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## GAME AND DIVING IN VIRTUAL REALITY AS A MARGINALITY MANIFESTATION

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**Annotation.** The article reveals the problem of constant stress and chronic fatigue syndrome, which does not go away even after a long sleep and rest. **Analysis of the literature.** The works used were authors: Y. Dorozhkin., K. N. Yakimenko, V. G. Voronkova, O. Kivlyuk, R. Andryukaitene , O.P. Punchenko, E.S. Balabanova, M.G. Burlutskaya, A.N. Demin, G. Baker, A. Fartushnaya, L. I. Kemalova, E. A. Medvedev, D. Kipper, A. Rollings, D. Morris, N. M. Popova, and many others. **Aim and tasks** of the article is to address the problem of chronic fatigue and constant stress and such means of compensation as alcohol, drugs, games, flight to virtual reality, (books, films, series) that can help you relax and distract from daily stress for a while. Objectives of the study - in the context of the stated goal, the essence of games and immersion into virtual reality is revealed as a manifestation of marginality. **Research Methodology** The methodology is based on an integrated approach, analysis and synthesis; synergistic approach. **The result of the study.** For respectable and trustworthy citizens who live a completely comfortable life, “for no reason at all”, an unprecedented aggression erupts, directed at others. Unsettled life of the population (problems at work, lack of funds and, as a result, loans) leads to a decrease in the social expectations of the marginal, creates stressful situations, which leads to enthusiasm for illusory means of compensation, which can help distract from daily stress for a while. **Conclusions.** The need to escape from reality can be expressed in gambling, and sometimes in alcoholism and drug addiction. role-playing movement, computer games, care in virtual reality. (films, series, books). This is just one of the ways to escape from problems in life. Wouldn't have them, you would have found something else.

**Keywords:** marginality, games, computer games, stress, chronic fatigue, aggressiveness, compensation, virtual reality. Cyberspace

### Introduction

As a result, new unnatural relations in society are marginalized. Margins, being in a special border situation, can perceive reality differently: either they strive to change the surrounding reality, or accept their situation, they live with a feeling of inferiority, which even those who are in the prime of their lives, on a steep career rise, can prone

to illness - chronic fatigue syndrome or «manager's syndrome».

Classic signs of illness - constant fatigue, which does not go away even after a long sleep and rest, apathy, aversion to work, feeling of a dead end, constant desire to lie down [ 1]. There is a need to escape from reality, which can be expressed in gambling, and sometimes in alcoholism and drug addiction. In recent years, the

development of information technologies has allowed the creation of technical and psychological phenomena, which in popular and scientific literature are called «virtual reality», «augmented reality» and «cyber-space».

The rapid development of computer technology has created a new quality of perception and experiences of “virtual reality”. which began to be actively used in modern philosophy and science, and other spheres of human activity. The idea of virtuality was developed from the time of ancient philosophy, sometimes in an implicit form, sometimes in an explicit form, as in scholasticism. For example, philosopher A. Bergson spoke about «virtual activity», psychologist A. N. Leontyev about «virtual abilities», A. Arto about «virtual theater». Here we see cases of the use of the term «virtual» as a synonym for the terms «possible», «potential».

The most impressive is the opportunity for a person who has got into the virtual world, not only to observe and experience, but to act independently. As a matter of fact, «a person could, and easily enough, get into the world of virtual reality, for example, plunging into the contemplation of a picture, a movie, or simply reading a book with enthusiasm. However, in all such cases, the activity of a person was limited to his position as a spectator or reader; he himself could not get involved in the action as an active character» [ 2].

#### **Analysis of the literature.**

Voronkova V.G. considered the “risk society” as a consequence of the crisis of modern civilization; David Kipper studied Clinical Role Playing; N. M. Popova as a psychoanalyst was engaged in the problem of computer games; Dorozhkin Jacob studied manager's syndrome; Kemalova L.I., Balabanova E.S., Burlutskaya M.G., Demin A.N. described the problem of marginality in modern society.

#### **Aim and tasks**

The article is to address the problem of chronic fatigue and constant stress and such means of compensation as alcohol, drugs, games, flight to virtual reality, (books, films, series) that can help you relax and distract from daily stress for a while. This goal is implemented in the following tasks: Consider the problem of marginalization in civil society and its attendant problems of stress and chronic fatigue. To consider such means of compensation as role-playing and computer games, virtual reality.

