

PEDAGOGY

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Influence of internet dependence on the physical and mental development of students

Currently, the Internet has become a new kind of everyday reality and a sphere of life activity. The results of various sociological surveys and psychological studies show that it is the people of adolescent age who are, mainly, the lively group of Internet users. Our goal was to investigate the impact of Internet addiction on the physical and mental development of students. In the study, we used the following methods: the CIAS test ("Chen Internet Addiction Scale" – Chen's Internet Addiction Scale); the test for the diagnosis of affiliation motives (A. Mehrabian); the method for the study of volitional self-regulation, A.V. Zverkov, E. V. Eidman; the method for "Express diagnostics of the level of social isolation of the individual" by D. Russell and M. Fergusson.

Key words: Internet dependence, self-regulation, social isolation, disadaptation, therapeutic conversation.

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