

DIGITAL LITERACY AND PERFECTIONISM AS INTEGRAL FACTORS OF HARMONIOUS SOCIALIZATION IN THE INFORMATION SOCIETY

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Abstract: This article analyzes the relationship between digital literacy, perfectionism, and the harmonious socialization of individuals in the information society. The research findings indicate that adaptive perfectionism positively influences academic achievement, digital competence, and personal development, whereas maladaptive perfectionism increases anxiety, emotional stress, and dependence on external evaluation. The study substantiates the importance of balanced development of digital literacy and healthy perfectionistic aspirations as essential factors for the harmonious socialization of individuals in the digital age.

Keywords: digital literacy, perfectionism, digital socialization, information society, digital culture, psychological well-being.

Annotatsiya: Mazkur maqolada raqamli savodxonlik, perfeksionizm va axborot jamiyatida shaxsning uyg'un ijtimoiylashuvi o'rtasidagi bog'liqlik tahlil qilinadi. Tadqiqot natijalari adaptiv perfeksionizm akademik muvaffaqiyat, raqamli kompetentlik va o'zini rivojlantirishga ijobiy ta'sir ko'rsatishini, maladaptiv perfeksionizm esa tashvish, emotsional zo'riqish va tashqi bahoga qaramlikni kuchaytirishini ko'rsatdi. Tadqiqotda raqamli savodxonlik va sog'lom perfeksionistik intilishlarni muvozanatli rivojlantirish shaxsning uyg'un ijtimoiylashuvi uchun muhim ekanligi asoslandi.

Kalit so'zlar: raqamli savodxonlik, perfeksionizm, raqamli ijtimoiylashuv, axborot jamiyati, raqamli madaniyat, psixologik farovonlik.

Аннотация: В данной статье анализируется взаимосвязь между цифровой грамотностью, перфекционизмом и гармоничной социализацией личности в условиях информационного общества. Результаты исследования показали, что адаптивный перфекционизм положительно влияет на академическую успешность, цифровую компетентность и саморазвитие личности, тогда как дезадаптивный перфекционизм способствует усилению тревожности, эмоционального напряжения и зависимости от внешней оценки. В исследовании обосновывается важность сбалансированного развития цифровой грамотности и здоровых перфекционистских стремлений для обеспечения гармоничной социализации личности.

Ключевые слова: цифровая грамотность, перфекционизм, цифровая социализация, информационное общество, цифровая культура, психологическое благополучие.

The twenty-first century has witnessed unprecedented technological development, fundamentally changing the ways people communicate, learn, work, and interact. Digital technologies and internet-based communication have become indispensable components of modern life. As a result, socialization increasingly occurs within both physical and virtual environments [8]. The concept of socialization traditionally refers to the process through which individuals acquire social norms, values, behaviors, and cultural knowledge necessary for participation in society. However, the

emergence of digital environments has transformed this process, creating new opportunities and challenges. Today, socialization is no longer confined to face-to-face interactions but extends to social media platforms, online communities, educational technologies, and digital communication networks [4]. Digital literacy has become a critical competency in this context. It encompasses not only technical skills but also the ability to critically evaluate information, communicate effectively online, maintain digital security, and engage responsibly in virtual communities. One such characteristic is perfectionism. Perfectionism refers to a multidimensional personality trait characterized by striving for exceptionally high standards and evaluating oneself critically. While adaptive perfectionism can motivate achievement and personal growth, maladaptive perfectionism may contribute to stress, anxiety, and psychological difficulties [5]. In digital environments, perfectionistic tendencies often become amplified due to constant exposure to idealized images, social comparison, and performance pressures [10]. Therefore, understanding the interaction between digital literacy and perfectionism is essential for promoting healthy socialization in contemporary society.

