PSYCHOLOGICAL ASPECTS OF THE USE OF MODERN INFORMATION TECHNOLOGIES

Christos Kallandranis[1*], Elinda Kiss Port2, Suzan F.[3]

1 Enfermera del Servicio de Cardiología. Hospital Clínico Universitario Lozano Blesa, Zaragoza, España.

2School of Law, University of Leeds, UK

3 Flagler College, St. Augustine, United States of America

** Corresponding author: christskallen@gmail.com*

Kewords:

psychological, social aspects, improvement, human-computer interaction, characteristics.

Abstract

The study of the psychological and social aspects of human-computer interaction, as well as the search for effective methods of using information technologies, are now of particular relevance. The use of computers in everyday life has both positive and negative sides.

Introduction

Among the psychological characteristics of people who have many years of contact with a computer, there are persistence, persistence in achieving goals, independence, a tendency to make decisions based on their own criteria, disregard for social norms, a penchant for creative activity, a preference for the work process to obtain a result, as well as introversion, immersion in their own experiences, coldness and lack of emotionality in communication, a tendency to conflict, egocentrism, lack of responsibility.

Computer games, the most popular field of computer application, can perform the function of psychological relief, play the role of psychological training, and thus teach a person how to solve problems.

Internet technologies are of particular importance in the life of mankind. The Internet has become a subject of integrative interdisciplinary research, in which the efforts of specialists in such areas of humanitarian knowledge as psychology, sociology, theory of communication processes, political science, linguistics, pedagogy, cultural studies, etc. are united. Internet technologies are considered as a means of communication and as a method of obtaining information. The specificity of communication via the Internet lies in its anonymity, the ability to "play" different roles and experiment with one's own identity. “Games with identity”, the appearance of many self-presentations in one subject is a virtual analogue of a multiple personality. Among the main motives that induce users to turn to the Internet are: business, educational,

Among the psychological phenomena in the Internet environment are called the freedom of users, their greater friendliness than in the real world, the ability to play the roles of various characters, up to gender reassignment.

However, the growing use of computers in all spheres of human activity creates new problems. In domestic and foreign psychology, the following psychological phenomena associated with the development of new information technologies by a person are distinguished:

- personification, "animation" of the computer, when the computer is perceived as a living organism;
- the need for "communication" with a computer and the peculiarities of such communication;

various forms of computer anxiety;

- intrusion into the inner world of a person, leading to the emergence of an existential crisis in some users, accompanied by cognitive and emotional impairments. At the same time, a reassessment of values can occur, a revision of views on the universe and their place in the world.

One of the negative aspects of informatization is the appearance of some people (and not only users) of computer anxiety. Currently, there is no clear definition, this concept, and there are no generally accepted methods of prevention and treatment of computer anxiety. Most psychologists mean by it the fear that arises when working on a computer or when thinking about it. It was found that the level of computer anxiety predicts the success of learning to work on a computer.

In pupils and students, computer anxiety often arises as a reaction to the fear of getting a bad grade, of appearing incapable or stupid compared to other students. Teachers often face significant challenges in mastering computer skills. They may fear that their jobs will be occupied by computers or educators who are better at computer skills. An important factor in their anxiety is also the realization that their students are much better at computers than they are.

One of the types of computer anxiety is “computer stress”. The stress associated with the computerization of professional activity determines the stress resistance factors in the process of adaptation of a person to work on a computer. He considers the loss of control over activity to be the main stress factor when working on a computer when the situation of interaction with a computer gets out of control. Resistance to stress is primarily determined by personality traits. At the same time, activity, initiative, self-confidence, emotional stability and an optimistic assessment of the situation are the basis of resistance to stress.

Among the negative consequences of the long-term use of information technologies, autism is also distinguished (escape from reality, syndrome of dependence on a computer and especially on the Internet). The circle of interests is narrowed, participation in significant types of activity is reduced, or there is a complete rejection of it. An indicator of the urgency of this problem is the fact that the fifth edition of the classification of mental diseases in the US DSM-5 is proposed to include the section "Cybernetic disorders". Symptoms of these disorders include obsessive thinking about what is happening in cyberspace, psychomotor anxiety.

Among the psychological mechanisms underlying addiction, there is a "flow experience" - a special state of absorption in activity, in which the expected result of this activity fades into the background in a person's consciousness and the action itself takes all the attention. This state is accompanied by intense positive emotions. "Looping" on the process of interacting with a computer, avoiding reality, "running away" from it into an unreal virtual world. However, the phenomenon of "unfinished action", which does not allow the user to completely switch to another type of activity, can serve as overcompensation of some shortcomings, complexes, insufficiently developed abilities, difficulties in contact

with others, conflict relations with others. At the same time, the experience of a sense of power, competence, accompanied by ecstasy, is typical,

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