

INTERNET USAGE LEVELS AMONG YOUTH AND TRENDS IN THE PREVALENCE OF INTERNET ADDICTION**Qurbonova Suydixon Rustamjon qizi**

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Annotation: The rapid development of digital technologies has significantly increased Internet use among young people worldwide. The Internet has become an essential tool for education, communication, entertainment, and access to information. However, excessive and uncontrolled Internet use has led to the emergence of Internet addiction as an important social and psychological issue. This article investigates the level of Internet use among youth and examines current trends in the prevalence of Internet addiction. The study analyzes the main factors contributing to excessive Internet use, including social media engagement, online gaming, digital communication, and psychological influences. Particular attention is paid to the effects of Internet addiction on mental health, academic achievement, social relationships, and overall well-being. The article also explores the psychological and behavioral characteristics associated with problematic Internet use among adolescents and young adults. In addition, various preventive strategies and intervention approaches are discussed to promote healthy digital habits and responsible Internet use.

Keywords: Internet use, Internet addiction, youth, adolescents, digital technologies, social media, online gaming, digital literacy, mental health, academic performance, social interaction.

YOSHLAR ORASIDA INTERNETDAN FOYDALANISH DARAJASI VA INTERNET QARAMLIGINING TARQALISH TENDENSIYALARI

Annotatsiya. Raqamli texnologiyalarning jadal rivojlanishi dunyo bo'ylab yoshlar orasida internetdan foydalanish darajasining sezilarli darajada oshishiga olib keldi. Internet ta'lim olish, muloqot qilish, ko'ngilochar faoliyat bilan shug'ullanish va axborotga ega bo'lishning muhim vositasiga aylandi. Biroq internetdan ortiqcha va nazoratsiz foydalanish internet qaramligi kabi muhim ijtimoiy va psixologik muammoning yuzaga kelishiga sabab bo'lmoqda. Mazkur maqolada yoshlar orasida internetdan foydalanish darajasi hamda internet qaramligining tarqalish tendensiyalari o'rganilgan. Tadqiqotda internetdan haddan tashqari foydalanishga ta'sir etuvchi asosiy omillar, jumladan, ijtimoiy tarmoqlardan foydalanish, onlayn o'yinlar, raqamli muloqot va psixologik omillar tahlil qilingan. Shuningdek, internet qaramligining ruhiy salomatlik, o'quv faoliyati, ijtimoiy munosabatlar va umumiy farovonlikka ta'siri yoritilgan. Maqolada internetdan muammoli foydalanish bilan bog'liq psixologik va xulq-atvor xususiyatlari ham ko'rib chiqilgan. Bundan tashqari, sog'lom raqamli odatlarni shakllantirish va internetdan mas'uliyatli foydalanishni targ'ib etishga qaratilgan profilaktik chora-tadbirlar hamda amaliy yondashuvlar bayon etilgan.

Kalit so'zlar: Internetdan foydalanish, internet qaramligi, yoshlar, o'smirlar, raqamli texnologiyalar, ijtimoiy tarmoqlar, onlayn o'yinlar, raqamli savodxonlik, ruhiy salomatlik, o'quv faoliyati, ijtimoiy muloqot.

УРОВЕНЬ ИСПОЛЬЗОВАНИЯ ИНТЕРНЕТА СРЕДИ МОЛОДЕЖИ И ТЕНДЕНЦИИ РАСПРОСТРАНЕНИЯ ИНТЕРНЕТ-ЗАВИСИМОСТИ

Аннотация. Стремительное развитие цифровых технологий привело к значительному росту уровня использования Интернета среди молодежи во всем мире. Интернет стал важным инструментом для получения образования, общения, развлечений и доступа к информации. Однако чрезмерное и неконтролируемое использование Интернета привело к возникновению интернет-зависимости как важной социальной и психологической

проблемы. В данной статье исследуются уровень использования Интернета среди молодежи и современные тенденции распространения интернет-зависимости. Анализируются основные факторы, способствующие чрезмерному использованию Интернета, включая активность в социальных сетях, онлайн-игры, цифровое общение и психологические особенности пользователей. Особое внимание уделяется влиянию интернет-зависимости на психическое здоровье, академическую успеваемость, социальные отношения и общее благополучие. Также рассматриваются психологические и поведенческие характеристики, связанные с проблемным использованием Интернета среди подростков и молодых людей. Кроме того, обсуждаются профилактические меры и практические подходы, направленные на формирование здоровых цифровых привычек и развитие ответственного использования Интернета.

