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Impact of Internet addiction on the individual

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Abstract. The paper analyzes the manifestations of Internet addiction on individual psychological and social levels, determined by specific characteristics of persons suffering from Internet addiction.

Keywords: *Internet addiction, online environment, addiction, addicts, virtual reality*

Introduction. With the proliferation of Internet addiction in today's society important task is to study the personality changes that occur in addicts under the influence of addiction. It is necessary to determine the types of conduct Internet-dependent person of character conditions that make a person particularly vulnerable to the action of stimuli that provoke addiction.

Overview of publications on the topic. The methodological basis for the study was working on the consequences of Internet addiction for the individual (T. Karabyn, A. Petrunko, V. Posokhova, A. Cerkovny) study of mental states that arise in Internet-dependent individuals (I.G. Belavin, J. Hrohol, Drozdov A.Y., L.V. Podryhalo) analysis of of addictive behavior (B.L. Brown, M. Hall, V.A. Loskutova, M. Shotton) features of computer addiction (L.P. Gurieva, E.O. Mulyk, O.V. Shinkarenko, O.V. Yakushina) study the characteristics of psychological dependence (S. Kulikov, E. Miller, K. Selchenko) and other.

The aim of the paper is to identify specific characteristics that are inherent internet-dependent person.

Materials and methods. Made theoretical analysis, scientific research sources, theoretical and methodological theories about addiction and Internet addiction.

The main material of the study. In modern science, there are a variety of information theoretical and practical studies that determined traits and behaviours characteristic of Internet-dependent person. Regardless of the type of Internet addiction are common signs of addictive behaviour: a persistent desire to change the mental and physical condition, a continuous process of formation and development of addiction, dependence cyclical behaviour, natural occurrence of personality change and social exclusion, the formation of addictive settings, namely set of cognitive, emotional and behavioural characteristics that cause addictive attitude towards life, excessive emotional relationship to the object of addiction; transformation of addiction in the objective existence; denial of dependence and its severity [9].

T.M. Vakulych identifies the main types of individual behaviour on the Internet: obsessive search type (objectless aims to find new information, without the desire to get the result) compensatory type (directed to compensate the need for communication); emotionally dependent type (focused on staying in the Internet to maintain the desired level of mental activity and emotional state regulations); communicative type (aimed at diversification of communication as a necessary condition accelerating real communication) cibersexual type (due to search online sexual information).

She argues that a high level of Internet addiction correlates with individual psychological characteristics such as: low self-esteem, subjective feeling of loneliness, the pres-

ence aleksytymiyi symptom, depression, propensity for substance abuse problems, reducing organizational and communication skills; expression of character accentuations (mostly – hipertymna, schizoid, unstable) and the emergence of social exclusion. Micro level factors of Internet addiction associated with impaired interpersonal interaction with others. Incentives that provoke addicts dive into the world of virtual events include: the inability to meet the basic needs for recognition, respect and love from the inner circle the prohibition of desired obstacles to achieving the goal, abuse, fraud, inability or unwillingness to take responsibility for their words, actions, works in real life [1].

H.I. Turecka claims that individuals who are prone to Internet addiction, characterized by pronounced signs of identity confusion - lack of integrity "self-image" negative attitude to yourself, negative attitudes and expectations of others, lack of self-determination. A characteristic feature of persons prone to Internet addiction is a "compensatory" virtual self, which is quite different from the real "I" more active, open and attractive and enables in the virtual world to implement the desired "self-image" [12].

