

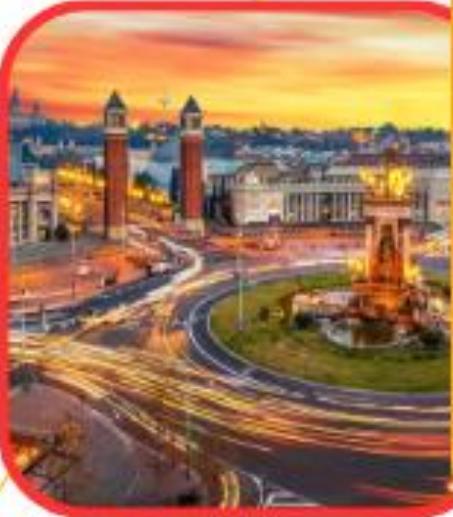


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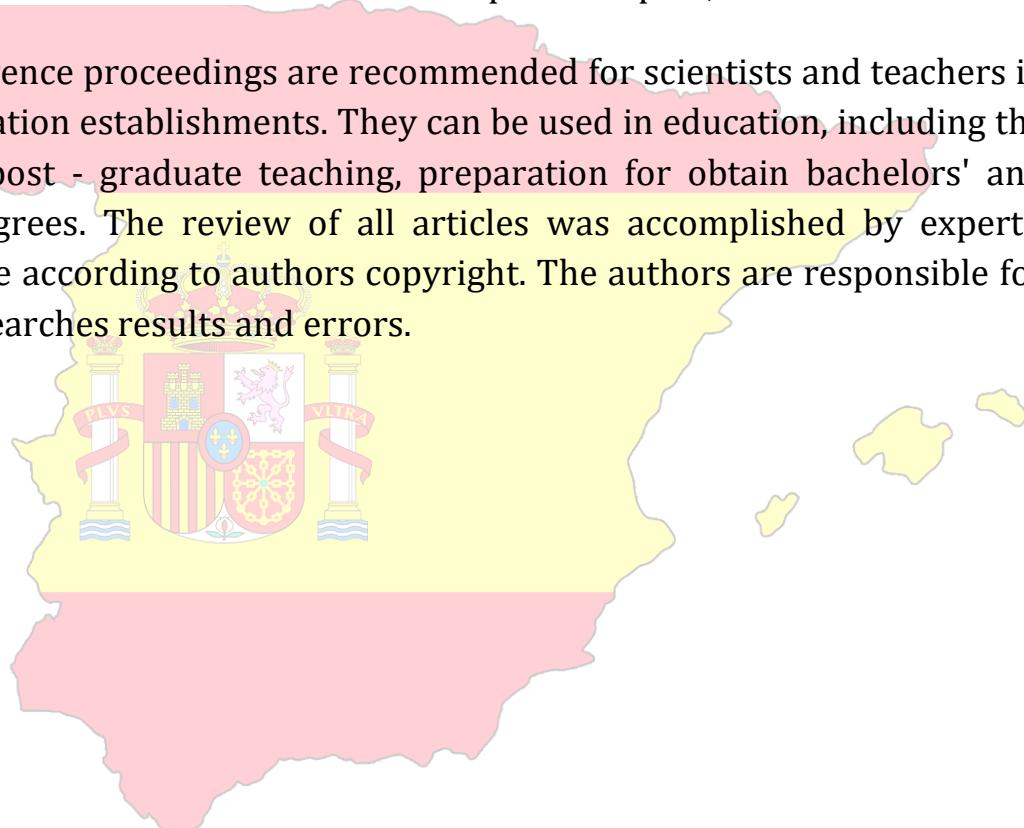


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## **Psychological Conditions for Protecting the Adolescent Personality from Information Threats.**

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**Abstract.** This thesis examines the psychological conditions necessary to protect adolescents from the growing influence of information threats in the digital era. It analyzes how rapid technological development and unrestricted access to information affect young people's thinking, values, and emotional stability. The study emphasizes the importance of ensuring information and psychological security through effective education, responsible media use, and moral guidance.

**Keywords:** Adolescents, information threats, psychological security, information society, media influence, information literacy, moral values, digital safety, social development.

