TEENAGERS' WASTE OF TIME ON THE INTERNET

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Abstract: The article presents the results of a survey that allows you to determine the teenagers' waste of time on the Internet. During the study, data were obtained that reflect high indicators of the studied characteristic. At the same time, the assumption about communication problems in the sample was not confirmed.

Keywords: Internet addiction, procrastination, waste of time, problems in the communication sphere.

INTRODUCTION

At the present stage of society, virtual reality is taking value. The number of Internet users is growing rapidly. According to statistics, in 2019, more than 53% of the world's population, namely about 4.1 billion people, have access to the Internet. On the territory of the Russian Federation, the number of users is 109.6 million people (76% of the population).

Moreover, 85% of all online users in Russia access the Internet every day, and 11% - at least once a week [1]. The Internet quickly became a vital aspect of the life of a civilized society. In just half a century (since September 2, 1969), from a simple algorithm for using a computer, it has grown into a global network - a means of communication, entertainment, learning, development, etc.

Billions of users around the world start their morning with checking their social networks, watching news, reading messages, sharing various information, etc. Both ordinary people and users and various companies, including top-world corporations can enjoy the advantages of the Internet.

Despite the obvious advantages [2], the Internet use cannot be considered the exclusive good of mankind, since there are several problems associated with the online

behavior of users. Experts identify several risks and problems associated with being online. Among the main ones is the negative impact on health [3], psyche [4] and public consciousness [5].

The most active users of the global network are young people - boys and girls aged 15-24. This age group is most susceptible to existing risks. Protecting young people from the destructive influence of the network is an open and debatable issue in the scientific community. The problem is that specialists, developing their own applied techniques, often consider Internet use in a clinical sense, defining the global network as a disease [6]. Thus, several scientists consider this phenomenon as "special", requiring targeted action, including medical. At the same time, the position of the attitude to regular Internet users as healthy individuals can be considered justified [7].

The lack of consensus in scientific circles about staying in the online space allows us to classify the issue of this study as one of the most relevant in modern science and practice. This study examines one of the diagnostic criteria for Internet addiction - waste of time in the network and the resulting communication problems.

CONDITIONS, MATERIALS AND METHODS OF RESEARCH

Objective: to study the teenagers' waste of time on the Internet.

Research hypothesis: the process of adolescents' stay on the Internet is characterized by high time losses with evident problems in the communication sphere.

Empirical base. The subjects were 58 students aged 16-17 years of the Stary Oskol branch of NRU "BelSU" (26 boys and 32 girls).

RESULTS AND DISCUSSION

The most active users are young and single people. The most advanced users are the younger generation, and therefore the greatest number of various opportunities offered by the Internet opens for them. Boys and girls use the global network mainly for entertainment and less often for work or study. This trend leads to the problem of wasting time on the Internet, using it as a means of procrastination and "doing nothing". This leads to the problems with communication with friends and relatives.

Cognitive psychology identifies three main phenomena that underlie procrastination: "irrational beliefs, low self-esteem, and inability to make decisions. Irrational beliefs and postponement of activity are a kind of a protective barrier that helps to avoid painful realizations that can undermine an already unstable self-esteem" [8]. In this regard, teenagers fall into the potential group of "procrastination risk". And the use of the Internet increases this risk, creates ideal conditions for a long stay in an environment with no direct contacts - in the online environment.

In this study, we would like to present the results of a survey of teenagers, reflecting the time spent on the Internet. The following methods were used in the development of the questionnaire required to achieve the objective of our research: Internet Addiction Test, K. Young [9]; Internet addiction questionnaire by K.V. Kuznetsov, A.A. Danileiko [10].

The survey questions were drawn up in accordance with the spheres characterizing the teenagers' waste of time on the Internet (see Table 1). The choice of these areas is due to the very topic of the study. At the same time, we, as researchers, tried to use questions in the following areas: "Where exactly does a teenager spend their

hours on the Internet?", "Do teenagers have difficulties in the communication process?", "What can we suggest to overcome this situation?"

Table 1. Staying online evaluation criteria for teenagers

Sphere characterizing the teenagers' waste of time on the Internet.	Questions
Amount of time spent on the Internet	1. Do you spend more than 3 hours a day on the Internet? 2. How much time do you spend on the Internet during the day?
Internet accessibility	1. What do you most often use to access the Internet? 2. Do your parents (or any other person) limit your Internet use?
Communication problems	1. Do you prefer being online to offline chatting with friends? 2. How often do you meet Internet users while online?
Potential addiction	1.Have you noticed spending more time online than intended? 2. Do you neglect your household chores to surf the Internet for a longer time? 3. Do you neglect sleep, staying up late on the Internet?
Specifying the use	1. What sites do you visit most often?
Admission or non-admission of the problem	1. Is there, in your opinion, the problem of "wasting time" by young people on the Internet? 2. If yes, what steps should society take?"

The subjects were offered a questionnaire including the developed questions (the second column of Table 1). The findings were presented according to the identified areas (first column of Table 1). Data based on the results of answers to the questions "Do you spend more than 3 hours a day on the Internet?" and "How much time do you spend on the Internet during the day?" are presented in Tables 2 and 3.

Table 2. Data based on the results of answers to the questions "Do you spend more than 3 hours a day on the Internet?"

Unit of measurement	Response options	
	Yes	No
Number of subjects (%)	54 (93%)	4 (7%)

Table 3. Data based on the results of answers to the questions "How much time do you spend on the Internet during the day?"

