

The Impact of Information on the Human Psyche in Virtual Space

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ABSTRACT

This article is devoted to the study of the influence of information in virtual space on the human psyche. The peculiarities of the perception of information on the Internet, social networks and instant messengers by people with different temperaments - choleric, sanguine, phlegmatic and melancholic - are considered. The positive and negative effects of the abundance of information in the digital environment are analyzed. Special attention is paid to the problem of information overload and its consequences. Conclusions are drawn about the need for reasonable consumption of information and the development of media literacy skills to reduce the risks of the negative impact of the virtual space.

INTRODUCTION

Due to the rapid development of information and communication technologies in the 21st century, all areas of human life are being digitized. New ways of producing, storing and distributing information are emerging. The volume of data is growing exponentially: according to statistics, global data will reach 180 zettabytes by 2025 [1]. The Internet will become a virtual world, where people not only find information, but also live, communicate, work, and have fun.

Such an abundance of information in the digital environment has a powerful effect on the human psyche. According to the estimates of the World Health Organization, about 300 million people in the world suffer from depression, and this figure has a growing trend [2]. One of the reasons for this is information overload in the virtual space, as well as a new type of addiction - a sharp increase in addiction to the Internet and gadgets. The negative effects of information overload on human mental health have long attracted the attention of scientists. However, there is no specific solution to this issue. The purpose of this article is to determine the characteristics of the influence of information on the Internet, social networks and messengers on people with different temperaments and to consider the positive and negative effects of excessive virtual information.

METHODS AND LITERATURE ANALYSIS

Analysis, synthesis, induction, deduction, comparative analysis and other methods of scientific knowledge were used in the research. The phenomenon of human information overload is

actively studied in psychology and sociology. This term describes an overload of incoming information when a person is unable to process it effectively [3]. Research shows a link between information overload and the development of stress, depression, anxiety, insomnia, and more [4]. Scientists are developing optimal information presentation models taking into account human cognitive abilities [5].

Many authors emphasize the negative impact of excessive information in the virtual space on the emotional state of a person. Mental fatigue from processing a large amount of information on the Internet can lead to increased aggression, depression, and anxiety [6]. The negative effect is exacerbated by passive content consumption and attentional bias [7]. The opposite point of view is that the virtual space gives a person new opportunities to improve his emotional state and mental health [8].

At the same time, there are works that study the differences in the perception of information by people with different temperaments. Thus, according to M. Zelensky, sanguine and choleric people who are prone to active behavior experience less negative emotions from information overload than melancholic and phlegmatic people [8]. According to A.Y. Chebikin, choleric people are more inclined to develop addiction to information and communication on the Internet than representatives of other temperaments. Specific characteristics of information effects on people with different temperaments require further study.

RESULTS AND DISCUSSION

1. Characteristics of information perception on the Internet by people with different temperaments

Cholerics are characterized by impulsivity, a tendency to impulsive behavior and risk. They actively react to any incoming information, and it often happens without thinking. V.M. According to Rusalova, in conditions of uncertainty, choleric people choose a strategy of several trials in search of a solution - they go through a large number of options until they find the right one [6]. On the Internet, this is manifested in chaotic behavior: they quickly switch between tabs, sites, applications, and carelessly share personal information. Cholerics have a high risk of developing Internet addiction. However, it is easier for them to change their focus and not dwell on negative content for a long time.

Melancholic people, on the contrary, are characterized by passivity, tendency to introspection and anxiety. Information received from the Internet causes them to be "confused" in negative experiences for a long time. Analyzing data critically, they tend to form persistent negative beliefs. Melancholy reflects excessively, which causes depressive and anxiety disorders [7]. But it is characterized by a more conscious consumption of information and a reduced risk of involvement in online dangers. Sanguine people are characterized by high activity, politeness and optimism. For them, the Internet is an opportunity for wide communication and self-expression. Sanguine people tolerate information overload better than others. According to S. Kovalsky, virtual space does not cause significant negative experiences in them [2]. Optimism allows them to easily abstract from disturbing or sad information. But too much enthusiasm for the Internet can have a negative effect on the productivity of sanguine people.

Phlegmatics are characterized by inertia, weakness of reactions and a desire for a measured pace of life. The variety of information on the Internet makes them disoriented and difficult to adapt [3]. Phlegmatic people make decisions slowly, so they stay on the same sites for a long time, have difficulty mastering new digital services. Positive influence of information on the Internet, social networks and messengers

There are a number of positive effects of using the Internet, social networks and messengers. They provide access to a lot of useful information, expand a person's worldview and powers. Digital services provide a wide range of opportunities for communication, self-expression,

creativity, and entertainment, which have a positive effect on the emotional state. A number of studies show that the Internet and social networks can have a therapeutic effect, reducing anxiety and depression in users [8]. Messengers (WhatsApp, Telegram, Viber) facilitate real communication during self-isolation or other situations. Also, virtual space is capable of increasing human productivity by providing convenient online tools for optimizing various activities. Internet opens new opportunities for business, work, study. For example, online courses allow you to improve your skills without any problems. Remote work platforms (Zoom, Teams, Skype, etc.) facilitate communication with colleagues. IT services help to plan time more efficiently, implement projects, organize information.

In addition to positive effects, excessive information on the Internet has negative effects on a person. "Infopollucia", that is, contamination of the information space with unreliable, dangerous or unnecessary information, is today's global problem [4]. There is a lot of misinformation, rumors, fakes and propaganda on the internet.

Mental overload caused by the abundance of information on the Internet leads to chronic mental fatigue. People have difficulty concentrating, cognitive abilities decline. Stress, anxiety and depressive disorders are increasing among Internet users [5]. The negative effects are exacerbated when Internet and gadget addiction occurs. The compulsive need for online communication and entertainment impairs concentration and critical thinking. Self-control decreases, impulsivity and aggression increase in real life [7].

Long-term use of gadgets destroys social skills due to the superiority of virtual communication over real. Empathy increases, interest in surrounding people and events decreases. Fomo phenomenon (fear of missing out) is the fear of missing important information or contacts on the network. Virtual space can change a person's personality and values. Users mindlessly copy dangerous trends, imitate the negative behavior of bloggers. Social networks introduce distorted standards of beauty and success, which cause complexes and even suicide among teenagers. Thus, the Internet has a strong manipulative effect on the psyche.

CONCLUSION

In short, virtual space has a significant impact on a person's mental health in the context of rapid informationalization of society. Beyond the obvious benefits of information access, the Internet poses hidden threats to attention and mental overload. The information effect of the network varies according to temperament. Choleric people react impulsively to any information and risk getting "stuck" in online traps. Melancholy people are prone to excessive reflection, which increases anxiety and depression. Sanguine people attract a lot of connections and expressions on the Internet. Phlegmatic people do not adapt well to the high speed of the digital environment.

In the future, it is inevitable that the role of the Internet in all areas of life will increase. That's why it's so important to learn how to control information overload and check for unnecessary or harmful information. To develop and improve the quality of life, digital opportunities should be used purposefully. It is also necessary to develop critical thinking and media literacy of all segments of the population, regardless of age and temperament. This helps to minimize the risk of unwanted psychological effects from the abundance of virtual information.

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