### Introduction

In the twenty-first century, rapid technological progress and the global expansion of digital communication have transformed the way people think, interact, and perceive reality. Information has become a dominant force shaping public consciousness and individual development, especially among adolescents. As young people spend an increasing amount of time in digital environments, they are constantly exposed to vast flows of information that can have both positive and negative effects on their psychological growth and social adaptation.

Adolescence is a critical stage in personality formation, during which values, beliefs, and social behaviors are actively developed. Unfiltered or harmful information can distort this process, leading to emotional instability, moral confusion, and even behavioral disorders. Consequently, protecting adolescents from destructive informational influences has become one of the most urgent challenges of modern society.

The problem of **information and psychological security** requires a comprehensive approach that combines educational, technological, and moral dimensions. It is essential to create favorable psychological conditions that enable adolescents to critically evaluate information, develop emotional resilience, and maintain mental well-being amid digital pressures.

This thesis aims to study the psychological conditions necessary for safeguarding adolescents from information threats, analyze the factors influencing their perception and response to digital content, and propose strategies for strengthening their informational and psychological protection. The results of this research are expected to contribute to the development of



effective educational and preventive measures that promote the healthy mental and social development of adolescents in the information age.

Today, the concept of *information* has gained global significance and exerts a strong influence, particularly on the thinking of adolescents. It has become a powerful factor shaping a teenager's entire life and future, capable of directing them toward either positive or negative paths.

The rapid development of the information sphere and its improvement through automated methods led to the invention of computers. This, in turn, has made the use of computer technologies essential in nearly all areas of modern life. As a result, the concept of the *Information Society* has rapidly taken shape—a society in which information is regarded as the most vital resource and a powerful instrument of influence.

The modern world is increasingly becoming a computerized and information-rich global system. This situation has interconnected the lives and futures of all the world's peoples and nations—especially adolescents—more closely than ever before. Technologies for acquiring, storing, processing, and distributing information have advanced to such an extent that this progress has also given rise to serious concerns.

Such transformations have profoundly altered the way adolescents think, their moral values, and their worldview. Thus, the civilization of the 21st century manifests itself through the flow of information and informational-psychological pressures. When considering the future of humanity, it becomes increasingly necessary to study in depth the development of information technologies and their impact—particularly on the lives of adolescents. This issue should be approached from several key perspectives:

**1. Purposeful guidance of adolescents:** It is important to direct their activities toward common interests, encourage active participation in social affairs, and foster a sense of responsibility and social belonging.

**2. Ensuring political balance:** It is essential to establish harmony among political entities with diverse interests, to reject the culture of war, and to promote a culture of peace. This approach nurtures a healthy and balanced perspective on global issues.

**3. Channeling technological achievements positively:** In an era of rapid scientific and technological progress, it is vital to use these advancements for peace and development. Otherwise, such powerful technologies could be misused for harmful purposes such as international terrorism, drug trafficking, extremism, or destabilizing the financial system.

**4. Directing the power of information toward positive goals:** The influence of information technologies should be applied in

ways that benefit adolescents' moral, psychological, economic, and political development by implementing effective systems of guidance and management.

### 5. Maintaining harmony amid accelerated information

**flow:** In modern society, the rapid increase of information makes it difficult to preserve balanced relationships among the individual, society, and the state. The excessive, diverse, and sometimes contradictory nature of information exerts a particularly strong influence on the worldview and thinking of adolescents.

The concept of **information and psychological security** is formed as a moral and ethical standard. In a civil society based on individual freedom and human liberty, specific systems of information and psychological security must be established. These systems largely depend on the political awareness, professional competence, and—most importantly—the civic responsibility and moral commitment of those working in the field of mass media, including those who collect, store, and disseminate information.

Thus, as information attacks intensify and exert a powerful influence on the consciousness of every individual—especially adolescents—it becomes clear that they significantly impact the progress of society and the future of the nation. Developing effective mechanisms for managing, regulating, and utilizing information technologies, as well as taking appropriate measures to ensure the well-being of the younger generation on a global scale, has become one of the most pressing issues of our time.

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