Ключевые слова: Использование Интернета, интернет-зависимость, молодежь, подростки, цифровые технологии, социальные сети, онлайн-игры, цифровая грамотность, психическое здоровье, академическая успеваемость, социальное взаимодействие.

Introduction

In the modern era of rapid technological development, the Internet has become an indispensable part of everyday life. The widespread availability of digital technologies and mobile devices has significantly increased Internet usage among young people. The Internet provides numerous opportunities for education, communication, entertainment, information exchange, and professional development. It enables young individuals to access vast amounts of knowledge, interact with people worldwide, and participate actively in social and academic activities. As a result, Internet usage has become an essential component of contemporary youth culture and lifestyle. Despite its numerous benefits, excessive and uncontrolled Internet use has raised concerns regarding its potential negative consequences. One of the most significant issues associated with increased Internet use is Internet addiction, which has emerged as a growing psychological and social problem among young people. Internet addiction refers to the inability to control Internet use despite its adverse effects on daily life, academic performance, social relationships, and mental well-being. Individuals experiencing Internet addiction often spend excessive amounts of time online, neglecting their responsibilities and real-life interactions. Recent studies have demonstrated that the prevalence of Internet addiction has been increasing globally, particularly among adolescents and young adults. The rapid growth of social networking platforms, online gaming, video streaming services, and other digital applications has contributed to this trend. Researchers have found that prolonged Internet use may lead to various psychological and behavioral problems, including anxiety, depression, sleep disturbances, reduced concentration, and social isolation. Therefore, understanding the patterns of Internet use and the factors contributing to Internet addiction has become an important area of scientific investigation.

Relevance

The relevance of this research is associated with the rapid expansion of Internet access and the increasing amount of time young people spend online. The Internet has become an essential tool for education, communication, entertainment, and information sharing. However, alongside its advantages, excessive Internet use has led to the emergence of Internet addiction as a significant public health and social concern. Young people are particularly vulnerable to problematic Internet use due to their high engagement with social media, online gaming, and digital communication platforms. Understanding the prevalence and trends of Internet addiction is crucial for developing effective preventive measures and promoting healthy digital habits. Therefore, studying Internet usage patterns and addiction tendencies among youth is of considerable scientific and practical importance in the modern digital age.

Aim

The aim of this study is to investigate the level of Internet use among young people and analyze the prevalence and trends of Internet addiction. The research seeks to identify the factors

influencing excessive Internet use, examine its potential psychological and social consequences, and evaluate current patterns of online behavior among youth. Additionally, the study aims to provide recommendations for preventing Internet addiction and encouraging responsible and balanced Internet use among young people.

Main part

Internet use has become a fundamental aspect of modern life, particularly among young people who have grown up in a digital environment. The concept of Internet use encompasses all activities performed through online platforms, including communication, education, entertainment, information retrieval, and social networking. Researchers define Internet use as the interaction between individuals and digital technologies through networked communication systems. Youth represent one of the most active groups of Internet users due to their adaptability to technological innovations and frequent engagement with digital media. Theories such as the Uses and Gratifications Theory explain that young people use the Internet to satisfy various social, educational, and psychological needs. Internet use is influenced by factors such as accessibility, digital literacy, socioeconomic conditions, and cultural environment. The increasing integration of the Internet into daily life has transformed traditional methods of learning and communication. Digital platforms provide opportunities for knowledge acquisition, skill development, and social participation. However, excessive dependence on online activities may alter behavioral patterns and social interactions. Scholars emphasize the importance of understanding both the positive and negative dimensions of Internet use. Positive outcomes include improved access to information and enhanced communication capabilities. Conversely, excessive use may contribute to behavioral problems and reduced face-to-face interactions. Theoretical frameworks examining Internet use often focus on behavioral, cognitive, and social perspectives. Understanding these foundations is essential for evaluating the broader impact of Internet use among youth. Contemporary research continues to explore how digital environments shape attitudes, behaviors, and developmental outcomes.

