

PSYCHOLOGICAL PROBLEMS OF COMMUNICATION AND ACTIVITY OF THE DIGITAL TECHNOLOGY GENERATION

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Abstract: The article examines the problematic issues of the psychological component present in the transition to the digital economy. The existing problems and possible causes of these problems are highlighted. Possible options for removing these causes and, as a result, eliminating existing problems are also proposed.

Keywords: generation, digital technologies, communication problems.

Of course, you can talk about whether a person without a computer or without a cool gadget is a deviation from the norm in the modern world, but one thing is for sure – in some situations, a person who finds himself in the zone of computer inaccessibility experiences discomfort. Whether we like it or not, digital technologies have already found a place of service in various spheres of our society. Education, healthcare, the defense sector, and not only that, and everywhere new technologies and, as a result, new horizons for further development for people. Digital applications on the one hand, and computer games on the other, and at first glance it is not clear whether this is good for a person or evil. However, we should not forget that since ancient times, people have been inventing various devices for themselves to improve their existence in this world.

The current generation of schoolchildren is called "digital" for its passion for computer digital technologies. Modern schoolchildren and students literally do not let go of digital devices. For the younger generation, digital devices have become an essential attribute of growing up.

Such socio-psychological and material-economic trends of the digital age have both their advantages and disadvantages in terms of influencing the personal

characteristics and life activity of people. But today we will only talk about the disadvantages.

One of the global problems is Internet addiction. It is actively studied by representatives of the socio-humanities. It is believed that Internet addiction is no less dangerous in terms of disrupting social adaptation and personal health than chemical addiction.

Methodology

The theoretical and methodological basis of the research is: S. L. Rubinstein's principle of the simultaneous formation and manifestation of the psyche in activity; A. N. Leontiev's concept of personality about activity as its main characteristic; ideas about addictive behavior as a form of destructive behavior, in which a person seeks to escape from the surrounding reality, to create an illusion of security for himself, focusing on individual activities and objects; A. Bandur's non-behavioral theories about social learning and J. Rotter's theory of self-efficacy [1].

In the study of psychological problems of communication and activity of the digital generation, the following methods were used: a test method, a questionnaire, focus groups, and a conversation. To determine the degree of involvement in digital activities and digital communications, the Internet addiction test was used. Young [4].

To analyze the impact of digital technologies on the socio-psychological characteristics of the personality of this generation, I developed a questionnaire for the subjective perception of the impact of digital technologies and the Internet on the intellectual, volitional, motivational and communicative spheres.

In the experimental part, I would like to conduct a study. It is held on the basis of first-year students of the Don State Technical University. The study involved 80 people (40 girls, 40 boys) aged 16-18 years.

Adults - representatives of the older generation: parents who raise and teach children under the age of 18-also took part.

Students were tested to identify the degree of Internet addiction of the individual, and a questionnaire on the subject of subjective perception.

The method of focus groups with the number of participants of 5-12 people was carried out. The focus was on the psychological problems of communication and the activities of the younger generation associated with the use of digital technologies. The group nature of the discussion allowed us to create a positive atmosphere for revealing the mutual complementarity of points of view and the peculiarities of perception of the subject of research.

A conversation was conducted with people who actively interact with the younger generation: with parents and teachers about the negative impact of excessive use of digital devices on the psychological characteristics and behavior of young people in order to generalize and highlight options for successful correction.

The results of the research and their discussion

Analysis of test results according to the K method. Young on identifying the level of Internet addiction of the individual. This diagnostic method revealed that 15% of respondents (8 boys and 4 girls) have formed an Internet addiction, which has caused significant problems in their life; 57.5% face problems from time to time or often due to excessive use of the Internet; 27.5% (7 boys and 15 girls) - sometimes stay online a little longer than usual, but they are able to control the use of the Internet. This can be explained by the fact that girls are more emotional than boys and need close emotional communication, which is not provided properly through digital devices.

Analysis of the survey of the young and older generation on the subject of subjective perception of the impact of digital devices on the intellectual, volitional, motivational and communicative spheres of the individual. Estimates of the impact of the use of digital devices on the intellectual sphere were distributed as follows: the majority of respondents (73%) of the younger generation consider this impact to be positive, while the older generation - parents and teachers (80%), on the contrary, note a negative impact. At the same time, representatives of the younger

and older generations unanimously note the negative impact of digital devices on the processes of attention and memory, but differ in their assessments of the impact on decision-making processes: the young, unlike the older, assess this impact as positive.

Analysis of the work of focus groups for a qualitative interpretation of the psychological problems of communication and activity of the younger generation associated with the use of digital technologies, their content and causes, as well as the possibilities of overcoming them.

The digital generation, despite its strong need to spend a large amount of time in the digital space, is generally aware of the importance of real interaction with other people and the effectiveness of solving current problems.

A psychological analysis of the problems of communication and activity of the digital technology generation - people who grew up in the world of computers, mobile phones, tablets and the Internet. Digital reality is becoming one of the key factors of growing up. There is a transfer of various types of activity to the virtual world, which determines an increased interest in the Internet network, followed by a decrease in adaptation to the outside world and an aggravation of interaction with others.

The main directions of prevention and correction of adverse effects on communication and work of the digital generation are considered to be: the formation of communication skills; the creation of environments for the appearance of a sensation of furor in reality; the formation of the ability to self-organize in achieving current goals; the formation of volitional regulation of behaviour.

For practical psychology, it is considered relevant to develop and implement special preventive and correctional programs, within the framework of which psychology specialists will be able to work out in practice the difficulties of the young generation due to the excessive introduction of digital devices, to cultivate the missing skills and abilities to optimize mental functioning in the real world and the world of digital technologies. These must be trainings for the formation of

interest and memory, analytical thinking, strong-willed self-regulation, communicative competence, security of the use of digital resources.

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