An opinion article entitled: Virtual Media and it's Role in "Behavioral Extremism"

Prepared By

Dr. Rasha F. Mohd Mosa Abu El-Ezz -PhD in Cognitive Behavioral Therapy and "Clinical psychologist" (CBT) By Oxford in the United Kingdom

*Email: rashaabuelezz.azad@gmail.com

phone number: [LRI]+971 56 780 7748

الإعلام الافتراضي ودوره في "التطرف السلوكي"

د. رشا موسى أبو العز ـ دكتوراه في العلاج السلوكي المعرفي و"علم النفس السرير (CBT) ـجامعة أكسفورد ـالمملكة المتحدةـ ـ البريد الإلكتروني: rashaabuelezz.azad@gmail.com

Abstract:

Our virtual reality reflects a thorny issue, which is intellectual extremism in our contemporary society, and its roots extend to political, historical, economic and social circumstances that societies have gone through and are controlled by the ideology of each society separately, and its meaning as a cognitive system is the individual taking a hardline position on the ideas and social positions that concern him.

Most of us live in a state of cognitive mental deception of societal behaviors imposed on us daily in all intensive audio and visual ways in a professional and systematic manner through the "virtual" media the most important of which is "behavioral extremism"

Extremism or excess possibility in anything, if it indicates anything, indicates a deficiency and poverty in the soul that a person compensates for by exaggerating in showing his tendencies and expectations or his superiority and possession of a specific thing or lifestyle. This behavior may be the straw that broke the camel's back in his psychological makeup.

Keywords: Virtual Media, Behavioral Extremism.

الملخص:

يعكس واقعنا الافتراضي قضية شائكة، وهي التطرف الفكري في مجتمعنا المعاصر، والذي تمتد جذوره إلى ظروف سياسية وتاريخية واقتصادية واجتماعية مرت بها المجتمعات، وتتحكم فيه أيديولوجية كل مجتمع على حدة، كما يُقصد به كنظام معرفي اتخاذ الفرد موقفًا متشددًا تجاه الأفكار والمواقف الاجتماعية التي تعنيه.

فمعظم الأفراد يعشون في ظل خداع معرفي ذهني ناتج عن سلوكيات اجتماعية تُفرض عليهم بشكل يومي، عبر وسائل إعلام "افتراضية" تستخدم أدوات سمعية وبصرية مكثفة، بأسلوب احترافي ومنهجي. ومن أبرز هذه السلوكيات ما يمكن تسميته بـ"التطرف السلوكي".

إن التطرف أو المبالغة في أي سلوك، إنما يدل في جوهره على فقر داخلي أو نقص نفسي، يسعى الفرد إلى تعويضه من خلال المبالغة في إظهار ميوله أو تطلعاته أو حتى تفوقه وامتلاكه لنمط حياة معين. وغالبًا ما يُشكِّل هذا السلوك المتطرف الضربة القاضية أو "القشة التي قصمت ظهر البعير" في البنية النفسية للفرد، ما يجعله عرضة للتقلبات النفسية والاجتماعية الخطيرة.

الكلمات المفتاحية: وسائل الإعلام الافتراضية، التطرف السلوكي.

Introduction

It has been scientifically proven that the human mind can be deceived through one of the means of entertainment and amusement. This deception, whether visual or auditory, may be a source of permanent or temporary happiness and pleasure, but there is also a practical and educational aspects to deception or visual and auditory illusions, as they can help identify the location of confusion in the brain to understand how to work on organizing information.,

It's behavioral definition is that the individual exceeds the "limit of moderation" in his behaviors and tendencies, which is a relative matter that differs from one society to another according to several factors... To clarify the idea through the behaviors prevalent on social media and from the ground. The default is that humans can live the deception of intellectual and behavioral extremism and brainwash and erase their minds. and identity in a terrifying way. **Examples of this:**

