

AGE FEATURES OF INFORMATION - PSYCHOLOGICAL SAFETY OF A PERSON

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Abstract

The modern social situation is characterized by dynamic changes of the information environment in which people live and act, all public and government institutions function. Rapid development of means of communication and information equipment, creation of qualitatively new information technologies and systems contributes to the fact that information and communication processes and a set of various information factors occupy a key place in the sphere of social interaction in our society (Astahova, 2011, p 41). These changes actualize the need not so much to protect a person from physical threats, but to protect the person (the individual), as a subject of social relations, as well as his psychological safety, mental well-being and ability to perceive adequately the surrounding reality. In modern world, this means, first of all, the environmental friendliness of the information environment, as well as our ability to protect ourselves from the impact of poor-quality and harmful information (Grachev, 2017, p.72). The development of psychological methods and tools to improve the level of information and psychological security (IPS) requires clarification of existing risks and resources of IPB at the personal level, including age and gender characteristics.

Keywords: information – psychological safety, personality, modern researches, age specificities.

1. INTRODUCTION

Information – psychological safety of the personality is considered as a condition of consciousness security, against information, constituting a threat for mental and/or somatic health and human life, harming its emotional state and social development.

During a theoretical study, we identified the following components of informational-psychological security of a personality:

-Emotional (including sense of awareness satisfaction; anxiety, fear and insecurity arising from interaction with the information environment),

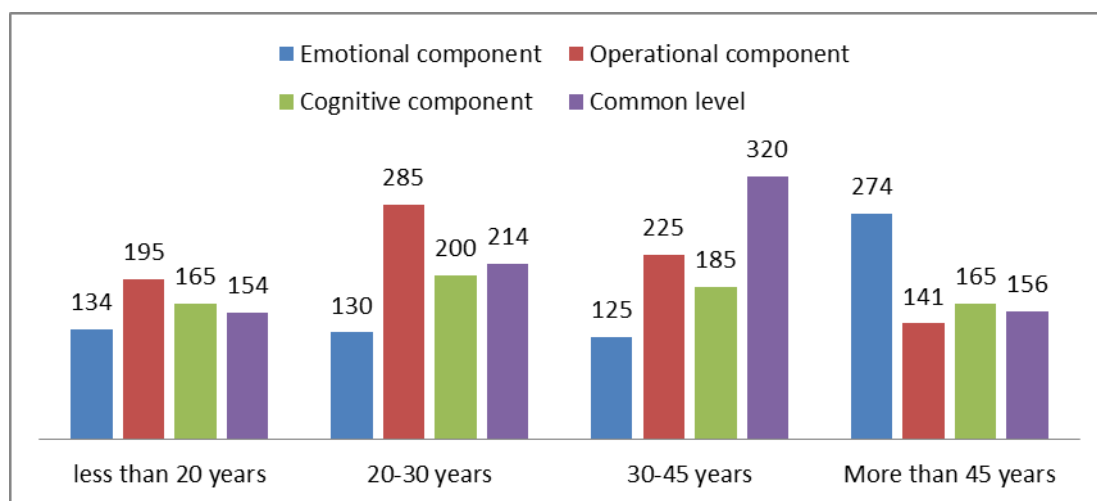
- Cognitive (awareness of working with information, knowledge about manipulative information technologies)
- Operational (internet surfing and fact checking skills).

In order to diagnose the general level of an individual's IPS, as well as the features of the content of its components (emotional, operational, and cognitive) among representatives of different age groups, the author's questionnaire "Diagnostics of informational -psychological safety of the person" was developed. The study involved 81 people: 52 women aged from 18 to 56 years and 29 men aged from 18 to 50 years.

2.THE PROBLEM OF INFORMATION – PSYCHOLOGICAL SAFETY

2.1 Age features of information - psychological safety of a person

The obtained data allow us to draw the following conclusions about the age-related peculiarities of an individual's IPS.



Picture 1. Indicators of the level of IPS for individual components among respondents of different age groups (average score).

The lowest common level of IPS is represented among responders less than 20 years of age. Young people, under 20 years old, showed little interest in news, but often feel anxious and fearful about the events taking place in the country and the world (68%). Also, 35% of the test subjects complained about the uncertainty associated with the seeking of the information they need among the general flow (emotional component). 87% have knowledge of modern ways of protection against destructive information, but 70% do not feel the personal need to use them (operational component). Among the respondents in this age group, one of the lowest indices of the IPS by the cognitive component: only 36% of the subjects, 20 years old, are familiar with the methods of data analysis and verify information, while only 12% use them in their daily lives. The level of awareness interaction with the information environment also quite low - 59%. 70% admitted, that they prefer well-advertised products when buying, 73% often can't remember how they knew one fact or another (cognitive component).

The subjects, aged 20 to 30 years, use the methods of protection against undesirable information (68%) much more actively and understand their necessity better (61%). And the indicators on the cognitive component of the IPS are much higher: 57% aware of the need for verify the information authenticity and searches for the original source and 48% of them use fact-checking skills in their daily lives.

The respondents percentage, who confessed to the anxiety, that appears regularly during viewing news is slightly lower (65%), and yet 21% of the subjects complained that they often couldn't fall asleep, thinking about the news they had find out in a day.

Among the subjects aged 30-45, the level of IPS's emotional component is slightly lower: mature people on average spend more time watching and reading news (about an hour) and are more likely perceiving world events as part of their subjective reality: 50% admit that they often discuss the latest news with relatives, and 33% - that they had to break off relations with close people because of diverging views on recent events. The percent of respondents, experiencing y require for methods of protection against unwanted information

is not much lower here - 65%, the number of subjects who are aware of requiring to verify the facts and familiar with the technology of the analysis of authenticity is slightly higher - 62%.

The respondent group over 45 years old showed low results on the operational and cognitive components: they are less demanding on the reliability of information (only 40% are familiar with fact-checking technologies and apply them in their daily life) and have know little of self-defense technologies against destructive information (only 23 %). 68% unconditionally trust the information broadcast by the media, 53% prefer the advertised products. Moreover, this group has highest level protection from negative influences on the emotional sphere of the individual. Analysis of the answers showed, that they are keenly interested in the news, however, they are less likely to discuss it with their relatives, do not reflecting on for a long time, are less worried and, in general, claim that their emotional well-being depends on other factors.

3. CONCLUSIONS

Thus, based on the results of research, conducted by us on the problem of information-psychological personality safety, we can draw the following conclusions:

- The greatest protection from exposure to malicious information had test subjects mature age from 30 to 45 years;
- The lowest indicators of safety among the subjects of all ages are in the emotional component, which may be due to the peculiarities of the current socio-economic and political situation in the country and the world.
- The cognitive component of information - psychological safety is more advanced among the subjects, thanks to the high rates of groups of young (20-35) and mature (30-45) respondents, which has quite low results by the other component. Understanding of necessity to increasing awareness of working with information is due to personal experience and relevant features of the socio-cultural environment. Young man's are often too enthusiastic about the benefits of widespread informatization to be critical of them. Respondents at the age of late maturity, on the contrary, often simply are not familiar with the specific threats of the modern information environment.

Thus, the results of our study demonstrate, that the level of population's protection from the impacting of destructive information remains low, which poses researchers the need to develop new theoretical and practical methods for enhancing the individual's IPS.

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