

# Virtuality As A Subject Of Research In Modern Medicine

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## Abstract

In the context of information progress, new types of disease are spreading, the so-called non-chemical addictions, associated with a form of behavioral addiction. Computer addiction has already been diagnosed by scientists as a mental pathology of the user of information technology, subsequently overly uncontrolled operation of information devices, which ranges from mobile communications: phones, tablets, netbooks, laptops and computers. Computer addiction is a mental disorder accompanied by many other diseases, the cause of which is inactivity during Internet communication. In this regard, there was a need for collective efforts to understand the problems associated with real and virtual existence, rationally organize their healthy lifestyle, and prevent non-chemical diseases. Naturally traditional medicine used the technique of medical prevention through active reality and potential virtual existence in the form of heaven and hell. Thanks to the progress of science and technology, a person has managed to create a virtual world of information and has been able to use it as a negative weapon, as well as to satisfy his interests and ensure the well-being of his life. In this sense, the article aims to conduct a scientific and philosophical analysis of computer addiction as a mental pathology of a person.

**Keywords.** Addiction as a disease, virtual, real and virtual being, forms and directions of virtuality.

## Introduction

The grounds and conditions for providing qualified medical care, the availability of traditional and modern medicine remain serious disputes and discussions not only among scientists of the healthcare system, but also representatives of the social sciences and the humanities. Thus, the formation and development of traditional medicine was connected with the healing practice of folk dynastic family doctors, who at the same time were the religious authorities of society. Traditional medicine was the practice of individual healthcare representatives. Means and method of their treatment is largely based on the psychological beliefs of patients. In this regard, psychotherapy was the main rule of inpatient and outpatient treatment among the peoples of the region.

In the philosophy of modern medicine, peculiar approaches to the virtual mental state have developed, as the degradation of the mental state associated with a special form of pathology, which requires a collective study for the development of medical practice to effectively overcome the spread of non-chemical diseases, corresponding to the methodology of modern medicine. If this type of disease was introduced by I. Goldberg as a result of "Internet addiction", what was achieved by diagnosing a mental personality disorder (Arestova, 1996; Akhryamkina, 2008). In the study of this medical phenomenon, psychiatrists constitute a separate group expressing serious diagnoses of not only mental, but also a range of diseases due to the inactivity of the individual in the information society (Bobrova, 2004; Krasnova, 2008; . Maryina, 2011). In this regard, this problem has been fundamentally studied in the works of famous scientists in the context of the information society, the development of information and communication technologies (Bell, 1999; Wiener, 2019; Castells, 2004; Toffler, 2000).

The generally accepted etymological definition in dictionaries of “virtual” is known as from the ancient Roman “vir”, denoting the totality of all male qualities: physical strength, valiant patriotic behavior, high military morality. Moreover, Virtus was the god of ancient Roman mythology, inspiring the Romans to military exploits for the sake of the fatherland (Virtuality; Virtual reality).

With the onset of the Middle Ages, the term virtuality acquires a religious character. In fact, the real space of a person and his virtual space after death are presented artificially (in the form of heaven and hell). The integrity of this space and the materiality of existence, as an alternative to the scientific approach of philosophy, created a virtual artificial space in the public mind. At the heart of virtuality, based on the mental state of a person, the creators are divine forces such as Allah, God and Buddha.

In the conditions of the information society, scientists have paid attention to the positive and negative impact of the achievements of scientific and technological progress, in particular computer communication, as a result of Internet addiction of users, as a new type of pathology. The Russian researcher M. Kuznetsov is absolutely right when defining the term "virtual reality", that the scientific circulation was introduced in the 80s of the last centuries by the hacker Jaron Lane in the sense of "user access to a new spatial existence using an electronic device, the activity of sensual existence due to those that it is fundamentally different from the real existence of a person and is connected to interactive communication" (Sabitova, 2019).