- Using dazzling elements through the media and artistic works in displaying "flaming" love stories and what they contain of continuous flirting episodes that make the poor viewer bored and exhausted or feel helpless to achieve the same imaginary romantic state that is far from reality, including real life events and relative social circumstances that differ from one person to another.
- The media trends that are in favor of certain individuals are biased towards both women and men, and they consider the relationship between men and women to be a wrestling ring that requires defense, attack, punches, and knockout blows. Consequently, this causes a psychological division that creates social enmities and disintegrates the home and family system, which God Almighty referred to in His Book as a meeting, partnership, affection, and mercy. Exaggerating the acquisition of brands with imaginary numbers and plastic surgeries and showing them off obsessively as an attempt to embody perfection all the time is evidence that this person has a deadly feeling of inferiority inside him. He compensates for a psychological gap with exaggerated physical display if the nature of his work does not require it.
- Showing off muscles and practicing bullying in its most beautiful forms is an internal feeling of the person's insignificance, and displaying is nothing but an acrobatic show in his desire to control the situation or others and reduce the person's capabilities to his physical strength only,
- Wearing the cloak of religion and being strict in issuing judgments on others without justification for which God has not sent down any authority is nothing but superficial religiosity and weak faith and the ability of any person to control his mind with ease because his religiosity is nothing but a chatter and religious rituals inherited by heart and not stemming from a heartfelt connection with God.

The truth is that God's religion is easy and not difficult, Religion is mercy, wisdom, psychological flexibility and balance, religion is love, justice and reassurance.

Religion is the text and understanding of every person According to his whims and desires, according to the text, and without argument, it is not a religion

Exaggerating the display of the charms of the body is a wounded femininity and a loss of the meaning of true femininity that requires intensive behavioral re-guidance to balance femininity. She is often feminine in appearance, but her nature is masculine in merit.

Boasting about academic degrees, "scientific ego", etc. are manifestations of extremism and humiliating behaviors for the individual and the group, making them vulnerable to psychological illnesses as a result of comparisons and false admiration.

the measure of a normal person, far from extremism and exaggeration:

The scale is "balance" and moderation in most of the personality traits without extremism and trying to dazzle obsessively. Why didn't I mention (for all personality traits) because idealism is a trick and there is no ideal or perfect person, but there is a completion between the elements and their opposites that creates harmony and harmony for the result and the final image. and there is often one or more aspects that need to be developed in awareness and guidance to reach a state of balance.

"Balance" here means reaching a state of psychological peace and reconciliation with it and elevating it away from the eyes of others, and it is not easy to reach it except through self-

awareness of oneself, and it is considered a relative matter that goes back to the different degrees of awareness and healing the internal wounds deep within the person and gradually with getting rid of the "false ego" and the masks of protection that the person resorts to as a psychological shield after which the person can understand himself and his needs and become transparent in dealing with people and events around him in a healthy and balanced way, and thus he cannot easily fall into the trap of social narcissism and the virtual media drama that happens to most people, which is the biggest virus that negatively affects the identity of the human soul!

Scientific Researches

According to The Impact of Social Media Addiction on The Attitude toward Extremism Among University Students:

The Internet is considered a knowledge technology that has entered all aspects of life, and has become a basic means of information, trade and communication. Although the purpose of it's emergence was to access safe, fast and inexpensive information, and to facilitate communication between people, it has become a means of bringing about major changes in the behaviors of individuals and societies. As it has had multiple positive effects, many problems and negatives have also emerged because of it. The fact is that the use of the Internet has led to a change in the forms of communication between people, and social media, which is an extension of Internet technology, has fundamentally changed these forms, and its use is increasing significantly every day more than the previous one around the world, especially among young people and students who show great interest in it (Sahin, 2018). The prevailing culture in our world today is the participatory culture, which is easily done through remote social media channels, where individuals share information about what they have done and what they want to do, through pictures, videos and posts in their personal files, and then they track reactions to what they have published, and therefore the sphere of influence of these platforms is characterized by attractiveness (Tutgun-Unal, & Akyazi, 2013). Because of these attractive features, social media platforms gain increasing numbers of users every day more than the day before, and this was a reason for the excessive use of these means or platforms, which in turn led to addiction to them. It is worth noting that many types of addiction related to the use of the Internet have been Classified as a type of behavioral addiction, including: Internet addiction, games addiction, cybersex addiction, mobile phone addiction, social network addiction, Twitter addiction, Facebook addiction, Facebook addiction, Addiction (X) currently, Social Media Disorder, and Social Media Addiction (SMA) addiction. (Sahin, 2018) Social Media Addiction (SMA).

