



NON-TRADITIONAL THREATS TO INFORMATION-PSYCHOLOGICAL SECURITY: A PSYCHOLOGICAL DESCRIPTION OF BULLYING AND CYBERBULLYING PHENOMENA

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ABSTRACT

In this article, one of the threats to informational and psychological security - bullying and cyberbullying incidents - is highlighted as a psychological problem. Factors causing cyberbullying, reasons, circumstances differentiating cyberbullying from traditional violence, interdependence, psychological state of the participants of the event, and consequences are highlighted.

KEY WORDS: *bullying, cyberbullying, violence, deviant behavior, aggression, flaming, trolling, defamation, slander, cyberstalking, grieving.*

In the 21st century, when Internet technologies are rapidly developing, many conveniences have been created for humanity and society. However, it has also led to an increase in information that poses a threat to the mental state and health of mankind. At the moment, the flow of information is increasing dramatically. Representatives of the younger generation are actively using the Internet, and there are specific problems in this area.

Various measures are being taken to ensure information and psychological security of the youth of Uzbekistan. In particular, the Law of the Republic of Uzbekistan "On protection of children from information harmful to their health" regulates relations in this field. As we explore modern informational psychological security threats, we first examine the concepts of bullying and cyberbullying as analyzed in the field.

Educators and psychologists are constantly faced with cases of violence, discrimination, shaming, laughing at, and insults between children and teenagers at school. This problem is studied in world psychology with the term bullying. This problem exists not only in a region, but also in the region of a nation and internationally [1]. In addition, this problem in the education system is not new.

As we live in the age of 21st century information technologies, we are faced with the problem of cyberbullying, a method of psychological trauma belonging to our century.

It is observed that the incidence and negative consequences of bullying and cyberbullying among teenagers are growing rapidly every year and are being researched.

The study of bullying problems began in the 1970s after the Norwegian psychologist D. Olweus. In Western science and practice, interest in the causes, factors, consequences, personality traits, prevention, intervention and prevention of bullying has grown by the 1980s. Russian experts

paid attention to this problem in the 2000s. In particular, V.G. Petrosyan, M.G. Nechaevoy, I.S. Berdysheva, V.I. Vishnevsky, I.S. Kona, D.A. Kutuzovoy, O. Malantsevoi, A.A. Strelbitskoi, E.I. Researchers such as Feinstein have begun publishing their work on bullying in the press[2].

The concept of cyberbullying was first defined by Bill Belsey. Cyberbullying is the intentional, repeated, hostile bullying of a person using electronic communication such as through information and communication technologies (eg, the Internet, social media posts, instant messages, e-mails, mobile phones, SMS messages sent to a pager). or threatening [2].

Scientifically, the problem of cyberbullying was one of the first to be studied in the USA in 1997. At that time, only 4 states had begun official actions against school violence. After the mass murder at the Colobine school in the USA, in which high school students Harris and Klebold injured 37 students and killed 13 students, the American Psychological Association publishes a special issue of the journal devoted to the problem of cyberbullying. A police investigation revealed that Harris was constantly bullied and bullied at school by teenagers, including that he received numerous threats of discrimination and physical violence on his social media site. It was from this place that his hatred against society arose and grew. Harris wrote in his diary to those around him [3]

In 2015, Child Helpline International recorded more than 16,000 calls for help from children in cases of cyberbullying [4]. In 2013, this association reported to the European Parliament that cyberbullying accounted for 7% of all complaints. EU Kids Online II Internet Development Fund [5] Russian scientists participating in the project noted that 10% of children were affected by cyberbullying during adolescence. These and other studies indicate that cyberbullying is becoming more common and that teenagers are more involved in it [6].



Foreign psychologists described the phenomenon of bullying and cyberbullying as follows.

In particular, D. Olweus defined traditional bullying as follows. "When a student is bullied or becomes a victim, when he or she becomes the target of repeated and repeated negative activities by one or more students" [7]. This definition has not lost its relevance, it has been enriched with additions in the following years. In the definition of D. Olweus, it is noted that the inequality of the aggressor and the victim does not include the features that determine the premeditated "negative" actions of the aggressor.

According to E. Roland: "Bullying is continuous physical and psychological aggression directed by an individual or a group to an individual who does not have the ability to defend himself in the same situation" [8].

Bullying is a rude way of communication - behavior, relationship dynamics and a violation of balance. It is the enjoyment of inflicting psychological injury on physically or mentally stronger adolescents by physically or humiliating them. The concept of "bullying" - "violence" includes such components as "aggressive action", "aggression" [8].

Many researchers define "aggression" as an act intended to harm. As an instinctive behavior for self-defense and struggle for survival, aggression is present in every person, and we can see that aggression is manifested in one degree or another in all teenagers. As they get older, they learn to control their aggressive behavior or not to reveal it to others.

