Investigating the Psychological and Emotional Challenges of Cyberspace on the Student's Education Process and Reforming the Educational Structure to Lessen the Students' Harm from This View

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Abstract: At the moment, the use of these networks has become commonplace due to the breach of social networks on people's lives and it can be said that most people in the community, including the younger generation, have different uses of cyberspace, but what is of the most important is to provide security and safeguard adolescents due to age-specific conditions and the impact of cyberspace, and due to the role of their future development are more important. For this reason, the important issue of the present study is to investigate the psychological and emotional challenges of cyberspace on the student's education process and reforming the educational structure to lessen the students' harm from this view and this indicates a kind of vacuum in the education system. The method of using this analytical-descriptive research is by referring to written and internet sources.

Keywords: Psychological Problems, Cyberspace, Education Process, Students, Social Networks.

Introduction

When we look back and compare the communication tools of that time with this period, we see how much technology has made progress in life and work. The simplest means of communication of that period are not comparable with the communication means of this period; devices such as letters and simple basic phones make it hard to work, but now the advancement of technology has made things much faster; the means by which we can do all the work in a very short time, such as the Internet and mobile phones, etc., but when the great innovators created the latest inventions for human convenience, perhaps they would not have thought that one day a human being would be abusing the third millennium and seeking a solution to the dangers of these inventions and modern communications devices. With the emergence and expansion ever increasing, modern cyberspace and its products as the most prominent achievements of the industrial world and influential cultural and communication technologies covers all the phenomena and elements of politics and culture in different ways. Cyberspace in the present age has a two-edged razor which is very effective in public opinion, especially the young and younger generation. This can also be destructive and can play a constructive and positive role. Nowadays, student mental health assessment is one of the most important aspects of mental health promotion in

society. For many reasons, organizing mental health services in schools is a major strategy for improving mental health for students and, ultimately, for society as a whole. Since adolescence is one of the most critical periods of life and students are faced with stressful factors in adolescence, it is likely to be prone to emotional problems. Considering the importance of this view on the teaching process of students, we will discuss on investigating the psychological and emotional challenges of cyberspace on the student's education process and reforming the educational structure to lessen the students' harm from this view.

Definition of cyberspace

Cyberspace, with every definition and interpretation, is a vast territory that gives its inhabitants opportunities, freedoms, opportunities, fears, harm, and new constraints. Given that in this research we mean cyberspace only as Internet and social networks, cyberspace can be defined as:

Social media is the term used to use web-based, mobile-based technologies and communications that interact with conversations. Social media is an Internet-based application that allows users to create and exchange content-based content on ideological and technology bases of Web 2. Social media can be considered as a type of social participation based on many different forms, including the forum, blogs, social blogs, microblogging, wikis, podcasts, photos or pictures, video (fa.wikipedia.org).

The most important cybercrime damages

1. Intellectual damage: the use of the standard limit of the Internet results in a strong psychological and intellectual attachment.
2. Physical injury: neurological stress, obesity, isolation, eye pain etc.
3. Social-cultural damage: It is sometimes seen that people are so busy in conversation rooms that they even forget their time. These have symptoms similar to alcoholics or addicts. Many of them suffer from insomnia, they are tired and their relationships with others are minimized.
4. Intellectual and emotional breakdown: with the advent of Internet and computer into families, intellectual, emotional and physical separation occurs between parents and children and the technology's striking breakthrough has brought tangible and insignificant effects to the lives of girls (Akbari & Akbari, 2011).

The impact of cyberspace on students' health

Identity challenges
Unfortunately, in recent years, students have used cyberspace and this has led to student isolation. This false identity creates an unrealistic image for individuals, and leads people to constantly chat and more to engage in social networking such as Facebook, Viber, and more because in cyberspace, instead of being important identity for the individual, the student is trying to express his thoughts and thoughts, which is very dangerous. These days, we see the youth addiction of teenagers and young people, especially students, as young people in these settings are vulnerable, especially those who are in primary and secondary education and they also experience puberty sensations. On the other hand, the conflict between Iranian Islamic values in the cyberspace should be considered because these technologies have already come to Iran and create identity challenges for our youth that they are inconsistent with the components of our Islamic and Iranian culture (Rahmani, 2014).

Mental disorder
The Internet has the same positive and negative aspects as all media, and improper use of it can threaten the country's dynamic and efficient force, especially children and young people. Loneliness, depression, anxiety, low self-esteem is some of the possible problems that children face in over-use of the Internet online. When a child and adolescence become addicted to the Internet, her/his motivation for interacting with others diminishes, which has negative effects on personal communication and social interactions. "Internet addiction" and "mental disorder", centralized depression, social anxiety, coping skills weakness, low self-esteem, low self-efficacy are among psychological damages of long-term use of the Internet. It is generally believed that children of the sixties and the ages became more likely to be children. As children and teenagers reached the stage that they preferred the Internet to sleep and food and set back their daily work and responsibilities, unfortunately, you should know that the problem is serious and you should consult your doctor (Naji, 2016).