Unit of measurement	Response options				
	up to 2 hours	2-4 hours	4-5 hours	5-8 hours	more than 8 hours
Number of subjects (%)	4 (7%)	5 (9%)	18 (31%)	18 (31%)	13 (22%)

According to the findings on "The amount of time spent on the Internet", we got the following result: most students (93%) spend online more than 3 hours a day. At the same time, the following distribution of time losses is observed: the largest percentage of students use the Internet in the following allocated intervals: 4-5 and 5-8 hours (31% of the subjects in each of these options). About a quarter of students are online for more than 8 hours a day (22%), which is a significant deviation from the standard of using not only the Internet, but computers in general.

Data based on the results of answers to the questions "What do you most often use to access the Internet?" and "Do your parents (or any other person) limit your Internet use?" are presented in Tables 4 and 5.

Table 4. Data based on the results of answers to the questions "What do you most often use to access the Internet?"

Unit of measurement	Response options	
	Smartphone	Computer
Number of subjects (%)	55 (95%)	3 (5%)

Table 5. Data based on the results of answers to the questions "Do your parents (or any other person) limit your Internet use?"

Unit of measurement	Response options	
	Yes	No
Number of subjects (%)	9 (16%)	49 (84%)

Thus, according to the "Internet accessibility" criterion, most students (95%) singled out a mobile phone as the preferred means of access. At the same time, only 16% of the respondents stated that they are in some way restricted in their use of the Internet. This result indicates the availability of the widest opportunities for being in the online environment (anytime, anywhere). Data based on the results of answers to the questions "Do you prefer being online to offline chatting with friends?" and "How often do you meet Internet users while online?" are presented in Tables 6 and 7.

Table 6. Data based on the results of answers to the questions "Do you prefer being online to offline chatting with friends?"

Unit of measurement	Response options	
	Yes	No
Number of subjects (%)	24 (41%)	34 (59%)

Table 7. Data based on the results of answers to the questions "How often do you meet Internet users while online?"

Unit of measurement	Response options	
	Often	Rarely
Number of subjects (%)	14 (24%)	44 (76%)

The evaluation of "Problems in communication" gave the following result: more than half of the respondents (59%) prefer meeting with friends offline overstaying online. Subjects in our sample rarely make new acquaintances online (76%). The

answers to these questions show some relationship, which consists in the priority of direct communication with well-known people. Data based on the results of answers to the questions "Have you noticed spending more time online than intended?", "Do you neglect your household chores to surf the Internet for a longer time?", and "Do you neglect sleep, staying up late on the Internet?" are presented in Tables 8, 9, and 10.

Table 8. Data based on the results of answers to the questions "Have you noticed spending more time online than intended?"

Unit of measurement	Response options	
	Yes	**No**
Number of subjects (%)	35 (60%)	23 (40%)

Table 9. Data based on the results of answers to the questions "Do you neglect your household chores to surf the Internet for a longer time?"

Unit of measurement	Response options	
	Yes	**No**
Number of subjects (%)	15 (26%)	43 (74%)

Table 10. Data based on the results of answers to the questions "Do you neglect sleep, staying up late on the Internet?"

Unit of measurement	Response options	
	Yes	**No**
Number of subjects (%)	31 (53%)	27 (47%)

The "Potential addiction" criterion revealed an alarming situation: more than half of the respondents spend more time on the Internet than intended (60%), and a fairly large percentage of students neglect sleep because of the use of the Internet (53%). However, 74% do not neglect household chores to spend time online. Data based on the results of answers to the question "What sites do you visit most often??" are presented in Table 11.

Table 11. Data based on the results of answers to the question "What sites do you visit most often??"

Unit of measurement	Response options					
	Gaming sites	Entertainment sites	Dating sites	Sites with chat rooms	Search sites	Other
Number of subjects (%)	2 (2%)	32 (39%)	1 (1%)	5 (6%)	22 (27%)	21 (25%)

According to the data obtained ("Specifying the use"), the following result was obtained: the students prefer, contrary to popular belief, entertainment sites (39%) the most, rather than social networks. Search sites are the second most popular among students (27%). This is followed by "Others" (25%), in which all respondents indicated social networks. This shows that the Internet is used primarily as an entertainment, and only then as an educational and communication resource. Data based on the results of answers to the question "Is there, in your opinion, the problem of "wasting time" by young people on the Internet?" are presented in Table 12.

Table 12. Data based on the results of answers to the question "Is there, in your opinion, the problem of "wasting time" by young people on the Internet?"

Unit of measurement	Response options	
	Yes	No
Number of subjects (%)	40 (69%)	18 (31%)

According to "Recognition of the problem", most students (69%) noted the existing problem of "wasting time on the Internet". The students were also asked the question "If yes, what steps should society take?" The answers were in free form and showed the following proposals: 1. Give preference to offline communication and meetings with friends; 2. Limit the time of using the Internet and gadgets; 3. Organize social events to attract young people; 4. Time management of the daily routine since childhood; 5. Restrict the use of social networks; 6. Restrict/prohibit inappropriate content; 7. Set priorities for other aspects of life (hobbies, sports, studies, etc.). Unfortunately, many students either failed to find suitable methods for solving the problem or suggested avoiding the problem as a way to solve it, which cannot be a constructive solution to the issue.

CONCLUSIONS

Summing up the study, we note that the data obtained allow us to speak of the following features of the study group: there are serious risks associated with irrational use of the Internet; preference is given to mobile access; problems with communication are less common than the problem of wasting time on the Internet; in terms of importance for users, social networks are inferior to entertainment and educational content. Thus, the hypothesis that the process of adolescents' stay on the Internet is characterized by high time losses with evident problems in the communicative sphere, was partially confirmed, since the study obtained high indicators of time spent on the Internet. However, the assumption about communication problems was not confirmed.

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