



AN EMPIRICAL STUDY OF THE FORMATION OF ADDICTIVE BEHAVIOR IN ADOLESCENTS

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Abstract

This article studies the types of addictive behavior that adolescents are prone to, depending on age and gender, and makes a psychological analysis. Based on the results of the study, a conclusion is drawn.

Keywords: Adolescence, addictive behavior, boys, addiction to gambling, addiction to food, addiction to alcohol.

Introduction

The problem of addictive behavior has long been the subject of scientific research. However, this problem has been mainly addressed by medical specialists, since chemical addictive behavior was one of the first addictive behaviors diagnosed in humans. In 1964, the World Health Organization introduced the term “addictive behavior” instead of the word “habituation”, using it to study dependence on psychoactive substances [1].

The modern social situation encourages us to pay attention to the behavior that begins to form in adolescence, addictive behaviors, due to a number of socio-psychological reasons. A report published by the WHO Department of Mental Health and Substance Abuse identified health problems in excessive users of the Internet and other communication tools. Thus, the attention of the scientific community is now focused on the widespread patterns of addictive behavior, which, like drugs, can become habit-forming and used as a source of pleasure in a depressed emotional state [3].

L. Dodds states that addictive behavior is characterized by a loss of certain autonomy of the person, as well as by its intensity, along with complex control and compulsivity [2].



Specialists conducting research in the field of addictive behavior, in studying addictive behavior, have focused on the destructiveness of this behavioral model, as well as the adolescent's use of it as a means of escape from reality. S. Sussman and A. Sussman in their study analyze the structural elements of addictive behavior definitions and come to the following conclusion. Such activity causes a feeling of temporary satisfaction in the human condition (physical, emotional) and well-being, needs, loss of control and inevitable negative consequences [4].

Studies conducted by world psychologists on the study of addictive behavior have focused more on genetic factors, how genes interact with neurotransmitters in the brain and substances, and more attention has been paid to chemical addictive behavior.

In scientific research by foreign and Uzbek psychologists on addictive behavior, addictive behavior and the socio-psychological factors that cause it, and the relationship of addictive behavior with related phenomena have been studied.

A number of studies have collected data on the socio-psychological factors that influence the formation of addictive behavior in adolescents. However, there have been insufficient studies on the study of adolescent autonomy and the lack of development of emotional empathy as a factor influencing the formation of addictive behavior.

The purpose of the study is to identify the socio-psychological factors of the formation of addictive behavior in adolescents and to develop scientific and practical recommendations for their prevention.

Addictive behavior in adolescence is a complex phenomenon that can manifest itself in various forms, including substance addiction (alcohol, drugs), technology addiction (Internet, video games) and other types of addiction (for example, gambling). In order to determine the specific nature of these behavioral deviations in adolescents, we used the “Determination of Addictive Behavior” test developed by V. G. Lozovaya. This methodology is a unique test that allows you to determine adolescents' need for social networks, alcohol, television, love, gambling, sexual relations, food, religion, work, drugs, smoking, healthy lifestyle, drug addiction, and general addiction. The results obtained using this method are presented in Table 1 which is an analysis of 680 adolescents.

Table 1 Results of the “Determination of Submissive Behavior” Methodology in Adolescents, by Gender, (Student t-test n=680)

Types of addictions	Adolescents gender	n	average value	Stand. deviation	t
Addiction to alcohol consumption	boys	216	6,75	2,98	2,24*
	girls	464	6,27	2,38	
Addiction to watching TV	boys	216	11,72	3,90	-0,75
	girls	464	11,98	4,49	
Addiction to love and be loved	boys	216	12,68	5,15	0,14
	girls	464	12,62	4,91	
Addiction to gambling	boys	216	7,46	2,96	2,20*
	girls	464	6,93	2,89	
Addiction to eating food	boys	216	12,31	4,86	-1,86
	girls	464	13,09	5,24	
Addiction to using the computer	boys	216	9,42	3,79	2,62
	girls	464	8,63	3,62	

* $p \leq 0,05$; ** $p \leq 0,01$; *** $p \leq 0,001$;

There is a statistically significant difference on the alcohol consumption propensity scale ($t=2.24$; $p<0.05$). On this scale, boys showed a higher alcohol consumption propensity score than girls. This is because social factors, cultural norms, and gender roles play an important role in shaping the propensity to consume alcohol. The stereotype that boys can consume alcohol in our society explains the higher alcohol consumption propensity in boys compared to girls.

A statistically significant difference was found on the gambling propensity scale ($t=2.20$; $p<0.05$). On this scale, boys were more likely to gamble than girls, which is due to social gender stereotypes, including traditional gender roles, which often associate risk-taking and competitiveness with masculinity. Adolescent boys, unlike girls, pay special attention to competitiveness and status success. Gambling increases the likelihood of boys engaging in gambling, as it allows them to easily and quickly feel the thrill of winning.