## Materials and methods

The main research method was historicism, i.e. formation and development of the phenomenon of virtuality in the information society. History is the development of information transfer, online relations, which is difficult to imagine the modern world without Internet communication. The Internet has become the most important means of realizing the material and spiritual needs of man. In this regard, the material of the study was the laws and categories of dialectical thinking.

The induction analysis of virtuality in the information society is the main problem, both socially and ideologically and politically, that information becomes the most important tool for influencing human consciousness, threatening the stability of public life more than military training grounds. In a word, information acquires a strategic character in the development of the material and spiritual production of a market economy. The legitimacy of this approach can be argued with similar opinions of foreign authors. Thus, the phenomenological method is central to identifying the essence and content of the problem, since the development of information and communication technologies will radically change the way of life and thoughts of a person.

For many years of research, the author used the method of participant observation: computer addiction, excessive employment of information means of communication, popularization of mobile devices for online communication. Thus, the article is argued by static and sociological materials that characterize the objective processes of informatization, the national culture of the population of the region, which are related to the research topic.

## Results

It has been established that virtuality arose by the sensual imagination of the individual at the dawn of world civilization, as an attempt to imagine the other world's fantasy to represent life after death. In this regard, virtuality is an imaginary artificial world created by the senses, a creatively improved psychological world of ideas in people's heads. Virtuality is largely interconnected with the formation and development of people's religious thinking, brought up as a spiritual experience of the socialization of the individual (Toffler, 2010).

Another result is that virtuality is a determinant of a number of diseases, a serious threat to the health of users, as vision deteriorates, mental pathologies and the progression of internal cardiovascular diseases. Thus, in the conditions of the information society, virtuality flourishes as a virtual paradigm: "e-government" forming the basis of political life, from online education to online business through Internet communications. This phenomenon is considered as a form of a new system of online communication in the real and virtual world, compaction and efficiency of transmission, storage and processing of materials and transmission of information at high-speed media on social Internet sites. The authors define the essence, technological features of online communication (the formation of value-semantic information) and narrow (the process and result of the implementation of value settings in distance communication) sense (Khaidarova, 2022).

Virtuality should be understood as the specifics in vocational and general education, changes in information practice as the onlineization of people. In this regard, the authors describe the principles, conditions of virtuality, directions for implementing the task of the digital society. By pressing the online communication button on the monitor screen, the Internet user gets the opportunity to communicate with the interlocutor who is "behind the scenes" in real

time and space according to the principle "I and HE" or "I and THEM". At the same time, in this space, individual freedom, lack of control, the ability to hide a person (especially in face-to-face communication), equality of sides in mutual interests, "sweet talker", "religious", "brotherhood" psychologically involves a person. This process can be understood as a step towards being "busy" mentally "busy" [20]. In proving the essence of the matter, we used the famous psychiatrist K.S. We agree with Young's views on the diagnosis of mental pathology in the results of his study of youth addiction to social networks (Young, 2000).

In the context of the development of modern information communications, virtuality has undergone a serious transformation, which is used in the social sciences in the sense of an online state of reality and virtuality, thanks to the consciousness and perception of a person. Virtual reality is an artificial reality created with the help of information receiving devices, created by the human senses, a state that is simulated by reality under the influence of virtual reality. Therefore, high-quality computer technologies can artificially create virtual reality from one space to another in real time. In virtual reality, a computer can create the program state of virtual reality as accurately as possible based on the objective laws of material reality. The developer can create various games, videos and other virtual reality entertainment for young people in a very realistic resolution. In this sense, virtual reality should not be confused with augmented reality. Because virtual reality differs from augmented reality by the technical creation of a new artificial world for the user. The accuracy of the interpretation of this phenomenon can be proved by definitions in the dictionary sites of the Internet (Ruzavin, 2010).

The manifestation of virtual reality is carried out directly by the computer technology system, and its impact can affect all human senses. The creation of virtual reality through interfaces is highly developed, and the actualization of virtual reality is achieved in devices installed on it with a helmet or glasses. Virtual reality is an artificial reality, a reality created with the help of information receiving devices, created by the human senses. This is a state of imitation of reality under the influence of virtual reality. In this sense, computer technology can artificially create virtual reality from one space to another in real time.