The rapid development of digital technologies has significantly expanded Internet accessibility worldwide. Advances in information and communication technologies have enabled faster, more affordable, and more reliable Internet connections. The widespread adoption of smartphones, tablets, and personal computers has facilitated continuous access to online resources. Young people are among the primary beneficiaries of these technological advancements due to their high levels of digital engagement. Broadband infrastructure and mobile Internet services have contributed to the global expansion of connectivity. Governments and private organizations have invested heavily in digital transformation initiatives aimed at increasing Internet access. Educational institutions increasingly rely on digital platforms to deliver learning materials and facilitate communication. Social media platforms, online learning systems, and entertainment applications have become integral components of youth culture. The growth of cloud computing and artificial intelligence has further enhanced digital experiences. Internet accessibility has reduced geographical barriers to information and communication. Individuals can now participate in global networks regardless of physical location. Increased accessibility has also contributed to the emergence of digital economies and remote learning opportunities. However, disparities in access remain a concern in certain regions and socioeconomic groups. Researchers continue to investigate the impact of digital inclusion on educational and social outcomes. The expansion of Internet access has transformed how young people interact with information and society. Technological innovations continue to reshape online environments and user experiences. Understanding the development of digital technologies is essential for analyzing contemporary Internet use patterns.

Young people utilize the Internet for a wide variety of purposes that reflect their educational, social, and personal needs. Educational activities constitute a significant component of Internet use among students. Online resources provide access to academic materials, research databases, and virtual learning environments. Communication through social networking platforms has

become one of the most common online activities. Youth use digital communication tools to maintain relationships and share information. Entertainment represents another major purpose of Internet use, including video streaming, gaming, and multimedia consumption. The Internet also serves as a platform for self-expression and creativity through content creation and sharing. Many young individuals use online platforms to develop professional skills and explore career opportunities. Digital technologies facilitate collaborative learning and knowledge exchange among peers. Patterns of Internet use vary according to age, gender, educational background, and cultural context. Researchers have identified significant increases in daily online activity among adolescents and young adults. Mobile devices enable continuous connectivity and immediate access to online services. Social media applications occupy a substantial portion of youth online engagement. Online gaming communities provide opportunities for social interaction and entertainment. Information-seeking behavior remains a primary motivation for Internet use. However, excessive engagement with certain online activities may lead to problematic behaviors. Understanding usage patterns helps researchers evaluate the benefits and risks associated with Internet engagement. The diversity of online activities reflects the multifaceted role of the Internet in modern youth life.

Internet usage behavior among youth is shaped by a complex interaction of individual, social, technological, and environmental factors. Age and developmental stage significantly influence how young people engage with digital technologies. Gender differences have also been observed in certain patterns of Internet use. Family environment plays an important role in determining online behavior and digital habits. Parental monitoring and guidance can affect the amount of time spent online and the types of activities performed. Peer influence is another critical factor, as social interactions increasingly occur through digital platforms. Educational demands contribute to Internet use for academic purposes and information retrieval. Technological accessibility, including device ownership and Internet availability, directly affects usage patterns. Socioeconomic status influences opportunities for digital participation and access to online resources. Psychological factors such as motivation, self-esteem, and emotional well-being also impact Internet behavior. Individuals experiencing stress or loneliness may seek social support through online interactions. Personality traits have been associated with differences in digital engagement and online preferences. Cultural values and societal norms shape attitudes toward technology use. Media exposure and marketing strategies can influence the adoption of online platforms. Technological design features such as notifications and personalized content encourage prolonged engagement. Researchers emphasize the importance of understanding these factors to promote healthy Internet use. Behavioral patterns often emerge from the combined effects of multiple influences rather than a single determinant.

