ICEEPSY 2014

Addictive behavior among adolescents

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Abstract

Problem statement aimed the investigation of internet addiction and it's influence to personality and anxiety state of adolescents. There are differences in emotional intelligence level among internet addictive persons and the Emotional intelligence can influence to the level of Internet addiction which is significantly approved. Internet addiction can negatively influence on personality traits of adolescents and can affect on their emotional instability and impulsiveness. Among internet addictive persons there are low level of emotional intelligence features. The emotional intelligence as a mediator can affect on the level of internet addiction and can predict such kind of activity. Findings of present study shows that it is possible to affect the Internet addiction condition by developing and increasing the level of emotional intelligence (EI). Also, some of internet addiction reasons among adolescents presents as follows: constantly need of virtual relationships and impossibility of changing this state subjective anxiety of personal necessity not able to differ the meanings 'I'm real' and 'I'm virtual'. Empirical research of internet addiction among adolescents revealed negative influence of internet addiction to anxiety state of adolescents, their emotional sphere and personal traits.

Keywords: Addictive behavior, anxiety state, adolescents' development, emotional intelligence.

1. Introduction

Much has been documented according to the internet addiction problem among adolescents. Nevertheless this issue is actual and problematic nowadays because internet provides a constant, ever-changing source of information

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and entertainment, and can be accessed from most smartphones as well as tablets, laptops, and desktop computers. Email, blogs, social networks, instant messaging, and message boards allow for both public and anonymous communication about any topic. But how much is too much Internet usage?

Many adolescents turn to the Internet in order to manage unpleasant feelings such as stress, loneliness, depression, and anxiety. When you have a bad day and are looking for a way to run away from your problems or to quickly relieve stress through the Internet. Losing yourself online can temporarily make feelings such as loneliness, stress, anxiety, depression, and boredom evaporate into virtual reality.

Now the concept of addictive behavior is beyond the initial definition. Results of numerous researches of this phenomenon caused expansion, both scientific interest of researchers, and approach to dependent behavior definition. Today more often the meaning of the word "addictive" is used in understanding - got used, conceived a liking. Those, who is under the influence of irresistible desire or resistant need for substance, object, action or interaction, the imagination or an environment which cause psychophysiological "pleasure". The condition of "pleasure" works as the mechanism of a copying giving pleasure with any physical or mental tension, the conflict, a stress or pain (Babayeva et al., 200).

More now intrapersonal factors, i.e. personal features which define predisposition to addiction formation are studied. Modern researchers hold the opinion that, despite existence of the certain personal features contributing to formation of dependence the addiction as a personality trait doesn't exist. However, numerous researches of personal features among addictive persons showed that negative personal qualities, such as falsity, tendency to blame for everything others, insatiability, irresponsibility, exaggeration of the advantages etc. can provoke process of dependent behavior. All considered factors of formation and development of addictive behavior are most brightly shown when dependence is formed at teenage age. As the main reasons for formation of an addiction among teenagers Rudakov I.A. allocates: family relationsheeps, self-affirmation, positive advertising in mass media, an unemployment of free time, absence of knowledge addiction consequence, psychological features of the personality, avoiding any problem, influence of public culture (Rudakova, 2005).

It is interesting to mention that some people are definitely hurting themselves by their addiction to computers and cyberspace. When people lose their jobs, or fail out of school, or are divorced by their spouses because they cannot resist devoting all of their time to virtual lands, they are pathologically addicted. These extreme cases are clear cut. But as in all addictions, the problem is where to draw the line between "normal" enthusiasm and "abnormal" preoccupation.

1.1 The Symptoms of Internet addiction

So far, researchers have only been able to focus on that first criteria - trying to define the constellation of symptoms that constitutes a computer or internet addiction.

People become "addicted" to the internet, or act out pathologically in cyberspace, when they have dissociated it from their true life. Their cyberspace activity becomes a world unto itself. They don't talk about it with the people in their true life. It becomes a walled-off substitute or escape from their life. Cyberspace almost becomes a dissociated part of their own mind - a sealed-off intrapsychic zone where fantasies and conflicts are acted out. Fixing this dissociation is an implicit or explicit component of many of the techniques for helping internet addicted people.

1.2 The role of emotions

Most of the researches around emotions, emotional stability, emotional intelligence shows that the people in cyberspace can take much more emotional saturation than in their real surrounding. According to the conception of well-known soviet psychologist Dodonov B.I. emotion has the dual nature and carries out not only estimated function, but also is special value for the person . As natural basis of this value the organic need inherent in the person as emotional saturation. On the basis of this need for a course of socialization the individualized need for the experiences of a certain type acting for it as independent value is formed (Dodonov, 1977).

Also, Hasan Khoshakhlagh and Salar Faramarzi (2011) studied the Relationship of Emotional Intelligence and Mental Disorders with Internet Addiction in Internet Users University Students. As the result of their study there