When analyzing virtual reality using the MotionParallax3D Display device, one can consider the creation of the form and content of a full-fledged artificial reality object on the screen in an illusory form. When creating virtual reality, this device basically represents the artificial state of the object, creating it through the eyes of a person. Therefore, on the basis of virtuality, one can also explain the state of rationality of human emotional cognition.

Modern computer technologies have artificially created virtual reality for young people, especially in games, creating a full-fledged reality, bringing young people to games, up to gambling addiction or pathological diseases. We recognize that information technology is a factor that has opened up a new stage of methodological possibilities for young people in the modern education system, and we believe that educational material and scientific resources are being carried away to another harmful space simultaneously with the virtual space.

The methodological aspect of virtual reality is also important in teaching various professions, as in preparing young people for extremely dangerous professions, from simple driving to pilots. The professionalization of young people in professions of extreme complexity is in need of practical training as close as possible to real life in the mining industry and military service, which poses a threat to human life, the creation of which is prepared by a specialist at the required level of qualification. Thus, virtual reality can be an important component of the effectiveness of the educational system, which is a necessary part of the consolidation of theoretical education in practical classes, artificially created training grounds of an educational institution. We agree with the complex analysis and conclusions of Kornilov about the content of the essence, practical and methodological aspects of this phenomenon (Kornilov, 2019).

Virtuality inherently has psychological aspects and its emotional form covers the rational psyche of a person. The spiritual and moral maturity of the individual is directly related to his social position of the individual. Because a person with a high level of information literacy can manage himself more consciously than others. He can determine the useful and harmful aspects of information with common sense in the space of "artificiality". At the same time, new games on Internet sites were found to pose a serious threat to the psyche of young people, creating a complete virtual reality of modern warfare, virtualizing all military weapons and actions in the form of clips. In the study, we support the socio-pedagogical aspects of the analysis of the methodological aspects and characteristics of virtuality in domestic social sciences, but we have a different opinion about its directions (Khaidarova, 2022).

We conditionally grouped the content and essence of virtuality on the basis of emotional-rational knowledge in accordance with the era, sphere and environment and formed it in national or religious, methodological or technological directions. The first factor of this grouping is the formation of the real world and the virtual other world in the human psyche. In order to professionalize young people in the field of education, the acquired knowledge is consolidated by conducting a practical test of theoretical knowledge in the experimental space. In industrial

production, the resistance of a product to various situations is tested in the virtual space. At the same time, the technological direction of virtuality in social reality is a popular direction, and information communication creates for users the possibility of virtual communication with the world. Thus, modern social sciences explore the problems of getting rid of computer addiction, breaking away from virtuality and being in actual reality.

## Discussion

As a result of the unprecedented growth of information and communication technologies on the one hand, the globalization of trade, economic and financial relations on the other hand, virtual reality has become an objective reality for everyone, as the Internet and other forms of electronic communications have become a way of life. In this regard, it is generally accepted by scientists the position of alienation from reality as a result of information technology, the freedom of virtualization of social relations [5; eleven]. Citizens of Uzbekistan, like other countries, have acquired the opportunity to use the Internet, there is activity in all social networks, telegram channels, etc. The development of a technological trend in virtuality with the dynamics of modern high-quality generations of computers, laptops and netbooks, tablets, mobile phones, that a person socializes dually between the virtual and real existence. As a result, there is a massive stress of the population, a tendency to aggression among the population, the spread of extreme games and situations of urban youth, non-traditional sexual orientation (Toffler, 2010).

Scientists in the social sciences and humanities unanimously recognize Internet addiction as a mental pathology, the so-called “non-chemical addiction” to the virtualization of youth, alienation from reality N. A. (Abdukholikova, 2021). According to the researcher N.A. Abdukholikova, dependence on social networks is an information risk due to the virtual value of a computer among students. However, this form of dependence, as we think, is the beginning of the onset of pathological diseases, accompanied by gamma disorders of the stability of human organs due to the immobility of computer communication.

