CYBERBULLYING AS A SOCIO-PSYCHOLOGICAL PROBLEM OF MODERNITY

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ABSTRACT

The scientific article discusses the virtual network, the specifics of the communications of its participants, some features of registering a person in the Internet space. Characteristics of Internet aggression such as cyberbullying are presented. The data of a sociological study in the field of cyberbullying are presented cyberbullying, its types are examined in more detail, as well as the article touches upon the issues of providing support and protection of adolescents from cyber aggression.

Keywords: Virtual world, bullying, cyberbullying, cyber aggression, psychological violence, psychological health.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Modern people are subject to the fast pace of life and its overstated requirements. Every year, more and more new technologies appear that improve and facilitate human life, where knowledge and information are the main tools for achieving high goals. The Internet, which is not only a global information system, but also a means of communication between individuals, has become such a tool. But unfortunately virtual communication is very different from real, and along with the advantages it has its drawbacks. The virtual world is a concept that arose relatively recently, (from Latin Virtualis - possible), "a special world created by computer technology. In fact, it does not exist, but it strongly affects the psycho emotional state of a person, creating the illusion of existence in this "virtual" world " [1].

The degree of anonymity on the Internet is always governed by the conditions of a particular social network. Many social networks and forums oblige the user to create their account, that is, an account a page containing some personal data (full name, date of birth, email address, etc.). In addition to these data, you can also talk about your contacts, hobbies, attitude to health or religion. Such information is not required to create an account, and therefore a person decides how true to be. Due to the fact that the information may be false or invented into communication, not understanding and even aggression may arise - cyber aggression. Many authors (Vnebrachnix V.A.; Ksenofontova I.V.; Soldatova G.I. and others) consider such a phenomenon as deviation and distinguish many forms, the main of which is cyberbullying.

Cyberbullying (from the English bull with related meanings of "bullying, finding fault, bullying") is a type of virtual terror, where aggression varies from hidden provocations to overt insults, this phenomenon is distinguished by pronounced antisocial, violent actions: blackmail, threats of physical and psychological safety, theft of personal data, bullying, etc. Cyberbullying (cyberbullying) is a communicative aggression, manifested in the spread of gossip and rumors, social exclusion, offensive and venomous comments, cyberbullying refers to forms of

psychological impact. A modern child or teenager can easily become a victim of online violence.

Psychologist Alexander Asmolov calls cyberbullying "a form of aggression, which is behind an attempt to steal human dignity". Sociologist Larisa Pautova believes that not only child cruelty, but also all kinds of gadgets that greatly change a person's attitude to reality are guilty of such a successful promotion of cyberbullying. The magnitude of the phenomenon can also be judged from the news, which covers incidents related to severe cyberbullying, that is, associated with physical violence. In recent years, the phenomenon of cyberbullying has become very popular among researchers, work has been carried out to study, diagnose and prevent it. The names of foreign scientists, for example, Bill Belsay, who for the first time defined the concept of cyberbullying and is the creator of the website www.bullying.org, are most famous in this area. Mr.Berson is exploring new risks of violence in the digital age. Catherine Blya analyzes the impact of cyberbullying on the atmosphere in an educational institution. O.Ibbara defines the connection between depressive states of adolescents and Internet harassment. S.Keith and M.E.Martin is developing a culture of behavior on the Internet. Ronald Dick detects computer crime in Russia, L.A.Naydenova and I.S. Osipov is studying this problem. They identify the effects of cyberbullying and develop ways to protect against it. U.Parfentiev interprets cyberbullying from the point of view of the legal framework and draws attention to the development of Internet security.

The most common types of cyberbullying include:

1. Quarrels, or flaming - the exchange of short emotional cues between two or more people, usually takes place in public places on the web.

2. Attacks, constant harassment - repeated offensive messages aimed at the victim.

3. Denigration - the dissemination of offensive and untruthful information. Text messages, photos, songs that are often sexual in nature.

