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INTERNET ADDICTION IN CHILDREN AND ADOLESCENTS

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This article presents a brief review of the literature and statistical data on Internet addiction among Russian teenagers. The authors conducted a scientific search using the relevant keywords in the biomedical research search engine - PubMed and the search engine for scientific publications - Google Scholar. In bibliographic and abstract databases of peer-reviewed scientific literature (Scopus, Web of Science, MedLine, The Cochrane Library, EMBASE, Global Health, CyberLeninka, RSCI and others).

Keywords: Internet addiction; adolescents; age-related characteristics of addictions; anxiety; prevention

ИНТЕРНЕТ-АДДИКЦИЯ У ДЕТЕЙ И ПОДРОСТКОВ

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В данной статье представлен краткий обзор литературы и статистические данные о интернет-зависимости у российских подростков. Авторами проведен научный поиск с использованием соответствующих ключевых слов, в поисковой системе по биомедицинским исследованиям – PubMed и поисковой системе по научным

публикациям – Google Scholar. В библиографических и реферативных базах данных рецензируемой научной литературы (Scopus, Web of Science, MedLine, The Cochrane Library, EMBASE, Global Health, CyberLeninka, РИНЦ (RSCI) и другим).

Ключевые слова: интернет-зависимость; подростки; возрастные особенности аддикций; тревожность; профилактика

Internet addiction is an obsessive desire to use and spend a lot of time on the Internet. Teenagers have a constant need for the Internet (checking mail, watching news, online games). Internet addiction is accompanied by a large number of behavioral problems, anxiety and depression.

Signs of Internet addiction: a constant desire to be online, irritability when it is impossible to access the Internet, unwillingness to be distracted from the virtual space, attention disorder, neglect of personal hygiene, systemic irregular meals, conflicts with other people [15, p. 1882-1883; 16, p. 1882-1883; 17, p. 3-28].

According to the analytical agency “WeAreSocial” and “SMM platform Hootsuite”, reports on the global digital market “Global Digital” 2018 have been prepared.

In the Russian Federation, 43.3 million people used the Internet in 2010, 78 million people in 2015, 87 million people in 2017, and more than 90 million people by mid-2018. (82% of the population). This increase in users leads to an increase in the number of Internet addicts.

It should be noted that adolescence is a dangerous period - unstable hormonal levels, lack of attention from parents, lack of live communication with friends and relatives, problems with studies. Adolescents choose the virtual world and practically “live” in virtual reality [12, p. 60-7; 13, p. 246-250; 14, p. 18].

On the Internet, students of middle (11-15 years old) and senior (15-17 years old) classes download music, photos, communicate with friends on social networks (Facebook, VKontakte, Instagram, etc.) in their free time. Their number increases depending on age: at 11 years old (14.1%); at 13 years old (25.8%); 15 years (33.7%) and depending on gender: boys (26.8%), girls (21.9%) use the Internet [1, p. 109-117].

According to statistics, the number of Russian teenagers who spend 3 hours or more on the Internet increased from 2006 (5.7%) to 2010 (21.7%), and in 2018 already 57.1% of children and adolescents are constantly on the Internet [1, p. 109-117].

Tereshchenko S. et al. (2021) found the prevalence of ID among adolescents in the Russian Federation to be from 7.1% to 10.4%, depending on the content consumed (social networks, web page content, messenger channels and various programs) [18, p. 10397].

Thus, according to the results of Russian studies, it was found that adolescents (81.2%) access the Internet uncontrollably (mobile phones, home computers). Children aged 4 go online with their parents (88%); from the age of 8, children often access the Internet on their own; at the age of 14, only 7% of adolescents use the Internet together with their parents [5, p. 1-20].

In a number of studies [3, p. 27-54; 4, p. 206-208; 6, p. 56] found that in people of early adolescence [11, p. 32-35] who are prone to IZ, anxiety-depressive states, difficulties in performing work, and high excitability are noted. There is also data on the relationship between the presence of hobbies in adolescents and Internet addiction: in the group of independent and slightly dependent users, 100% have hobbies; in the group of absolutely dependent users (hobbies and spending time on the Internet are equivalent) - 28.7%. A direct link between the lack of a daily routine in adolescents and Internet addiction: in the group of 100% independent - time is planned; in the group of weakly dependent - 40%; in the group of moderately dependent - 30%; in the group of highly dependent - 3% and in the group of absolutely dependent - 0% [3, p. 27-54; 4, p. 206-208; 6, p. 56].

Psychologists recommend that parents at the first signs of Internet addiction in adolescents use a self-diagnosis test (Kimberley S. Young, "Internet Addiction Test", 1995) [19, p. 899-901]. The test is intended for self-completion by the examinees, consists of 20 questions. Interpretation: ordinary Internet user - '20-49 points'; some problems associated with excessive interest in the Internet - '50-79 points'; Internet addiction - '80-100 points'. The "Internet Addiction Test" serves as a screening tool for selecting individuals who need a consultation with

a specialist psychologist and cannot serve as a basis for making a diagnosis.

Thus, regular prevention and rational use of the Internet will help avoid Internet addiction in adolescents. As preventive measures, it is recommended: 1) 'A day without the Internet' – a family vacation with a visit to the park or a trip out of town, family watching movies; 2) install the service 'parental control' with a limit of time spent on the Internet; 3) visits to sports sections; 4) choosing a hobby that is interesting for a teenager; 5) motivation of a teenager to communicate in the real world.

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