

**ADDICTIVE (DEPENDENT) BEHAVIOR: CAUSES, FORMS AND WAYS OF PREVENTION***Choriyeva Aziza Alisher kizi**Student of Karshi State University**Shodmonova Zilola Bozorovna**Karshi State University**scientific director**E-mail: [shodmonova.2020@mail.ru](mailto:shodmonova.2020@mail.ru)*

**Annatatsion:** The article examines the phenomenon of addictive behavior as one of the forms of deviation that has a stable tendency to spread among adolescents and young people. The concept of "addiction" is defined, its main forms, causes of occurrence and features of manifestations are highlighted. Possible strategies of prevention and correctional work with individuals prone to addictive behavior are described.

**Key words:** addiction, addictive behavior, prevention, psychological dependence, behavioral disorders, deviance.

**Introduction**

Modern society is characterized by rapid technological development, increased information load, crisis of values and increased stress. In such an environment, adolescents and young people are especially vulnerable, prone to search for ways to escape from reality and dissatisfaction with life. One of the ways of such escape is "addictive behavior" - a form of deviant behavior associated with dependence on a certain object, action or state. The concept of addictive behavior

The term "addiction" (from the English word "dependence") denotes an obsessive need for a certain activity, object or substance, accompanied by a loss of self-control and destructive consequences for the individual and social life.

Addictive behavior is a form of deviant behavior in which an individual seeks to avoid internal discomfort by becoming dependent on: psychoactive substances, virtual environment, food, physical activity, gambling, etc.

Main forms of addictive behavior

1. Chemical dependencies:

- Alcoholism

- Drug addiction

- Toxicomania

- Smoking

2. Non-chemical (behavioral) dependencies:

- Internet and computer addiction

- Gambling addiction

- Shopaholism (buyer addiction)

- Workaholism

- Food addiction (bulimia, compulsive overeating)

- Sexual addiction

- Adrenaline addiction (craving for risk, extreme sports)

### **Causes and mechanisms of addiction development.**

Research shows that the development of addictive behavior is caused by a combination of biological, psychological and social factors:

- Biological: features of the nervous system, predisposition to addiction, dopamine deficiency.

- Psychological: low self-esteem, insecurity, internal conflicts, tendency to escape from reality, traumatic experience.

- Social: family conflicts, lack of communication, pressure from the group, negative example of adults, lack of stable life values.

Addiction is formed as a way to regulate the emotional state and get quick pleasure, which leads to the consolidation of behavior and loss of control over it.

Signs of addictive behavior.

- Compulsive (obsessive) desire for the object of addiction;

- Violation of social adaptation (problems at school, family, at work);

- Denial of the existence of a problem;

- Decreased criticality to one's condition;
- Deterioration of physical and mental health.

Prevention and correction of addictive behavior

Prevention includes measures aimed at strengthening personal resources and reducing risk factors:

1. Psychological prevention:

- Development of self-regulation skills, stress resistance, critical thinking;
- Increased self-esteem, formation of a positive self-concept;
- Psychoeducation of adolescents, parents, teachers.

2. Social prevention:

- Support for positive types of activity (sports, creativity, volunteering);
- Development of communication skills, the ability to build healthy relationships;
- Creation of a mentoring system, support groups at school or college.

3. Family prevention:

- Formation of trusting relationships between the child and parents;
- Participation of parents in educational programs;
- Timely response to early signs of deviations.

Correctional work may include:

- Individual and group counseling;
- Psychotherapeutic methods (cognitive behavioral therapy, art therapy);
- Participation in rehabilitation programs (for severe forms of addiction);
- Medical and psychological support if necessary.

**Conclusion**

Addictive behavior poses a serious threat not only to the physical and mental health of the individual, but also to his or her social adaptation. Effective prevention and correction are possible only with systematic work with the participation of the family, educational institutions, psychologists and the entire society. The task of teachers and parents is not only to prevent the formation of addiction, but also to create conditions for the full, healthy development of the individual.

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