4. Impersonation - the stalker positions himself as a victim using his password to access his account on social networks, a blog, mail, instant messaging system, or creates his own account with the same nickname and performs negative on behalf of the victim communication.

5. Swindle, enticement of confidential information and its distribution (outing & trickery) - receiving personal information and publishing it on the Internet or transmitting it to those who were not intended to.

6. Alienation (ostracism, isolation). Any person has a desire to be included in a group. Exclusion from the group is perceived as social death. The more a person is excluded from interaction, the worse he feels, and the more his self-esteem falls.

7. Cyber-harassment - covert tracking of a victim in order to organize assault, beating, rape, etc.

8. Happy Slapping – (joyful beating) - the name comes from cases in the English subway where teenagers beat passers-by, while others recorded it on a cell phone camera. Now this name is attached to any videos with recordings of real scenes of violence.

Consider the existing causes of cyberbullying. The authors identify the following 8 reasons:

- "the pursuit of excellence" is the basic need of every person, perhaps due to bullying on the Internet, teenagers are trying to assert themselves and be "above" someone;

- "subjective feeling of inferiority" - experiences associated with a feeling of weakness, inferiority;

- "envy" - a feeling of irritation from the well-being of other people;

- "revenge" - payment for insult, evil;

- "entertainment" - getting pleasure through the action;

- "conformism" - a change in a person's opinion under the influence of a group; - "a problem in family relationships";

- "low level of development of empathy" - focus on yourself and your worries [2]. And also, people with certain psychological traits participate in cyberbullying. It is customary to distinguish 3 roles that participate in cyberbullying: the pursuer, the victim, and observers. A number of articles indicate the characteristics of each: usually, the pursuer is an impulsive person who wants to assert himself, has the makings of a leader, can show aggressive behavior, does not feel compassion for people [3]. Victims, on the other hand, are usually shy, anxious, prone to tears, uncommunicative. As for observers, they often experience fear, a sense of helplessness and at the same time support the pursuer.

The following psychological consequences of the victim are distinguished: decreased self-esteem, depression, aggressive behavior, anxiety, distrust, frequent mood swings, timidity, fear, suicidal tendencies [4]. Of course, cyberbullying victims are the most vulnerable groups in need of psychological support. But it should also be noted that the consequences of cyberbullying can be not only the victim, but also the persecutors and observers. Persecutors also suffer from the psychological consequences of their deviant behavior: having matured, they have a chance to be alone, because bullying develops their high self-esteem, narcissism, aggression, authoritarianism, cynicism, problems with social adaptation. As for witnesses to bullying, also after time, even in adulthood they can suffer from emotional upset, nervousness, self-doubt, etc. [3].

At the moment, there are a number of recommendations for both adolescents and their parents, teachers to prevent such crimes [5].

1. Tips for teens: ignore criticism and ignore offenders; share your experiences with adults; change your privacy settings (write as little information about yourself on social networks as possible); store evidence of the attack on the Internet.

2. Tips for parents: check messages, comments, photos on mobile, computer devices in the child; closely monitor the mood of their children; spend more time with children and give them your love; inform children about online safety.

3. Tips for teachers: if you find a cyber bully, you need to contact his parents; it is necessary to conduct conversations with adolescents at the school about this problem; improve knowledge in the field of media competencies. Speaking about practical recommendations, I would like to note that this problem requires a comprehensive solution. You need to deal with cyberbullying both at the level of the child himself, and at the level of parents, teachers and the state.

In conclusion, I would like to say that the problem of cyberbullying is relevant at the moment and is a serious threat to the psychological health of the younger generation. To date, practical recommendations and methods have been developed for both teachers and parents. However, not many are sufficiently informed and familiar with them. Efforts must be made to become familiar with these best practices and practices. Some existing methods of dealing with this phenomenon may not work after a time due to the rapid development of cyberbullying and the expansion of forms of its application, therefore, a new development of forms to counter this phenomenon will be required.

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