Bullying is one form of deviant behavior [3]. Violence is usually committed by an individual or a group.

The main aspect of cyberbullying is that during the communication process, the victim is affected by disseminating false information, discrimination and isolation through information and communication technologies. Even single individuals can poison someone's life enough to condemn them to living in fear every day.

Cyberbullying usually involves sending threatening messages to the victim, posting humiliating photos and videos on social media, or creating fake websites with fake, false information. It is not always known how the consequences of cyberbullying will end [9].

The relevance of the problem of cyberbullying is that the studied topic is a completely new field of research, and the terminological system has not been firmly formed. Some experts believe that cyberbullying can only happen between children and teenagers. When adults do this, it is called "cyber harassment" or "cyberstalking". (Aftab, 2011). Other experts prefer the following terms: "netsivilizovannost online", "online incivility" (incivility online) or "kibernetsivilizovannost", "cyber incivility" (Giumetti et al., 2012). Some psychologists refer to cyberstalking as a type of cyberbullying.

In these studies, factors that cause aggressive behavior in humans, reasons related to personality characteristics, information clarifying whether incidents are bullying or cyberbullying, classification of bullying and cyberbullying, gender differences in the implementation of bullying have been studied.

In particular, the following factors that cause aggressive behavior are listed:

- family environment,
- education,
- examples of aggressive behavior, including the plots of militant films shown on television, computer games, emotional pressure, frustrating situations, etc.

Long-term studies, i.e. longitudinal studies, show that the aggressive behavior formed in childhood remains as a character trait in the later stages of ontogenesis.

In the case of school bullying and cyberbullying, a teenager shows increased aggression in relation to his peers. In order to assert oneself, we can see a negative behavior with the aim of inflicting physical or mental pressure on a weaker peer [8].

- The authors highlight 8 reasons why cyberbullying occurs.
- "desire for superiority" is a basic human need, maybe teenagers want to confirm their "superiority" by belittling and humiliating someone on the Internet;
 - "subjective feeling of imperfection" - due to the experience of feeling depressed, weak;
 - "Jealousy" - the feeling of not being able to see the well-being of others.
 - "revenge" - in order to take revenge for the oppression and insult caused;
 - "just for fun" - enjoying their actions;
 - "conformism" - due to the change of opinion under the influence of the group;
 - "problem in family relations";
 - "low-level development of empathy" - that is, due to the fact that the attention is focused only on oneself and one's own concerns [9].

In order for the phenomenon to be called bullying, the following characteristics must be present:

- Several repetitions of aggression;
- deliberate action with the aim of causing damage;
- abusing his superiority over the victim (realizing that the victim cannot control the situation or completely abandon it). [7]

Bullying situations are classified as follows:

- 1. Characteristics according to the object of aggression:**
 - against gender (bullying against women);
 - in relation to age (adolescent bullying);
 - in relation to the nation.
- 2. According to the medium of propagation:**
 - school environment;
 - between parents;
 - cyberbullying.
- 3. According to the nature of the aggressive activity (movement):**
 - physical;
 - verbal
 - social bullying [1].

Bullying is an aggressive behavior involving face-to-face physical or verbal behavior towards a person. Physically aggressive behavior includes hitting, kicking, or pushing you (or simply scaring him), as well as stealing, hiding or destroying things, stalking, or humiliating you. Verbal abuse includes name-calling, teasing, insults, or other methods. Abusers are often brutal and hit repeatedly over long periods of time. A person can live in constant fear, tormented by questions such as when and how the evil will happen, what they will do.



Bullying behaviors include refusing to talk to a person, being included in groups or activities, spreading lies or rumors about a person, or making them do things they don't want to do.[8]

Today, the following types of cyberbullying are distinguished:

- flaming - "arguing just for the sake of arguing", the process of exchanging messages on a social network with many users. (chats, internet forums, social networks, etc.);
- trolling - posting provocative messages and comments for people to express their reactions in order to deepen the conflict
- **slander, slander**- dissemination of unfounded claims, information, and information intended to harm someone's reputation.
- **cyberstalking**- Internet stalking, slurring, slurring, and not giving up;
- **sexting**- sending and distributing photos and videos of an intimate nature;
- **Griferstvo**- causing moral or material damage in video games;
- disclosure of secrets - disclosure and announcement of personal information of a person, which he does not want to publicly announce, to everyone, to the public via the Internet;
- **pretending to be someone else's name**- Disguise oneself and create fake profiles in order to capture and harm others
- **catfishing** -rebuilding the victim's profile by stealing personal photos and information in order to create inappropriate content,
- **dissing**- broadcasting or broadcasting information that condemns the victim (or victims) online;
- phreeping - control of someone else's correspondence by the stalker, sending messages with inappropriate content on behalf of the victim [10].

Gender differences in bullying and cyberbullying are seen in

-Boys are more likely to use physical threats and actions, while girls are more likely to engage in verbal abuse.

