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Philosophical Study Of Youth Addictive Attitude Formations In The Virtual World

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Abstract : The article analyzes the positive and negative aspects of the virtual environment, its impact on the spiritual world, psychological state and social relations of young people. Also, the addiction of young people to the Internet and social networks, the causes of phenomena such as "hikikomori", and the factors leading to their isolation from society are examined based on scientific literature and statistical data. The study focuses on the issues of ensuring a balance between real and virtual life through a healthy lifestyle of young people, national values and information security.

Keywords: virtual world, real life, youth, internet addiction, hikikomori, popular culture, social attitudes, information security, national values.

One of the pressing problems of modern society is the increasing virtualization of life, especially in the lives of young people. This concept was used in ancient Roman culture as the term "virtus" in several meanings. For example, as a synonym for the concepts of virtue and moral value, existence and reality, artificially created artifact, as well as fantasy or potentiality.[1] The term "virtual existence" was first used in the 1970s by a scientist from the Massachusetts Institute of Technology, Jeron Lehner. Later, this concept was popularized by American cinematographers, who called it the ability to graphically express imaginary possibilities that cannot be realized naturally using technology. [2]Today, technologies capable of transmitting various forms of information are rapidly penetrating all spheres of socio-spiritual life. As a result, the spatial characteristics of values are disappearing under the influence of IT, and the universalization of ethnic cultures, traditional values, and norms of exemplary behavior are being observed. Therefore, it is relevant to analyze the positive and negative aspects of the virtual world.

On the one hand, the virtual world creates great opportunities for humanity. One of its positive aspects is the expansion of opportunities for education, scientific research, creative activity and communication. This is useful for human development, the development of creativity and communication skills. However, there are also negative aspects of the virtual world. Some virtual games can reduce physical activity, weaken social ties, and cause psychological problems. It is possible that the connections formed in the virtual space can reduce social connections in real life and have a negative impact on the human psyche.

In the 21st century, the concept of "mass culture" has become widely used in human life. This process is actually a manifestation of the globalization of cultures. Among global problems are invisible information flows that capture the human mind and negatively affect its ideology, psyche, system of relationships and national values. Each nation has its own culture and values. Therefore, what is considered valuable for one nation may not be true for another. For this reason, the term "mass culture" began to be used by philosophers, psychologists and sociologists.[3]

Today, even young children know how to use social networks. The impact of the virtual world on children's psyche and behavior has been widely analyzed in the fields of sociology, pedagogy, psychology, and cultural studies. American scientists N. Postman, H. Giroux, and D. Buckingham have studied the relationship between children and virtual media. Uzbek scientists G. Jo'raeva, Z. Ibragimova, and N.

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[1] Nosov.NA Thomas Aquinas category vertualnosti 1997. S 81
[2] Bahodir Zakir. The Conflicts of Globalization "Tafakkur" 2000, page 35
[3] Rustamova Khusniya Ismatillayevna "Virtual world landscape: positive and negative aspects" magazine issue N-17 part 2-March 2023.

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Tokhtayeva have also conducted scientific research on this issue. Studies show that children are often exposed to content that contradicts real life, promotes violence or mischief, which distorts their perception of real life. In recent years, various "challenges" and dangerous games (Blue Whale, Momo challenge, Blackout challenge) have become widespread among children, even leading them to commit suicide. For example, in February 2025, according to a report published in the UK newspaper The Guardian, four parents sued the TikTok platform after their children died while attempting the Blackout challenge. Experts have described the situation as disinformation.[4]

Real life is the way a person lives in direct contact with society and nature, including daily activities, emotions and experiences. Unlike the virtual world, it has a material basis and plays a decisive role in the social, economic and cultural development of a person. The main aspects of real life are its social nature, providing practical experiences, forming responsibility and being necessary for human health. Understanding the boundary between virtual and real life is an important scientific basis for understanding the extent to which human experience can adapt to an artificial environment in the modern technological environment. In this regard, the "Reality-virtuality continuum" model developed by Milgram and Kishino is one of the main theoretical approaches. According to this model, human experience exists on a continuous spectrum from a completely real environment to a completely virtual environment. One of the intermediate stages is "Mixed reality", in which the user simultaneously perceives both real sensations and elements of an artificial environment. As a result, new experiences and a harmonious succession are formed in the mind.[5]