Robert Lynn describes some possible physiological correlates of excessive Internet use. However, it equates these reactions and pathological dependence: conditional response (rapid pulse, high blood pressure) on the dial-up connection, "an altered state of consciousness" during periods of communication in the the dyad or group interaction (full concentration and focus on the screen close to the meditative / trance state), the type of scrolling dream, a manifestation of extreme irritation to the distractions of "real life" at the time of stay in cyberspace. [5]

According to V. Grishko Internet abusers exposed to high levels of abstract thinking. They are individualists willing to settle for indirect contacts with others and do not tend to conformal behaviour feel "pioneers" into "uncharted territory." The ability to constantly replenish their knowledge and develop new activities are the source of their self-esteem. Often they find themselves in unknown to them earlier intellectual potential, hidden talents and new interests. Greatest propensity to Internet addiction are those people who have suffered prolonged depression and those who had problems with alcohol and drugs. Also among Internet-dependent are many who in real life often feels an alarm condition and cannot get rid of it. While working with the Internet, some said feelings closer to its true essence, expresses surprise for themselves areas of personal growth that the Internet facilitates self-actualization. Also prone to hypertrophic dependent emotional reactions to the words of others - like the manifestation of emotion is not encouraged in more traditional forms of communication. New social relationships are

highly appreciate and support them through systematic and continuous participation in group activity types.

Together with the V. Grishko notes that addicts are often characterized by extreme dependency, inability to refuse to say "no" for fear of being rejected by other people, sensitivity to criticism or disapproval, unwillingness to take responsibility and make decisions, and consequently strong subordination of important people. It describes a passive stance when people first refusing to come into contact with others and to make decisions. In addition, the dependent type of personality inherent fear of loneliness and desire to avoid social exclusion manifests itself characterized by a narrow range of communication (can communicate with many people, but very shallow), inability to express and share their experiences with others, lack of close relationships, impulsivity, inability to plan their time to achieve their goals and plan their work well (as a result of possible lack of permanent employment). [5]

According to others the Internet-dependent are prone to pessimism, dissatisfaction, the excitement, have expressed independent judgments and actions, non-standard thinking, unpredictable behaviour, irrational approach to problem solving, detachment from reality. The higher the level of Internet addiction, the greater the need for security. In Internet-dependent people in stressful, negative situations tendency to avoid (a strategy that involves a departure from resolve conflict, expressed or omission or withdrawal) of such situations and the need for additional external support, to support, to avoid the solution problems by switching and substitution of [7].

Internet addiction is the presence of such features as excessive irritability, temper, emotional instability, aggression, aloofness. Dependence mood of internet usage is expressed in emotional disturbances, movement disorders, anxiety, obsessive arguments about what is now happening on the Internet, fantasies and dreams about the Internet, arbitrary or involuntary movements of the finger-like typing on the keyboard [10].

N.V. Chudova identifies those who suffer Internet addiction a number of specific features: the difficulty of adoption his own body, the tendency to intellectualization, negativism, emotional tension, aloofness, loneliness, low self-esteem, exaggerated idea of the perfect "I", the tendency to escape from problems tendency to avoid responsibility, the existence of one or more frustrated needs [13].

H. Turecka claims that the person prone to Internet addiction, have a critical understanding of their volitional qualities and commitment, they lack faith in their own strength, lack of satisfaction with an inherent frustration in itself. They avoid close interpersonal relationships and do not care about the inner life of the environment are not able to create an atmosphere of openness, intimacy, credibility in interpersonal relationships, not sure what could cause sympathy in others, positive attitude. Individuals prone to Internet addiction inherent desire to live today or yesterday afternoon, without thinking about the future, not defined the goals in life. And they are not satisfied with their current life and do not believe that is able to monitor the events of his own life, believing that life events are a matter of chance [11].

K. Young and R. Rogers [15] established a link internet dependency with depression. This correlation authors explain the fact that people with depressive disorders that are characterized by low self-esteem and fear of rejection, it is

important to be accepted by others, as difficulties in interacting with other people they can compensate by virtual support.

K. Young [14] found that Internet addicts have a high level of abstract thinking, confident, individualist, sensitive, wary of interpersonal contact, characterized by non-conformism.