- In cyberbullying, boys are usually bullied with "sexting" (sending messages of a sexual nature) or threats of physical harm. Girls, on the other hand, intimidate you by spreading lies and rumors, exposing your secrets, or kicking you out of social media groups, emails, friend lists, and the like [8].

Cyberbullying is a new problem of the 21st century, the Information Age, and the connection between bullying and cyberbullying, its specific aspects, the psychological state of the participants, and the consequences can be seen in the following cases:

- Bullying situations, such as violence, mental pressure, which can be encountered by humanity today, are a transformation into another form, passing from live real reality to virtual form, and any process in virtual reality, such as personal enmity, anti-social action, threat against state policy, can be easily transferred to real reality. in the absence of a border;
- Problems such as psychological pressure, threats of physical violence and intimidation, which existed before, continue today in the virtual world.

As mentioned above, cyberbullying occurs when someone harasses or threatens you using digital technologies such as the Internet, email, text messages, or social media. Unlike traditional bullying, cyberbullying does not require

face-to-face contact and is not limited to only a few witnesses at a time. Also, doing this does not require physical strength from him. Cyberbullying comes in all shapes and sizes, anyone with an internet connection or a mobile phone can cyberbully someone. Cyber attacks can plague you 24 hours a day, seven days a week. Bullying can happen anywhere, even in your own home where you may not feel safe. With just a few clicks, hundreds or even thousands of people can witness online harassment. The ways in which children and adolescents use cyberbullying can be as varied as the technologies they have access to. These can range from sending threatening or abusive messages via email, text, social media or instant messengers, to stealing your online identity to access your email account and harass and humiliate you. In cyberbullying, a person can create a website or social media page. can range from sending threatening or abusive messages via social media or messengers, to accessing your email account, to stealing your online identity to hurt and humiliate you. In cyberbullying, a person can create a website or social media page. can range from sending threatening or abusive messages via social media or messengers, to accessing your email account, to stealing your online identity to hurt and humiliate you. In cyberbullying, a person can create a website or social media page[8].

Also, participants with specific psychological characteristics participate in cyberbullying.

Psychologists divide cyberbullying participants into three groups based on their characteristics: stalkers, victims, and bystanders.

Pursuers- teenagers who are impulsive, not enthusiastic, but want to show themselves bold, have leadership qualities, can show aggressive behavior, do not feel the experiences of others.

Victims- teenagers who are shy, anxious, prone to tears, have difficulty communicating.

ObserversAs for , they are those who partially feel fear, need help, and at the same time support the persecutor [3].

In individuals affected by cyberbullying, the following psychological consequences are distinguished. Decreased confidence in one's "I", decreased self-awareness, depression, aggressive behavior, anxiety, insecurity, frequent mood swings, fear, suicidal tendencies and other tendencies

Victims of cyberbullying are the most vulnerable groups in need of psychological support. However, it should also be noted that not only the victim, but also the harassers and bystanders can suffer as a result of cyberbullying. Stalkers may suffer from the psychological consequences of their actions. In adulthood, they are likely to be lonely, because bullying others develops his high self-esteem, narcissism, aggression, authoritarianism, cynicism, social adjustment problems. As for the witnesses of cyberbullying, over time, even in adulthood, they may experience emotional distress, irritability, self-doubt, etc. [11].

Unlike physical abuse, the effects of psychological harassment are more likely to be long-term and ultimately have a negative impact on a person's mental health.

Based on the above, it can be concluded that as a result of the emergence and development of the Internet, the phenomenon of bullying and cyberbullying was one of the first to be scientifically researched in Western countries, and in the



territory of Uzbekistan, a complete study of this problem, the study of cyberbullying and its forms of manifestation, the formation of terminology and the statistics of cyberbullying incidents were carried out. there is a need to go.

Taking into account the possibility of young people actively using the Internet in Uzbekistan, in order to prevent the negative consequences of bullying and cyberbullying, it is necessary to expand the possibilities of developing the competence of parents, teachers and students in using the Internet. It may be appropriate to teach adolescent students safe online communication skills and competencies through school textbooks [12].

From the results of the conducted research, it can be concluded that the causes of the occurrence of cyberbullying and the forms of its manifestation are different. For this reason, in order to eliminate the factors that cause aggressive behavior, it is necessary to study the psychological environment in the family, the impact of negative emotional pressure on the young generation, the indifferences in the educational process in educational institutions, and the effects of militant film plots shown in the mass media, and the effects of computer games that promote violence on the Internet. It is important to convey the correct interpretation to the public.

Studying, diagnosing and eliminating the consequences of bullying and cyberbullying among young people in our region. Increasing the culture of communication through electronic means and the Internet in the young generation, deepening their understanding of their rights and duties, and improving the communication competence of Internet users in general is an urgent issue of today.

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