Negative behavioral impacts
Each social network has its own communication culture, which has its own special language and speech. However, it's possible to find networks that have chosen the culture of imitation communication. A person joining a social network involves a particular kind of communication culture that includes: encounter, reliance

on words, specific terms, behavior, personality and appearance, and so on. Undoubtedly, the level of influence of an individual from this environment will not be absolute zero. Therefore, every social network promotes its ideal identity. For example, on sites like Facebook and FriendFeed and Twitter, the user, along with being a member of the community at large, is also part of a smaller group and social networking community. Each of these groups has their own affiliation, and consequently a special communication culture. Therefore, the individual needs to be influenced by the communication culture of these groups themselves to change the identity of their communications, that is, the style and identity of their general actions in relation to others, although this change of identity is temporary and limited to a specific time and place; but without doubt, it will not affect the true identity of a person, and in general, all the components of a social network in which an individual interacts with it, affects the conscious person's unconscious. The identity of the person's communications is also not something that is unrelated to the subconscious (Keshtiaray & Akbarian, 2011).

Not having the right pattern to use

The new generation is totally out of media management and is not given a decent pattern. In the first step, it's time to monitor the use of cyberspace for children, statistics show that a high percentage of adolescents are unbelievably involved in virtual networks, especially Instagram and Telegram, and ultimately, no constructive or useful activity is seen by them in these environments. Unfortunately, in our country, the average time spent by community members in cyberspace is between 5 and 6 hours, which is a catastrophic figure (Naji, 2016).

Eliminating the immoral conditions among teenagers and young people

One of the psychosocial damages of the Internet is the display of immoral imagery exposed by our teenagers, with the result that there is no depression and psychological pressure on people. In addition to vulgar and obscene images, it should also be noted that images from unfortunate events or fuzzy scenes are open to the users of the Internet. Eliminating the immoral relationship between adolescents and young people, because when they see sexual relations on the Internet and the tribe of such relationships disappears, the lower levels do not consider these relationships important and they become indifferent to them or that they may do immoral acts and sexual deviations easily and, as a result of repetition, they will not be wicked or angry (Imani, 2014).

Formation of friendship with the opposite sex

Another negative and important social networking effect on students is the formation of a relationship and friendship with the opposite sex, which is not suited to any age group of adolescents and is associated with multiple damages. To must use of the Internet and mobile phones is effective in causing psychological harm to students. Also, the excessive use of the Internet and mobile phones can have a significant impact on society's lack of social control of students. It's now commonplace among social networking users to write some words in a particular way. This will lead to this kind of writing become the queen of the minds of the students and reduce their mastery of reading and writing (www.farhangnews.ir).

Lack of student social control

One of the features of being on the Internet is lying and concealing its true identity because this view is bad. It is unknown, and each with a real identity entered the cyber space may be abused. Therefore, he has to conceal its true identity, and it is very contradictory with the character of the young age that is the era of identification. A young who seeks to discover and redeem values and internalizes internalization, which is very dangerous. So it should be mentioned to adolescents and young people. The excessive use of the Internet and mobile phones can have a great effect on the lack of social control of students by the community and the family. Excessive use of the Internet and mobile phone can have a great effect on students' violence (Ameli & Hassani, 2012).

Internet addiction and the resulting psychological problems

At the same time, with the broad public access to the Internet, we are witnessing a new type of addiction, namely, Internet addiction, which is a particular issue of the information age. Internet addiction is an enormous use of Internet technology, which leads to social, psychological, and occupational injuries. Internet addiction refers to a wide range of behavioral problems and to control the motivation of using the Internet. Like other forms of addiction, Internet addiction also comes with symptoms such as anxiety, depression, tension, restlessness, obsessive thoughts, or fantasy about the Internet. On the other hand, while the relationships of these individuals, especially children and teenagers, increase in the virtual world, on the contrary, their relationship with the real world diminishes, meanwhile there is also a potential risk of seeing educational and academic performance (Rohani & Tari, 2011).

Solutions to reduce student damages in Cyberspace

Teaching the necessary skills to the younger generation

Familiarizing young people, especially girls, with cybercrime damages and teaching the right ways to use cyberspace from their families to their children can prevent problems for young people and families. Families should not easily access the technology they do not know. If the parents are thinking about the physical food of their children, they should also consider the mental food of their children and not allow anyone in the cyberspace to enter any thoughtful diet of their youth and they are more sensitive to the presence of their children in the virtual world. The parents can learn how to use the Internet to educate their children through awareness of cyberspace and make young people more and better about the Internet and cyberspace. In the meantime, cultural institutions should give parents the necessary training and reduce their distance with today's generation (Yasaminejad et al., 2012).