The study A. Egorov and N. Kuznetsova self-Internet addicts was significantly underestimated. On a scale of the self-perceptions significant differences in the expression of integral feelings for / against his "I" and self-interests between the Internet and Internet-dependent people independent. Addicts, with a high, dominating the need for close communication, have thus sufficient courage to establish social relationships with other people in the real world. The authors found that among Internet dependent is dominated by a schizoid, hysteroid, labile and epileptoid types of accentuation. Less occurred unstable and psychasthenic characters and in isolated cases – astenoneurotical and hipertymal. Prevalence of schizoid characters among Internet addicts authors associated with features of the network - a departure from reality that the typical schizoid. Also studied addicts risk of alcohol abuse and drug use was significantly higher than in the control group [12].

The study of E. Hubenko [6] found significant differences in self-confidence and courage in social contacts between the group exposed and not subject to Internet addiction. Individuals prone to Internet addiction, subjective experience more difficulties in communicating in real life, worse assess their ability to make decisions in complex situations, the ability to control their own actions and their results.

Addictive behaviour in interpersonal relationships characterized by a number of key common features. This reduced tolerability difficulties that is caused by the installation of hedonism (the desire to obtain immediate gratification). If you wish addictive not satisfied, they react or outbursts of negative emotions, or departure from the problems that have emerged. Hidden inferiority complex is reflected in frequent changes of mood, uncertainty, avoid situations in which their skills can be objectively verified. Anxiety in addicts closely associated with an inferiority complex, depending. The peculiarity lies in the fact that in times of crisis anxiety can retreat into the background, while in real life it can occur for no apparent reason, or for events that do not have a valid reason for the experience.

For the person with addictive behaviour characterized by the following features: immaturity, "affective logic", labiality, ease frustration, reduced self-esteem, anxiety, lock needs security, freedom, self-assertion, the need for approval, fear of evaluation, self-centeredness, self, other charges, avoiding problems. In addition, these individuals blocked the need for security and maternal love, the ability to plan long-term future. Altered and value orientation. Characteristic passive pastime. Range of interests they have narrowed, including three times less than those involved in sports, technical creativity, attending cultural events. With the deepening of addiction such as enhanced [8].

A. Shaydulina also found some commonalities Internet dependent. Typically, they are characterized by disharmony functioning emotional sphere, as manifested in the inability to clearly differentiate their feelings, inability to

spontaneously adjust them in communicative situations. This often was formed as a result of pseudo solidarity type of family relationship, where the expression of feelings was considered unnecessary or even related to the manifestation of weakness.

Even in the presence of a wide range of communication, friendships rarely occurred, there was no emotional attachment to any of the others. On the one hand - most addicts explain the lack of need for close emotional relationship, on the other hand, have been identified distinct patterns of alexsytymical syndrome characteristic addiction all. Thus the already narrow circle, with the development of Internet addiction actually led to the formal exclusion of the individual [3].

According N.V. Chudova in the emotional field of Internet addiction leads to considerable tension, which attempts to decrease in the absence of personal aggression carried out through three main techniques. First - a desire to solve any problem, including personal and interpersonal, only intelligent agents that brings this group with a group of highly skilled hackers and programmers. The second admission is associated with the formation of ideas about the world, which emphasizes the uniqueness and individuality of each, explaining the subject of the impossibility of complete and true understanding. The inner loneliness in this world picture is system-categories, and communication is the leading information component. The third method - negativity and rejection of social norms [13].

A.E. Voyskunskyy claims that activity "addicts" obvious deep interest hyper motivation. Internet addiction bordered by describing the subject captured process knowledge, test themselves in the work, the most appropriate psychological phenomenon analogous dependence on the Internet is the experience of "flow" or past experience. Experience the flow can be understood as one possible makes processes intrinsic motivation. There is a feeling transfer to a new reality, experience flow leads to disruption of the sense of time, a distraction from the surrounding physical and social environment. In addition, it borders the challenge level of existing subject knowledge, skills and abilities, his competence in solving problems. This past experience is not tied to specific activities [2].