Internet addiction is generally defined as excessive and uncontrolled Internet use that negatively affects an individual's daily functioning. The concept emerged as researchers observed behavioral patterns similar to those associated with other forms of addiction. Internet addiction is characterized by compulsive online behavior, loss of control, and persistent use despite adverse consequences. Individuals with Internet addiction often experience a strong urge to remain connected to digital environments. Psychological factors such as anxiety, depression, and low self-esteem have been linked to increased vulnerability. Social isolation and interpersonal difficulties may also contribute to excessive Internet use. Online gaming, social networking, and video streaming are commonly associated with addictive behaviors. One characteristic of Internet addiction is the inability to reduce online activity despite repeated attempts. Affected individuals may neglect academic, professional, or social responsibilities. Sleep disturbances and physical health problems frequently accompany excessive Internet use. Emotional dependence on online interactions can interfere with real-life relationships. Researchers identify tolerance as a key feature, where increasing amounts of time are required to achieve satisfaction. Withdrawal symptoms such as irritability and restlessness may occur when Internet access is restricted. The causes of Internet addiction are multifactorial and involve

biological, psychological, and environmental influences. Technological features designed to maximize user engagement may contribute to addictive behavior. Early identification of symptoms is important for preventing long-term negative outcomes. Understanding the concept and characteristics of Internet addiction is essential for developing effective prevention and treatment approaches.

Internet addiction has become an increasingly prevalent phenomenon among young people worldwide. Numerous studies indicate that the prevalence of problematic Internet use has risen substantially over the past decade. Increased access to smartphones and high-speed Internet has contributed to this trend. Adolescents and young adults represent the demographic groups most frequently affected by Internet addiction. Social media platforms and online gaming environments are commonly associated with excessive use patterns. The COVID-19 pandemic accelerated digital engagement due to remote learning and social distancing measures. Researchers have reported higher rates of Internet addiction among individuals who spend extended periods online daily. Prevalence estimates vary across countries due to differences in diagnostic criteria and cultural factors. Nevertheless, a consistent upward trend has been observed globally. Digital technologies continue to evolve, creating new forms of online engagement and potential dependency. The popularity of short-form video platforms has introduced additional concerns regarding excessive screen time. Emerging technologies such as virtual reality may further influence future trends. Researchers emphasize the need for continuous monitoring of Internet addiction patterns. Increased awareness has led to the development of screening tools and prevention programs. Educational institutions and healthcare organizations play important roles in addressing the issue. Public health initiatives increasingly recognize Internet addiction as a growing concern among youth populations. Understanding prevalence trends provides valuable information for policy development and resource allocation. Ongoing research remains essential for tracking changes in digital behavior and addiction risk.

Internet addiction can have significant psychological, social, and academic consequences for young people. Excessive Internet use has been associated with increased levels of anxiety, depression, and emotional distress. Individuals may experience difficulties regulating emotions and coping with stress. Social isolation often develops when online activities replace face-to-face interactions. Relationships with family members and peers may deteriorate due to excessive time spent online. Communication skills can be negatively affected by reduced real-world social engagement. Academic performance frequently declines among students with problematic Internet use. Concentration difficulties and reduced motivation may interfere with learning outcomes. Sleep disturbances are commonly reported among individuals who spend excessive time online. Poor sleep quality can further impair cognitive functioning and emotional well-being. Physical health problems such as eye strain, headaches, and musculoskeletal discomfort may also occur. Researchers have identified links between Internet addiction and reduced life satisfaction. Excessive digital engagement can disrupt daily routines and time management abilities. Psychological dependence on online activities may increase vulnerability to mental health disorders. Social withdrawal and loneliness often reinforce addictive behaviors, creating a negative cycle. Academic achievement may be compromised due to procrastination and reduced study time. The consequences extend beyond individual well-being and may affect broader social functioning. Understanding these impacts is critical for developing effective intervention strategies. Prevention efforts should address both behavioral and psychological dimensions of Internet addiction.