In recent years, the use of social media applications and platforms has increased significantly (Kizgin et al., 2018), and the most popular of these applications are Snapchat Google, YouTube, WhatsApp, Facebook, Snapchat X (formerly) Twitter, Pinterest, We Chat, Google + Plus (currently), Instagram, and LinkedIn 2018) ., et (Kapoor, These applications have caused users to enter a state of behavioral addiction known as social media addiction, which is often not aware of the nature and effects of this behavior (Leong, et al., 2019), and the use of social media has become a daily behavior and a necessity of modern life, which has led to a steady increase in the number of participants in it significantly (Zarate, et al., 2023), and colleagues (2017) al. et Banyai, and before them Griffiths and Kuss (2011) indicated that excessive use of social media has been associated with many negative problems, such as decreased sleep hours, psychological well-being, many interpersonal problems, and decreased performance rates in the environment, The shift from normal to problematic use of social media is seen as an important mechanism to relieve stress, psychological loneliness and depression, as individuals suffering from these disorders become more immersed in their activity on these platforms, but this ultimately leads them to more problems, disorders and aggravation of unwanted mental and psychological conditions (Tan, & Xu 2012). Therefore,

social media can lead to harmful behaviors and feelings such as aggression, personality disorders, unhealthy diets, early sexual activity, and alcohol and tobacco use in young people, which leads to the development of psychological dependence on social participation when this situation is repeated periodically in order to get rid of the unwanted mood state, and this is what social media platforms provide with all the comfort (Sahin, 2018). It pulls the individual from his real world to a virtual world in which the factors of social control and supervision are weakened, and in which self-control becomes the only reliant that separates between normality and abnormality in the duration of use and its nature.

Recent studies conducted on addiction to mobile phones and other applications have shown that even children under the age of ten own smartphones and participate in many social networking sites, and since these applications are easy to use, it is clear that all age groups are active users of these sites, People use social networks for many reasons, such as sending messages, playing games and entertainment and learning about the latest events and news (2018) al., et (O'Souza), and Sahin (2018) indicated that researchers in different countries confirmed through their studies that addiction to social media is spreading among different age groups and the prevalence rates are higher among university students in particular and among high school students, and that individuals who spend between (8.5) to (21.5) hours per week on social networking platforms are considered addicted to them in terms of the criteria for determining the time of use.

Extremism is present in the lives of all societies and countries, and the tragic mutation of it is what is known as terrorism, which spread widely in the twentieth century and began to threaten the lives of safe people and civilians without discrimination, and it is increasing to this day. The United Nations indicated in its report in 2021 that this phenomenon is widespread throughout the world, and that even the global pandemic that spread a few years ago did not slow down its pace. The United Nations warned that terrorists are exploiting our increasing reliance on cyberspace, which has increased dramatically due to Covid-19 (United Nations, 2021). The innovative use of digital technology for terrorist purposes was a key feature of the 2019 Christchurch massacre. The attack highlighted the prominent role of social media in spreading violent extremism, as social media was involved in every aspect of this terrorist attack in inspiring, planning, preparing and executing it (Leitch, 2022) Pickering, & What is known as digital extremism has become a It is very dangerous and cannot be addressed or treated individually, but rather requires collective, societal and international efforts to address and combat it Its effects.