According to a study V. Holovanevskoyi addictive personality in their attempts looking for a versatile and very one-sided way to survive - a departure from the problems. Natural adaptive capacity addicts affected on psychophysiological level. The first sign of these disorders have a feeling of psychological discomfort. Psychological comfort can be broken for various reasons, both internal and external. Mood swings are always accompanied our lives, but people have different perception of these conditions in different ways for them to respond. Some are willing to resist the whims of fate, to take responsibility for the events and decisions, while others barely tolerate even short-term and minor mood swings and psychophysical tone. These people have low resistance to frustration. As a way to restore psychological comfort they choose addiction, seeking to artificial changes in mental status, receiving subjectively pleasant emotions. Thus, the illusion of a solution. Such a way of dealing with reality is fixed in human behaviour and becomes stable strategy of interaction with reality. The attractiveness of addiction is that it is a path of least resistance. Creates a subjective impression, thus addressing the fixation on certain objects or

activities cannot think about your problems, forget about anxiety to escape from difficult situations, using different versions of addictive. The devastating nature of addiction is that addictive way to implement a means gradually becoming a target. Distraction from doubt and feelings in difficult situations from time to time necessary for everyone, but in the case of addictive behaviour, it becomes a way of life, during which a person is trapped in a permanent departure from reality. [4]

Thus, summarizing the information collected can be argued that the main characteristics of Internet-dependent person are: low self-esteem and self-respect, anxiety, social isolation, identity confusion, susceptibility to frustration, conformity.

However, there are conflicting data, according to which Internet addicts has such features as independent, non-conformism, self-confidence, developed abstract thinking. This discrepancy of the experimental data leads to the need for further comprehensive studies that would allow professionals to build a full psychological portrait and none dispute Internet-dependent people.

We share the view of most researchers, and believe that it is low self-esteem, high anxiety and frustration are the features that contribute to the formation of Internet addiction. This is because the person to whom the inherent lack of self-esteem, unable to form an adequate image of "I" and positive self-reacting. It concentrates on his own shortcomings, believes that there may like others, is not worthy of acceptance. This contributes to the fact that such a person begins to prefer virtual communication as a network, it is able to present his "I am perfect" show those features that are considered significant.

High anxiety is also a feature of addicts, as it creates obstacles to establish contacts with others, does not allow the individual to open up, to express themselves. Internet environment appears to such person a safe place, where it, through the principle of anonymity can share ideas with others without fear of rejection from them.

Tendency to frustration, in our opinion, is one of the most important features that are a prerequisite for the formation of addiction. Failure to meet the individual needs are important in real life encourages her to find that the areas where they might be satisfied, and often this means it is the internet. Man looks on the possibility of social needs through communication forums sex - by visiting porn sites and more.

Analyzing traits Internet-dependent people must set and those features that arise from the impact of the addiction. These include irritability, aggressiveness, emotional instability, detachment. These characteristics are due to general exhaustion addicts, insomnia, feeling unwell. A person suffering from Internet addiction usually feels insecure, "cornered" and its aggressive behaviour can take protective nature, as in the later stages of addiction is what is outside the Internet are perceived as being threatens and provokes a number of negative emotions. Such a person believes that others do not understand and looking for support online, increasing away from family and friends, forgetting their duties, neglecting discharging their functions.

Conclusion. There are unsure data on individual psychological characteristics of Internet-dependent person, which leads to a need for further research this issue. A significant number of scientists provides the following features addicts as isolation, loneliness, inability to estab-

lish contact, anxiety, frustration. However, it is thought that Internet-dependent entity characterized by autonomy, independence, curiosity and nonconformism. Thus, the psychological portrait of addicts is contradictory and does not allow for targeted prevention of Internet addiction.

A promising direction is to conduct empirical research to determine the characteristics inherent in Internet-dependent individuals.

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Каминская О.В. Влияние интернет-зависимости на личность

Аннотация. В статье анализируются проявления интернет-зависимости на индивидуально-психологическом и социальном уровнях, определяются специфические особенности лиц, страдающих от интернет-аддикции.

Ключевые слова: интернет-зависимость, виртуальная среда, аддикция, аддикт, виртуальная реальность