

THE PROBLEM OF INTERNET ADDICTION AMONG YOUNG
PEOPLE AND ITS SOLUTIONS

University of Economics and Pedagogy

Student of the Faculty of Foreign Languages

Yusupova Kamolaxon Ma'ruf kizi

Gmail: @yusupovakamala36@gmail.com

Tel: +99895 4606260

Annotation. The problem of internet addiction among young people has become a significant concern in today's digital era. Excessive use of the internet negatively affects the mental, emotional, and social well-being of adolescents and young adults. Common consequences include decreased academic performance, social isolation, sleep disturbances, and increased stress or anxiety levels.

Factors contributing to internet addiction include easy access to digital devices, social media engagement, online gaming, and lack of awareness about healthy internet habits. Effective solutions involve parental supervision, education on responsible internet use, development of alternative hobbies and social activities, and, in severe cases, psychological counseling or therapy. Addressing this issue requires a combined effort from families, educators, and policymakers to create a balanced and healthy digital environment for young people.

Abstract. Internet addiction among young people has emerged as a major challenge in the modern digital era. Excessive internet usage can lead to a range of negative outcomes, including reduced academic achievement, social withdrawal, emotional instability, and sleep disorders. The main factors contributing to internet addiction include the widespread availability of digital devices, intensive use of social media platforms, online gaming, and insufficient awareness about balanced

internet habits. Addressing this problem requires a multifaceted approach, including parental guidance, educational programs promoting responsible internet use, encouragement of offline hobbies and social interactions, and psychological support for severe cases. Collaborative efforts from families, educators, and policymakers are essential to promote healthy digital behavior and prevent the adverse effects of internet addiction among youth.

Keywords: Listening skills, speaking skills, communicative language teaching (CLT), skill integration, communicative competence, fluency, Interaction, language pedagogy, task-based learning.

Introduction. In the modern digital era, the internet has transformed the way people live, learn, communicate, and entertain themselves. Young people, in particular, spend a significant portion of their day online, using smartphones, tablets, and computers for education, social networking, gaming, and streaming content. While the internet provides immense opportunities for personal growth and learning, its excessive or uncontrolled use can have detrimental effects on both mental and physical health.

Internet addiction, also known as compulsive internet use, is characterized by the inability to control online activities despite knowing the negative consequences. It can interfere with essential life tasks such as studying, maintaining relationships, or performing household responsibilities. The problem has become increasingly common among adolescents and young adults due to constant exposure to digital devices, easy access to social media, and the immersive nature of online gaming.

The consequences of internet addiction are multidimensional. Psychologically, it can lead to increased levels of anxiety, depression, and emotional instability. Academically, students may experience declining grades, reduced attention, and lack of motivation. Socially, excessive online activity often results in isolation, weaker interpersonal skills, and difficulty forming real-world relationships. Physically, prolonged screen time contributes to sleep disorders, eye strain, sedentary lifestyle, and other health-related problems.





This paper aims to explore the causes, consequences, and potential solutions for internet addiction among young people. By analyzing the contributing factors and highlighting effective strategies, the study seeks to promote responsible internet use and encourage a balanced, healthy digital lifestyle for youth.

Causes of internet addiction among youth easy access to digital devices.

The availability of smartphones, tablets, and laptops has made the internet accessible almost anywhere and at any time. Young people often spend hours online without realizing the cumulative effect on their daily lives. The convenience of connectivity encourages prolonged use and can quickly lead to compulsive behavior.

Influence of social media. Social networking platforms like Instagram, TikTok, Facebook, and Snapchat are designed to capture attention and keep users engaged. Features such as notifications, stories, live streaming, and the constant reward of likes or comments create a cycle of instant gratification. This can make young individuals emotionally dependent on online interactions and approval, intensifying compulsive internet use.

Online gaming and entertainment. Online games, particularly massively multiplayer and competitive games, are highly immersive and rewarding. They offer social interaction, status recognition, and escapism from real-life pressures, making it difficult for young users to limit their playtime. The competitive and achievement-based nature of these games reinforces long hours of engagement.

Psychological vulnerabilities. Young people experiencing stress, anxiety, loneliness, or low self-esteem may use the internet as a coping mechanism. The digital world offers temporary relief from real-life problems, but this dependence can develop into addiction over time.

Lack of awareness and guidance. Many adolescents and young adults are not educated about the risks of excessive internet use. Without knowledge of responsible digital habits, they are more prone to developing compulsive behavior and may not recognize the warning signs of addiction.



Consequences of internet addiction academic problems. Internet addiction negatively affects academic performance by reducing concentration, attention span, and motivation. Students often procrastinate, skip assignments, or neglect studies due to excessive time spent online. Long-term, this can limit career opportunities and personal growth.

Psychological and emotional impact. Excessive internet use increases levels of stress, anxiety, and depression. Dependence on online interactions can diminish emotional resilience, making it difficult for young people to manage real-life challenges. Emotional attachment to social media validation may also lead to mood swings and decreased self-confidence.