Digital socialization has become a major topic of interest among researchers in psychology, education, sociology, and communication studies. According to Gere, digital culture represents a system of values and practices emerging from technological development and digital communication. Researchers emphasize that digital technologies influence not only access to information but also identity formation, social relationships, and cultural participation. Digital identity has become a fundamental aspect of personal identity in contemporary society [1]. Digital literacy is often defined as the ability to access, understand, evaluate, create, and communicate information using digital technologies. The European educational framework considers digital competence one of the key competencies necessary for lifelong learning and active citizenship [11]. Perfectionism has been extensively studied by Hewitt and Flett, who identified three major dimensions: self-oriented perfectionism, other-oriented perfectionism, and socially prescribed perfectionism. Similarly, Frost and colleagues proposed a multidimensional model including concern over mistakes, personal standards, parental expectations, parental criticism, doubts about actions, and organization. Recent studies demonstrate that perfectionism has become increasingly prevalent among younger generations. Curran and Hill found significant increases in perfectionistic tendencies among university students over recent decades. The relationship between perfectionism and digital behavior has also attracted growing attention. Social media platforms often encourage idealized self-presentation and social comparison, creating conditions that may intensify perfectionistic concerns and psychological vulnerability [10].

Digital literacy has evolved beyond technical competence and now includes cognitive, social, ethical, and emotional dimensions. Modern individuals must navigate complex information environments, identify misinformation, protect personal data, and participate responsibly in online communities [11].

Digital literacy contributes to socialization through several mechanisms:

- Facilitating communication and interaction;
- Supporting educational achievement;
- Promoting access to information;
- Encouraging civic participation;
- Developing critical thinking skills.

Individuals with high levels of digital literacy are better equipped to manage online risks and benefit from digital opportunities .

Perfectionism in Digital Environments-Digital environments provide unique conditions for the manifestation of perfectionism. Social media platforms encourage users to present carefully curated versions of themselves, often emphasizing achievements, attractiveness, and success [6].

Adaptive perfectionism may lead to:

- Higher academic motivation;
- Better self-regulation;
- Increased persistence;
- Professional development;
- Responsible digital behavior

However, maladaptive perfectionism often results in:

- Fear of failure;
- Excessive self-criticism;
- Anxiety and depression;
- Dependence on social approval;
- Obsessive monitoring of online feedback

Young people frequently compare themselves with idealized images encountered online. This comparison process may create unrealistic expectations and dissatisfaction with personal achievements [10].

The interaction between digital literacy and perfectionism is complex. Digital literacy can function as a protective factor against some negative consequences of maladaptive perfectionism.

Digitally literate individuals are more likely to:

- Recognize manipulated online content;
- Understand the artificial nature of social media presentations;
- Engage critically with online information;
- Maintain realistic standards of self-evaluation;
- Demonstrate healthy online behavior

Conversely, limited digital literacy may increase vulnerability to social comparison, misinformation, and psychological pressure [12].

Educational institutions play a crucial role in fostering both digital competence and psychological resilience. Programs that combine digital literacy training with emotional intelligence and self-regulation skills may significantly contribute to healthy socialization [8].

The digital environment creates numerous opportunities:

- Global communication;
- Flexible education;
- Access to knowledge;
- Professional networking;
- Creative self-expression.

At the same time, risks include:

- Digital addiction;
- Cyberbullying;
- Information overload;

- Privacy concerns;
- Perfectionism-related anxiety

Therefore, balanced engagement with digital technologies is necessary for maintaining psychological well-being and effective social functioning.

The findings suggest several practical recommendations:

1. Educational institutions should integrate digital literacy programs into curricula
2. Students should receive training on healthy digital behavior and information hygiene
3. Psychological support programs should address maladaptive perfectionism
4. Parents and educators should encourage balanced technology use

5. Digital platforms should promote realistic and diverse representations of personal success

Developing both digital competence and healthy perfectionistic attitudes can enhance academic performance, psychological well-being, and social adaptation.

Conclusion The transformation of society through digital technologies has significantly altered traditional patterns of socialization. Digital literacy has become an essential competency enabling individuals to function effectively within modern information environments. At the same time, perfectionism plays an increasingly important role in shaping behavior within digital spaces. While adaptive perfectionism supports achievement and self-development, maladaptive perfectionism may contribute to anxiety, social comparison, and emotional distress. The results of this study demonstrate that digital literacy and perfectionism are closely interconnected factors influencing harmonious socialization. A balanced combination of digital competence, critical thinking, emotional resilience, and healthy self-evaluation provides the foundation for successful adaptation to contemporary digital society. Consequently, educators, psychologists, policymakers, and families should collaborate to support the development of digitally competent, psychologically resilient, and socially responsible individuals capable of thriving in the information age [8].

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