacks are distinguished in adults: addiction to various unusual games, addiction to spending a lot of money, addiction to sexual intimacy, addiction to gambling, addiction to kliptomania (tendency to steal), trichotillomania addiction (pathological tendency to injure a part of the body), addiction to pyromania (inability to stop oneself from setting fire), etc. In these comments, the researchers tried to explain the peculiarities between the state of addiction in the normal way of life of a person and the characteristics of addiction of a pathological nature.

In short, to investigate cybercrimes and cybercrimes and to make the necessary decisions on their detection, elimination and prevention, to participate in the development of regulatory legal documents to fight against cybercrime, to fight against cyberterrorism, cyberextremism, organized crime, in the interests of state bodies and they must perform important tasks such as identifying and combating cyber threats that threaten cyber security and identifying and eliminating the causes and conditions that enable the commission of cyber crimes.

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