Family accompaniment with children

Being alone children in the virtual world is among the damages to the Internet. Families should be aware that they will not leave their children alone in cyberspace. Just as the families have a special sensitivity to the lack of single-sex teenage girls outdoors, they should have the same sensitivity in cyberspace and they do not let the teenagers enter the virtual world alone. Computer or laptop should not be in the cozy atmosphere of the home and away from the eyes of family members. To prevent the juvenile susceptibility to controlling them, the parents can put the computer in the open space in front of the family members and the computer system should be public.

Although some software programs contain hidden information and folders, they can control these issues if families have enough knowledge. However, the family must maintain intimacy in this case and the child does not feel that their parents have the role of police at home (Zanjanizadeh, 2015).

Preventive measures by school parents

One of the most important environments for teens is school. Appropriate school attendance can prevent some of the damage to the Internet. One of the good practices in the school environment is that the professors instruct the teenagers to use the Internet properly and provide a list of suitable and suitable sites for each subject and they ask the students to refer to all of them within the deadline and study and extract the relevant material. In this way, they will take the opportunity to use unauthorized sites from the students (Imani, 2014).

The introduction of useful sites by school officials and trainers in various fields can be a response to many curiosities for adolescents. Supervision and control of school officials on the activities of introducing useful sites by school authorities on online student activity in school can be one another way to prevent Internet damage. It is worth mentioning that it is necessary to install a computer and Internet instruction on school websites. This type of style sheet should be provided by relevant authorities at the Ministry of Education. In the event of a student's violation of this instruction, they should be reminded and treated in accordance with the regulations. However, the relevant teacher should also be present at the computer center of the school so that the students who intend to use the illness from these facilities do not have enough time to do it (ibid).

Correcting the structure and correct management of students 'leisure time is a strategy for students' mental and psychological well-being

Using without management and supervision of cyberspace by the students leads to irritation, cloudiness, memory damage, psychological problems and high and futile expenses and physical and motor problems, including neck muscles, eyesight and joints in the neck of the community (Raoufi, 2016).

In recent years, despite the cyberspace, these concerns have been raised by parents. These days, activity in cyberspace and sometimes wandering vainly in this space has become the most common way of spending leisure time for the students who excessive use of it in addition to reducing the level of physical mobility and irreparable complications can cause many psychological problems for children and adolescents. On the other hand, cyberspace deprives the students of the opportunity to take advantage of the optimal use of time and leisure time for their studies, and without any curriculum through time. Considering that the main objective of leisure time enrichment is the mental and physical health of students, they must invest in people from a childhood for a dynamic, vibrant, and vibrant society and summer vacation is the best opportunity for the students to pay special attention to their interests and interests. Holding happy, fun and purposeful classes for children and adolescents, in addition to providing various training, can bring safety this age group from many social damages. Today, we cannot cope with cybercrime damage unless we provide the right pastimes to this deceptive passion, and provide the students with the opportunity to create a joyous atmosphere of learning. Enriching students' leisure time is an important factor in reducing social harm at the community level. Accordingly, there should be a systematic and useful planning for graduating from this community. The students

can participate in the leisure plan and benefit from various Quranic, cultural, artistic, sports and literary programs at these bases. By implementing this plan, in addition to the student's skill development, a major part of the educational environment's problems is highlighted (Bahrvand, 2017).

Conclusion

Communication through cyberspace in recent years has found a significant place among the younger generation of our society. Social networks affect various aspects of the lives of individuals (individuals and societies). They have a role in shaping identity, and even affect the socio-political dimensions of societies. Today, they cannot be ignored, given the role they have played in various dimensions so far. Setting up a social network such as Facebook for students can only be considered as positive and positive if the students enter each other's identity and birth certificate and maintain their privacy. On the other hand, coaches, parents, assistants and secretaries should also be part of this network, and we must witness good cultural and scientific developments by producing cultural, scientific and religious content. Meanwhile, a space is provided to allow the student to talk and discuss with his mentor and manager in an intimate and friendly atmosphere outside the school. Families should encourage the students to engage in social activities in order to prevent harm to the use of cyberspace. Strengthening social behaviors, enforcing strict rules for dealing with offenders and enforcing these criminals, familiarizing families about harm and the use of cyberspace, using artists and athletes to alert them to the damage done to using these places, assigning some textbooks to learn about new technologies and potential hazards are among the effective ways to educate students about the risks and disadvantages of using the virtual world.

Conflict of interest
The authors declare no conflict of interest.

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