



“Internet is a depression. The benefits and harms of cyberspace on the human psyche.”

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ABSTRACT

The Internet is a part of our life, but because of it, people have become more prone to depression and aggression. This is especially true for teenagers. This problem did not pass by the attention of psychologists, which allowed the development of a new idea - as the psychology of cyberspace. In this article, we will look at the problem of using the Internet, as well as consider the issue of depression and what we can do about it.

Keywords:

Cyberpsychology; Cyberspace; Internet depression; Internet addiction

Modern internet resources the most common internet platforms are Instagramm and TikTok. In the first case, people create their own page, trying to run their own blog, and subscribe to the pages of famous personalities.

In the second case, we are given a free concept with, at first glance, entertaining videos.

But then what is the problem that causes people to sink into depression, or go to extreme measures for the sake of hype, which makes children neglect their own parents and mock people, do stupid things on the expanses of TikTok?

And the intelligent users of the Instagramm platform suddenly turn into the most avid haters who are able to hurl insults at the multi-millionaire bloggers.

After that, a reasonable society is trying to withdraw protests against such Internet sites in order to decide on their closure.

So what is the problem? Are bad internet platforms being created, people don't know how to use them, or is everything heading

towards making the world look like a dystopian book?

Let's start dealing with these questions in order.

You need to understand that Internet sites are created for ease of use and the possibility of expanding the boundaries of our capabilities.

Instagramm - at the beginning of its journey, was created for the convenience of sharing photos so that each user can share the best memories of his life with other people. Later, when celebrities joined the network, the site became a platform for subscribing to favorite stars and for watching their lives. And someone even provided the opportunity to communicate with them.

Today, Instagramm is used as a personal blogging service. Anyone can choose any topic for themselves and promote their knowledge, product, shop, business and much more.

TikTok was created just like Instagramm, but only for sharing via video. So that everyone can shoot short videos about themselves and share them online.

But at one point, something went wrong. Some people began to give up on Internet etiquette, believing that if they do not see a person live, then they are allowed to treat as they like and write as many insulting and accusatory letters as they like.

But here, it's not about the programs themselves!

The impact of depression and how to deal with it.

If you delve into the theory of cyberpsychology, then Internet depression, as well as aggression, arises from the causes of internal qualities.

Scientists at the University of Leeds conducted a large-scale study in the field of spending time in real life and in the life of the Internet space.

In most cases, the younger generation has such an Internet addiction, which no longer sees its life without the participation of the Internet. The age range that most often falls into addiction and depression is the 21-year-old region.

Anyone over 20 will definitely remember the computer game The Sims, where players were given full virtual reality, where they had the opportunity to create their character with any appearance and character. Live his life, work, earn money, start a family and build houses.

This game was incredibly addictive. But her problem was that some people took her too seriously, trying to distract from real life in her vastness.

Why is this happening?

In life, not everything goes so smoothly, and people run to the Internet to forget about reality and move away from depression, but they themselves do not realize that in this way they plunge into it even deeper.

In no way am I opposing the Internet, but I just want to show its difference. The fact is that looking at the vastness of Instagram, we look at our favorite bloggers and see their "ideal" life. After that, a person necessarily begins to compare himself with him and think that his life is rather boring and not filled with the same adventures.

It seems to him that this blogger gets everything easily and simply in life, and aggression begins to boil in him. Otherwise, he begins to consider his life worthless, further aggravating his already shaky, psycho-emotional state. But we forget that Instagram was created in order to share pleasant moments in life.

A lot of bloggers work long hours, like all ordinary people, they just don't broadcast it on the open spaces of their blog, trying to show the positive side of their lives and share their achievements with others. In an effort to create a single content that combines with each other, because at the moment - almost all users first of all pay attention to the visual component.

We live in a world of constant comparison of ourselves with others, our achievements with the achievements of others. The ability to break through is the ability to force willpower. A sufficient percentage of motive and motivation.

At the present time, Internet depression is the most pressing problem in our society. Almost every baby is born with a phone in hand. And how many people plunge into the state of a somnambulist, even eating with a phone in their hands.

The World Organization WHO compares depression with a real epidemic, a virus that covers a person with incredible speed through one.

Depressive state is expressed in a depressed mood, unwillingness to do anything, drowsiness, despondency, loss or excess of appetite. WHO is also confident that depression will soon take the first place in the world in terms of diseases. Таким результатам нельзя радоваться.

Based on these factors, we can assume that cyberpsychologists need to focus on this, and develop a structure for dealing with this disease.

How can we help people with internet depression?

First of all, you need to figure out where depression takes its roots from. In most cases (especially when it comes to teenagers), Internet addiction appears in a person from a

lack of attention from parents and from their own family.

The transitional age is one of the most difficult ages, when a person begins to form both morally and physically, in addition to which, a surge of hormones is produced in him.

No matter how hard you try, but the child during this period will have a lot of questions in his head. He will again, but from his own experience, study what is "bad" and what is "good".

And when a teenager has problems, and he does not have strong enough family relationships, he is afraid to tell something to his elders. From this fear and misunderstanding, he seeks solace on the Internet, where he is provided with a lot of unnecessary and inaccurate information. From which, subsequently, a teenager can embark on a bad path.

Also, from insufficient family relationships, the teenager begins to envy successful bloggers and believe that the whole world has conspired against him alone. Hence, depression can develop into outright aggression that can do a lot of trouble.

And this applies not only to teenagers.

Adults are no less susceptible to depression from cyberspace. Everything has its roots in unfulfilled expectations. Perhaps they were once told in their childhood "if you get married, and everything will be fine with you", "but if you go to university, then you will earn a lot",

The "wealth" promised in childhood does not always come true, and then the person's subconscious produces disappointment. He feels that his life is far from what he was promised. He begins to sink into a moral cocoon, trying to find an outlet within the Internet. From which, in addition to depression, a person can develop "Imposter Syndrome".

Conclusion.

It follows from this article that humanity should pay more attention to its own family. Lack of attention and the wrong language of love for a child can bring many troubles into his life.

A person with sufficient care and love will not have to scroll through other people's feed with envy, because he will know that he can turn to his parents for any questions.

The Internet is a blessing in our world that allows us to communicate across distances, but at the same time, the Internet is a way to turn into a dangerous weapon. If we want to save humanity from Internet depression, it is worth broadcasting not fights and wars in its open spaces, but positive things, reporting good news.

Young people now think differently.

If someone does something bad now, then tomorrow he will wake up a celebrity, because they will talk about him in all social networks. And this popularity just manipulates the minds of our children and adolescents.

Why does no one broadcast on all social networks how the guy saved the dog, helped the old woman? If we want to take care of our future generation, then we should reconsider our views.

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