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Social consequences of the behavior of a dependent person in modern Kazakhstan (on the example of the problematic use of a cell phone)

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In modern Kazakhstan, where changes are taking place too rapidly, addiction can be seen as an unconstructive protective mechanism for a person to adapt to rapidly changing living conditions. Our study focuses on problematic mobile phone use, which is a form of behavioral addiction. In a number of parameters, this subculture is comparable to the real society, which, as we assume, has a significant impact on the development of the personal and social identity of student youth, on their interpersonal communication skills, and on life values.

To test our hypothesis, we conducted a pilot study in which 70 first-year students of the Kazakh National University took part. The following methods were used as research methods: Mobile Phone Problem Use Scale A. Bianchi, J. Phillips methodology, "Six columns" of identity H. Petzold, S. Schwartz's value questionnaire, L. Michelson's "Communication skills test". The initial interpretation of the study data allowed us to confirm our hypothesis. Interrelations of various indicators of dependence on a mobile phone with various indicators of personal identity, values, and communication skills were identified. In further work within the framework of the study, we will develop recommendations for the prevention of addictive behavior from a cell phone for students. Thus, the problem of the social consequences of the behavior of an addicted person in Kazakhstan, associated with the problematic use of a cell phone, is certainly relevant today and deserves further close attention of the psychological community, which should be implemented both at the individual, interpersonal and social levels.

Keywords: problematic mobile phone use, personal and social identity of student, behavioral addiction