Virtual reality leads young people away from a potential future, alienates them from the ethno-confessional traditional culture and life with which it alienates them from their national identity. In this regard, A. Osipova is absolutely right in saying that the virtual “personality” and the real “I” are the determinant of the population identity problem (Osipova, 2008). Scientists in solving such a problem suggest the need to prevent students' Internet addiction about the need to prevent students' Internet addiction (Common diseases; Chudova, 2002). Thus, Virtuality is a special psychological subjectivity of a person, a formed alternative informational construction of a person's objective reality, an ideologized political phenomenon that distracts a person from his ethno-confessional identity. This idea can be argued by the results of research by Russian scientists [Evgeneva 2013].

## Conclusions

In concluding this article, we can focus on the following. Virtuality in the context of the development of information technology is of particular relevance among scientists in the social sciences. In the social sciences, a philosophical direction of scientific knowledge has already been formed - virtualistics, which presupposes a dual world of the individual: real and virtual. Virtualistics in its essence is the doctrine of the artificially created world with the help of technological means for the knowledge of the objective world. In historical terms, the virtual was formed as sensual images of the other world, developing fantasies of life after death. In this regard, the virtual is of a religious and technological nature, in the center of which is the cognizing person.

The problems of informatization of society as a result of scientific and technological progress and industrial society are being actively discussed in the socio-political sciences of the world. Thus, virtuality moves from sensual forms to a new stage of its development, i.e. technological. Information technologies allow real-time communication with all Internet users, that a person enters the world of “online communication”, i.e. Internet communication is attractive with a huge amount of information, confidentiality of interlocutors, efficiency of communication, transmission and reception of information, which attracts young people to computer monitor. Scientists identify three directions in the development of Internet education: religious, aesthetic and technological, based on the sensory-cognitive abilities of the individual.

The virtual world in religious consciousness is determined by the picture of the other world, in the forms of hell and paradise, which is a condition for the development of the social, that is, the high spirituality of the individual. Virtuality in the educational process comes as a practical methodological part of the professionalization of young people, strengthening theoretical knowledge in practical virtual experimental classes. Thus, virtuality serve as the main form of education in the mining and metallurgical, military and other areas where there is a high threat to human life.

Virtual reality in modern education of universities is updated in two directions of educating the younger generation: spiritual and educational work among the population and the training of highly qualified specialists, an example of which is the aerospace center and military training grounds. Thus, the virtual world is the most important meaning-forming element of informatization of public life. However, the excess of virtuality in a person's life leads to aggressiveness and mental disorders. A person's immobility in the conditions of virtualistics is accompanied by a number of common diseases among users of information technology.

In order to prevent computer addiction, there is an urgent need to form a media culture of the population, which prevents not only mental pathology, but also personal vision, cardiovascular disease, and respiratory disorders. The complexity and interdisciplinary nature of the study of virtuality can be taken into account in the training of specialists in the field of information technology, as well as the formation of media literacy among students. Thus, there is an opportunity to strengthen the health of the population, laying a reasonable approach to work in the means of information communications.

The spiritual health of society requires information literacy of everyone, as there is a problem of analysis, received information and messages, their sorting: true and false, useful and harmful, scientific or pseudo-scientific aspects. At the same time, the ideologization of virtual information, its use as a religious and political weapon also requires media education of young people. This situation also creates an opportunity to preserve the national spirit and protect against the threats of "popular culture" by increasing the legal knowledge of young people from cybercrime.

The craving of young people for a virtual existence in the global information space, or rather for Internet communication, is a pathology of spiritual and mental illness. The danger of virtuality lies in the improvement of various spiritual and educational events for young people on the principle of real existence in all sections of the educational system, to occupy them with live meetings, art exhibitions, interesting round tables for meetings with representatives of state and public authorities, as well as health scientists.

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