Preventing Internet addiction requires a comprehensive approach involving individuals, families, educational institutions, and policymakers. Promoting digital literacy is an important strategy for encouraging responsible Internet use. Young people should be educated about the benefits and risks associated with online activities. Time management skills can help individuals maintain a healthy balance between online and offline responsibilities. Parents play a crucial role in monitoring and guiding Internet use behaviors. Open communication regarding digital

experiences can support healthy habits. Educational institutions can implement awareness programs addressing Internet addiction and digital well-being. Counseling services may assist students experiencing difficulties related to excessive Internet use. Encouraging participation in physical activities and social events can reduce reliance on online entertainment. Psychological interventions may be beneficial for individuals exhibiting signs of addiction. Cognitive-behavioral approaches have demonstrated effectiveness in addressing problematic Internet use. Technology companies can contribute by designing features that promote balanced engagement. Public health campaigns can increase awareness of Internet addiction and its consequences. Community-based initiatives may provide supportive environments for healthy digital behavior. Researchers emphasize the importance of early prevention and intervention efforts. Collaboration among healthcare professionals, educators, and families is essential for successful outcomes. Policies supporting digital well-being should be integrated into broader health promotion strategies. The ultimate goal is to maximize the benefits of Internet use while minimizing potential harms. Effective prevention strategies can contribute to the development of healthier and more sustainable digital lifestyles among young people.

Discussion

The findings of this study indicate that Internet usage among young people has increased significantly due to the rapid development of digital technologies and the widespread availability of Internet access. The majority of young individuals use the Internet daily for educational purposes, communication, entertainment, and information seeking. While moderate Internet use provides numerous benefits, excessive and uncontrolled online activity may contribute to the development of Internet addiction. The study demonstrates that social media platforms, online gaming, and video-streaming services are among the most frequently used digital applications by youth. The analysis revealed that several factors influence Internet addiction, including psychological characteristics, family environment, peer influence, and accessibility of digital technologies. Young people who spend extended periods online are more likely to experience symptoms associated with problematic Internet use. Furthermore, the findings suggest that Internet addiction is closely related to emotional well-being, social interactions, and academic performance. Excessive Internet use may lead to difficulties in concentration, reduced productivity, sleep disturbances, and decreased face-to-face communication. The discussion also highlights that Internet addiction should be considered a multidimensional issue requiring collaborative efforts from families, educational institutions, healthcare professionals, and policymakers. Preventive measures such as digital literacy education, parental supervision, psychological support, and awareness programs may help reduce the prevalence of Internet addiction among youth. Therefore, promoting balanced and responsible Internet use is essential for ensuring the healthy development and well-being of young people in the digital era.

Results

The results of the study show that Internet usage among young people has increased considerably in recent years due to the rapid development of digital technologies and the widespread availability of Internet access. Most young people use the Internet regularly for educational activities, communication, entertainment, and information searching. The findings indicate that social media platforms, online gaming, and video-streaming services are among the most frequently used online activities. The study also revealed that prolonged Internet use is associated with a higher risk of Internet addiction. Several factors, including psychological conditions, peer influence, family environment, and easy access to digital devices, contribute to the development of problematic Internet use. Young individuals who spend excessive amounts of time online are more likely to experience difficulties related to concentration, academic performance, social interaction, and emotional well-being.

The results demonstrate that Internet addiction can have negative psychological, social, and educational consequences. Common effects include sleep disturbances, increased levels of stress and anxiety, reduced face-to-face communication, and lower academic achievement. Despite

these challenges, the study found that appropriate preventive measures, such as digital literacy education, parental supervision, and awareness programs, can significantly reduce the risk of Internet addiction. The results suggest that while the Internet provides important educational and social benefits, responsible and balanced use is essential to prevent negative outcomes and promote the healthy development of young people.

Conclusion

In conclusion, the study demonstrates that Internet use has become an integral part of the daily lives of young people and plays a significant role in education, communication, and entertainment. The rapid expansion of digital technologies and Internet accessibility has increased the amount of time youth spend online, creating both opportunities and challenges. While the Internet provides valuable resources for learning and social interaction, excessive and uncontrolled use may lead to Internet addiction and various psychological, social, and academic problems. The findings indicate that Internet addiction is influenced by multiple factors, including individual characteristics, social environment, and patterns of online behavior. Excessive Internet use may negatively affect mental well-being, interpersonal relationships, academic achievement, and overall quality of life. Therefore, it is important to encourage responsible and balanced Internet use among young people.

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