

THE DIGITAL WORLD AS A NEW PLATFORM FOR CONFLICTS

Today, every second person on the planet has access to the Internet and a page on social networks. Modern statistics show that 92% of children under 12 are regular Internet users, of which 28% began using the network by age 4. Online space forms a worldview, helps to learn, and affects family feelings, friendships, and the romantic relationships of modern guys and girls.

The rapid development of technology generates a new kind of conflict: online conflict and cyberbullying. Everyone has ever faced a conflict in the network: different thoughts, needs, and goals will undoubtedly collide in communication. Social networks today significantly impact our information field, but we often face negativity, trolling and aggression.

Social networks are such a virtual and, to a certain extent, anonymous space where people can “throw off” their aggression. Anyone can insult another person, which seems more accessible for them. In addition, it happens remotely and virtually. Write a message or comment is easier than saying it in real life. In social networks, this applies to people you do not know or care about. This virtual space gives more permissiveness to aggression. All this can have a serious negative impact on a person’s self-esteem or psychological state.

Many people not only spend time in the virtual space but also work. Therefore, the number of likes or comments is very important for some people. Negative comments, as well as positive ones, have consequences. There is a distorted perception of virtual reality as if it is real life, and this is very significant for you.

Cyberbullying and other types of conflicts in the virtual environment have a very negative impact on the lives of all age categories. I often observed different situations in social networks where people moving away from the main topic splashed out aggression and provoked others into an open-form conflict.

How exactly not to come into conflict with haters and simply inadequate people?

Beyond the shadow of a doubt, some people just come to the network to communicate and gain negative emotions. If you encounter such a person, then it makes no sense to prove your case or justify something. You can try, but usually, it is ineffective. The person initially came not to hear your opinion or to reach some truth. They came exclusively to satisfy their request for aggression.

It should be understood that if they interfere in your personal life and write offensive comments, the best option is to close these messages and block that person. You do not lose anything if you do not know them in real life.

Because those people expect negative feedback from us, they know how to act. If we do not give them such an opportunity and do not meet their expectations but answer the opposite, then there is no aggression in this, and it is a balanced position. And that is what disorients a person whose goal is conflict. Because that person came for negative energy, but there is no such option. And as a rule, this conflict ends.

I believe the best way to avoid conflict in the digital world is not to succumb to manipulation and provocation. Respond calmly to hate through constructive arguments, and do not get personal. Use clear mechanisms and rules to stop the conflict.

Can we live without conflict at all? The answer is simple and concise — no. People are different and look at the world in their own way, so conflicts will always arise. It is said that there are no conflicts where there are no human relations, and that is probably true.