Social isolation. Spending too much time online often leads to isolation from friends and family. Young people may prefer virtual interaction over face-to-face communication, which weakens social skills and reduces real-world engagement.

Physical health issues. Extended screen time contributes to a sedentary lifestyle, eye strain, headaches, poor posture, and sleep disturbances. Lack of physical activity can increase the risk of obesity and related health problems.

Behavioral changes. Internet addiction may result in impulsive behavior, poor time management, and neglect of responsibilities at school or home. In severe cases, young people may engage in risky online activities or become vulnerable to cyberbullying, scams, or exposure to harmful content.

Solutions and preventive measures. Parental supervision and guidance parents should actively monitor their children's online activity without being overly controlling. Establishing clear rules, encouraging balanced routines, and discussing the risks of excessive internet use can help youth develop self-regulation skills.

Education on responsible internet use. Schools and community programs can play a vital role by educating students about the benefits and risks of digital technologies. Lessons on time management, digital literacy, and responsible internet behavior can empower young people to make informed decisions.



Encouraging offline activities. Participation in offline hobbies, sports, arts, and social events provides young people with alternatives to online entertainment. Engaging in real-world activities enhances social skills, builds confidence, and reduces dependence on digital devices.

Psychological support and counseling. For adolescents struggling with severe addiction, professional counseling or therapy can offer strategies to manage compulsive behavior, cope with stress, and improve emotional regulation. Mental health professionals can tailor interventions to individual needs.

Awareness campaigns and policy initiatives. Governments, schools, and social organizations can run awareness campaigns to highlight the dangers of internet addiction. Digital literacy programs, time management workshops, and public discussions can encourage responsible online habits.

Self-regulation and mindfulness. Encouraging young people to set personal limits on screen time, track internet usage, and practice mindfulness can help them maintain a healthy digital lifestyle. Apps and tools that monitor screen time can provide tangible feedback and encourage self-discipline.

Conclusion. Internet addiction among young people is a complex problem that affects academic performance. In today's rapidly evolving digital era, the internet has become an inseparable part of young people's daily lives. It offers countless opportunities for learning, communication, entertainment, and creative expression. However, as with any powerful tool, excessive or uncontrolled use carries risks. Internet addiction among youth has emerged as a significant concern, affecting not only academic performance but also psychological well-being, social relationships, and physical health.

Addressing this problem is not about completely restricting access to the internet, but rather about promoting balance, self-awareness, and responsible use. Young people need guidance from parents, teachers, and the wider community to help them understand the importance of moderation. Open discussions about the potential negative impacts of prolonged internet use, combined with

encouragement to engage in offline activities, can foster healthier habits and reduce dependency on digital devices.

Preventive measures and supportive interventions are crucial. Families can create structured routines, set reasonable boundaries, and participate in shared offline activities. Schools can integrate digital literacy education into their curricula, teaching students how to manage screen time effectively and recognize signs of addiction. Mental health professionals can provide counseling or therapy for those struggling with severe internet dependency, helping them develop coping strategies, emotional resilience, and better time-management skills.

Furthermore, fostering awareness and responsibility in young people helps them not only avoid the harmful effects of internet addiction but also develop essential life skills. Learning to balance online and offline activities encourages personal growth, strengthens social bonds, and supports overall well-being. By guiding youth toward mindful internet use, society empowers them to take control of their digital habits, make informed choices, and build a more balanced, fulfilling lifestyle.

In conclusion, while the internet is an invaluable resource for today's youth, unchecked usage can lead to a range of negative outcomes. Addressing internet addiction requires a collaborative approach involving families, schools, communities, and mental health professionals. Through education, guidance, support, and practical strategies, young people can enjoy the benefits of the digital world while minimizing its risks. Ultimately, fostering responsible and balanced internet use is essential for helping youth lead healthier, happier, and more productive lives in both the digital and real worlds.

References

1. Internet Addiction in Children and Adolescents - Kimberly S. Young and Cristiano Nabuco De Abreu. - Springer Publishing, 2017.



2. Internet Addiction in Adolescents: The PROTECT Program for Evidence-Based Prevention and Treatment - Katajun Lindenberg, Sophie Kindt, Carolin Szasz-Janocha. - Springer, 2020.
3. Internet Addiction Among Cyberkids in China: Risk Factors and Intervention Strategies - Qiaolei Jiang. - Springer, 2019.
4. Internet Addiction in Psychotherapy - Daria J. Kuss and Mark D. Griffiths. - Palgrave Pivot, 2014.
5. Internet Addiction: Neuroscientific Approaches and Therapeutical Implications Including Smartphone Addiction - Christian Montag and Martin Reuter (eds.). Springer, 2017.
6. Youth and Internet Addiction in China - Trent Bax. Routledge, 2014.
7. Internet Addiction: Health and Medical Issues Today
Kathryn Vercillo. Bloomsbury Academic, 2026.