Conclusion:

Finally, although virtual communication through social media platforms is highly desirable and has become an inevitable presence, its dark side has a dangerous impact on the formation of our children's personalities, and this side is represented in the form of harmful and unacceptable content, such as Post fake news, rumors, hate speech, aggression, cyberbullying, and others. This is considered a source of concern in society, and this harmful content affects people's mental health and leads to irrecoverable losses, so revealing this content and clarifying its risks is an urgent need, and the time factor is of great importance. A number of large social media platforms such as Facebook, X (formerly Twitter) and YouTube have allocated huge budgets to discover and analyze this harmful content and the policies supporting it, using artificial intelligence techniques in detection and analysis, as manual methods will be impossible to use with the same efficiency with the excessive increase in use et (Gongane al., 2022) From the above, it becomes clear to us the danger of social media addiction, especially among young people and adolescents from university students, and that through these means it is possible to plant the seeds of extremism, violence, hatred and terrorism in these groups:

- Through the above, the results of this study emphasize the importance of identifying the role of social media addiction in shaping the tendency towards extremism, taking into account that factors such as relapse, conflict, tolerance, salience, withdrawal, and mood modification emerged as important predictors of the tendency towards extremism. These results also reaffirm the idea that social media platforms serve as a fertile ground where addiction can fuel extremist ideologies, highlighting the need for proactive interventions. Furthermore, the influence of demographic factors (gender and academic specialization) was demonstrated, with differences between males and females in radicalization attitudes suggesting the need for a tailored approach to addressing radicalization based on gender. Similarly, consistent performance across scientific and literary disciplines suggests that the tendency toward radicalization may transcend academic backgrounds, meaning that its impact is neutral. Cultural diversity, as demonstrated by the nationality-based analysis, underscores the contextual nature of radicalization, with varying levels of accuracy between Saudi, Egyptian, and Sudanese students highlighting the need for culturally sensitive strategies when dealing with radicalization. Taking these cultural nuances into account is vital to developing effective counter-radicalization measures. Furthermore, the study demonstrated the potential of machine learning models, especially ANNs, to capture complex patterns in data, suggesting that these models can serve as valuable tools in understanding and predicting radicalization in the digital age.

References:

1. Abdullah, Hesham Ibrahim. .(2019) Predicting the tendency towards extremism from some demographic and family variables Among a sample of the exhausted. Arab Journal of Arts and Humanities. 3 (10), .124-93 Doi: 10.33850/ajahs.2019.52200.
2. Al-Ghamlas, Badria Muhammad. .(2021) The impact of social networks in spreading extremism and terrorism. Journal Doi:.198-149 ,(191) 40 Education, Al-Azhar University,10.21608/JSREP.2021.196659 Psychological Methods, Available at the following link: https://doi.org
3. van de Weert, A., & Eijkman, Q. A. M. (2020). Early detection of extremism? The local security professional on assessment of potential threats posed by youth. Crime, Law and Social Change, Available at the following link: https://doi.org
4. van den Eijnden, M., Koning, I., Doornwaard, S., van Gurp, F., & Bogt, T. (2018). The impact of heavy and disordered use of games and social media on adolescents' psychological, social, and school functioning. Journal of Behavioral Addictions, Available at the following link:. https://doi.org
5. Van den Eijnden, R., Lemmens, J. & Valkenburg, P. (2016). The social media disorder scale. Computers in Human Behavior, 61, 478-487.
6. Sabah, Ayesh and Al-Shajri, Omar Khalaf. .(2018) The impact of social media addiction on intellectual extremism among university students: A comparative study between Saida and Anbar Universities. Anbar University Journal of Social Sciences, 4, 241-259
7. Mahmoud, Ferial Mahmoud. .(2022) Influenced by intellectual extrem According to the website "Live Science."

8. Realistic Observation and common behaviors through the social media platforms/Random groups(2024) A Cross -Cultural Analytical Study Using Artificial Intelligence Techniques According to an analytical research study (College of Languages and Humanities, Qassim University / Aswan) on the Arab community, especially Egypt and some Arab countries, on the impact of social media addiction on the tendency towards extremism among university students across cultures using