To understand the psychological and social impact of virtual reality, it is especially important to study the possibility of violating or disappearing this boundary. Referring to foreign experience, in the USA the Children's Online Privacy Protection Act (COPPA) was adopted to protect children from negative content . In Japan, the use of virtual media by preschool and school-age children is strictly controlled. In France, children's television is controlled by independent regulatory bodies.[6]

In Uzbekistan, a number of measures are being taken to reduce the negative impact of the virtual world: educational programs are being developed, information security rules are being introduced, and advocacy work is being carried out for parents. At the same time, unrestricted content, imitation of a Western lifestyle, and low digital literacy of parents are exacerbating the problems. In Uzbekistan, young people are increasingly interested in the virtual world, in particular:
- Widespread use of the Internet and mobile technologies;
- Insufficient opportunities to spend free time meaningfully;
- The desire to express oneself on social networks and achieve popularity;
- Temporary escape from real-life problems;
- Interest in foreign culture and modern trends.

As a result of these situations, young people spend a lot of time on the Internet , which negatively affects their real-life activities, communication, and learning . Today, there are several measures to prevent young people from becoming addicted to the virtual world and to ensure that young people can maintain their real-life activities while using the virtual world:
- Moderation of Internet usage time;
- Increasing information literacy;
- Active involvement in sports, arts and community service;
- Strengthening parental and teacher supervision;
- It is necessary to focus on useful, socially significant online activities.

The widespread phenomenon of "hikikomori" in Japan is also a result of young people's excessive addiction to the virtual world. In 2022, hikikomori cases were also recorded in the 40-64 age group, which

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[4] Postman.N The Disappearance of Childhood New york:Vintage 1985.
[5] Milgram, about the reality virtuality continuum theory. Wikipedia.
[6] Buckingham, D. After the Death of Childhood: Growing up in the Age of Electronic Media, Cambridge: Polty Press 2000.

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shows that social isolation is widespread regardless of age. According to statistics , in Japan in 2022, 2.05% of the population aged 15-39 (1.46 million people) were in a hikikomori state .[7]

According to the World Health Organization (WHO), 15% of children aged 10-19 worldwide show signs of Internet addiction. In Uzbekistan, 66% of the population are Internet users. [8]According to studies conducted by the Youth Agency and psychological centers, spending too much time on social networks reduces young people's self-confidence and weakens their ability to communicate in real life. In some cases, addiction to virtual games and the Internet, chasing "likes" and "follows" are observed. This makes it difficult for a person to realize their real life goals.

In today's age of globalization and digital information, the influence of mass culture on children's upbringing is increasing. The values instilled through social networks, television, music and films are often superficial, commercially oriented and far from the national mentality. This negatively affects the psycho-psychological development of children, their moral views and social behavior. Therefore, parents and educators should form critical thinking, the ability to distinguish information and respect for national values in children.

The use of gadgets by young mothers to calm children also has negative consequences. During the upbringing period, a child needs the direct attention of parents, not a phone. Reading habits are also an important part of the educational process. In this regard, the rational use of technical means, the need to acquire knowledge and develop reading are essential. In the book "Social Manners" by Sheikh Muhammad Sadiq Muhammad Yusuf, "In particular, there should be a norm for using the press and information media. From them, one can obtain information about things that are useful for oneself, one's family, one's people and one's homeland. For this, one needs to plan. One can see, read or hear certain things at certain hours."[9]

Even if a person lives a hundred years, life is short. It is better to spend it on acquiring knowledge and studying. If we use the virtual world for good in the path of knowledge, these devices will automatically serve us. On the contrary, we will become its slaves. If a person does not know what his purpose is in living in the world, he is considered a loser in every way. Since he was given life, he should consider it a blessing and set high goals for himself. He should try to help those around him every day. If a person sets only one goal and works towards achieving it, then the time he spends will also be distributed. As a result, there will be no time for idleness.

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