No statistically significant difference was found in the results for subsequent television viewing addiction ($t=-0.75$; $p>0.05$). Because television is a ubiquitous form of media that can be accessed by both adolescent boys and girls, regardless

of social and economic background, its easy availability, especially in conjunction with smartphones, means that both sexes have equal opportunities to develop a tendency to watch television.

There was no statistically significant difference between boys and girls on the need to love and be loved scale ($t=0.14$; $p>0.05$). Adolescence is a period of hormonal changes and strong emotional experiences, intense emotional and social development, and romantic relationships play an important role at this stage of life. These relationships take the following forms: temporary relationships, love based on physical intimacy, a deeper and more meaningful type of love, emotional intimacy, trust and loyalty. These relationships are very important for the formation of the adolescent personality, and both boys and girls strive for recognition, approval and acceptance by others. We explained that the need to love and be loved is formed on the basis of factors common to both sexes, such as self-esteem, attachment style and personal psychological trauma history.

The result for food addiction ($t=-1.86$; $p>0.05$). No statistically significant difference was found between adolescent girls and boys, as both boys and girls live in similar socio-cultural environments, and adolescents of both sexes use food as a means of coping with stress, sadness, or loneliness.

Table 2 Results of the "Determination of Subordinate Behavior" method in adolescents, by age group, (Student t test)

Types of addictions	Age	n	average value	Stand. deviation	t
Addiction to alcohol consumption	12 years old	101	6,87	2,97	2,021*
	14 years old	215	6,24	2,38	
Addiction to using the computer	12 years old	101	10,08	3,81	3,814***
	14 years old	215	8,41	3,52	
Addiction to gambling	12 years old	101	7,71	2,99	3,092**
	14 years old	215	6,66	2,76	

* $p\leq 0,05$; ** $p\leq 0,01$; *** $p\leq 0,001$

It turned out that there are significant differences in the scale of addiction to alcohol ($t=2.021$; $p\leq 0.05$). This difference is not considered a significant difference, and it is encouraging to see that addiction to alcohol is low in both age groups. This indicator can be explained by several factors.



The peculiarity of our ethnic characteristics is the preference of socio-community opinion over personal desires, and the requirement to follow social norms in raising a child is imposed. Alcohol consumption by a teenager is not considered a positive aspect from a social perspective.

Restrictions on the sale of alcohol to minors, strict rules on the advertising and promotion of alcohol, educational programs warning about the dangers of alcohol abuse, and an abundance of content on social networks provide a deep understanding of the comprehensive harm of alcohol consumption. The fact that the prevalence of alcohol addiction among adolescents in the Fergana and Andijan regions is low does not mean that this problem does not exist at all. The development of effective psychoprophylactic and correctional programs and active promotion of a healthy lifestyle are very important in maintaining a low level of alcohol dependence among adolescents.

When comparing the results of 12-year-old and 14-year-old adolescents on the “Gambling propensity” scale, it was found that there were significant differences between the arithmetic mean values of the total results ($t=3.092$; $p\leq 0.01$;) and the significant difference between the arithmetic mean values of the total results on the “Computer addiction” scale ($t=3.814$; $p\leq 0.001$) can be explained by the following psychological factors. The 12-year-old period is considered the initial period of adolescence, and a 14-year-old teenager is relatively advanced in development. A 12-year-old teenager has little experience in understanding the potential risks of gambling, does not fully understand the risks, is more susceptible to peer pressure, and a 14-year-old teenager has all types of autonomy. According to the results of a test conducted to study autonomy in adolescents, all types of autonomy indicators in 14-year-old teenagers are higher than those of 12-year-old teenagers. The high level of addiction to computer and gambling games in 12-year-old teenagers can be explained by the desire to learn new experiences and difficulties with emotional self-regulation.

Based on the analysis of the results of the presented empirical research, it can be concluded that adolescents are prone to chemical and non-chemical addictive behavior under the influence of various factors, including psychological and social factors. Although the low results on the scales of drug addiction, alcohol addiction, and tobacco smoking are encouraging, the current increasing addiction to various types of energy drinks among adolescents is a cause for concern. The fact that



drinking energy drinks is a tradition among peers and is accepted as a modern behavior, the desire to protect against insomnia and fatigue caused by late sleep, and the lack of information about the harm to health are leading to the popularity of energy drinks among adolescents. While adolescents' excessive use of video games, social media platforms, or other online activities, the need for constant communication, the constant stimulation offered by social networking platforms, and the endless convenience offered are causing many of our adolescents to become more prone to this type of addictive behavior.

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