#### **Methodology and research methods.**

The methodology is understandable as a set of techniques for the implementation of cognitive activity. It is based on an integrated approach due to its interdisciplinary nature. That methodology reflects the need for selection, application of scientific methods in their unity for a true representation of the problem study. The article uses the following methods of scientific knowledge: historical and logical, analysis and synthesis; measurement; movement from abstract to concrete; synergistic approach.

### **The presentation of the main material.**

Recently, global trends in the development of smart: smart cities, smart-countries, smart-mobility, smart-ecology, smart-education, smart-life, which in turn change the very models of sociality as such, began to emerge. The modern concept of Smart Government (Smart Government) is based on the latest platform «smart networks». Smart-society as a form of social life is a new set of testimonies, characteristics representing a certain object in its qualitative certainty, a new cultural and educational dynamics of society, which allows to obtain new effects - economic, political, social, spiritual, educational [ 3]

The frontiers arising in globalization processes vividly highlight the interests of countries imposing global integration solving conflicting interests, but as complex, multidimensional, multifaceted, open, non-linear, conflict-prone zone acting as a "thing in itself." The frontiers arising in globalization processes vividly highlight the interests of countries imposing global integration. And today, globalization is turning the world into a single global frontier. [ 4]

In order to understand marginality, it is particularly important that actions of a certain type must be performed by figures of a certain type.

This justifies the "white crow" phenomenon. Most statuses have one leading feature, which serves to distinguish between those who belong

to this status and those who do not belong.

A number of "auxiliary" features, such as belonging to a class, creed, race, and gender, are usually informally expected from a particular status. It is likely to assume that an individual who does not possess any of the auxiliary traits will turn out to be a "marginal" that does not meet general expectations. Again, in contrast to the deviant characteristics that can lead to official deprivation of status (violation of medical ethics, the commission of a crime), for example in American culture, African-American doctors were marginalized and in the Arab world women are doctors. They will be marginalized until "the situation is redefined, as a result of which the list of auxiliary features of a given status will be expanded or modified." [5, p. 80].

As the triumphant march through the world of liberalism progressed, the attitude towards all those who have nothing to offer within the framework of an equivalent exchange relationship deteriorated by the socially unprotected.

Liberal theory considers culture, education, qualifications, developed intellect, professional ethics valuable not by themselves, not as a prerequisite of a civilized existence, but as a means of immediate market returns and benefits.

As a result, the market society is gradually slipping into wildness. A situation arises when the best - not only in their own spiritual and moral, but also in the professional and intellectual sense - retreat before the worst. It is the professional and social

groups leading by the usual sociological criteria that are reduced and lose their status, giving way to primitive predators of the market.

The state of marginality is typical for such groups: skilled workers, specialists, engineers, part of the managerial corps working in the public sector of the economy (enterprises of the military-industrial complex, conversion industries, closing enterprises), who had a high level of education in the past, and social and professional status now in a situation of forced change it. This leads to a screaming discrepancy between the sharply reduced level of financial status and a sufficiently high social status, turning them into socially helpless, which manifest a tendency to various anxiety states and clinical depression.

Bakker has the idea of human capital as the main form of social wealth. He shows that investments in science, education, health care, a system of comfort and hygiene give several times higher economic returns than investments in internal factors that are usual for capitalism.[6]

In contrast to the traditional society, where children quickly rose to their feet, and remained in the family as assistants of the father and mother; In modern society, children do not soon become independent, they are forced to get an education, and there is no hope for them as breadwinners in old age. then a modern economic man is forced to have few or none at all.

According to Becker, the famous love of traditional societies is, in fact, an economically rational behavior, for

it is really a matter of children as capital, which gave a quick and significant return.

One can agree with the opinion of Voronkova V.G. that modern civilization begins to disintegrate before our eyes due to the fact that: 1) the disorganization of economic, political and cultural life becomes an essential feature of the globalized world; 2) traditional national identities and cultural values are destroyed; 3) de-urbanization and de-industrialization are increasing; 4) cardinal changes are taking place in the system of economic relations; 5) global competition is no longer between countries, but between supranational reproduction systems, each of which combines, on the one hand, national education systems of the population, capital accumulation, science organizations of the respective countries, and, on the other hand, transnational corporations operating in within the global market. [7, p. 14]

Traits such as ambition, desire for self-expression can contribute to the activity of a marginal person and be expressed in her struggle for power. Deklassirovanny individuals can manifest themselves in mass protests, street riots.

Quite successful residents of quite prosperous states are increasingly suffering from a surprising disease - they hate all of humanity. We are accustomed to the daily reports of the victims of wars and terrorist attacks, to the abundance of criminal chronicles on TV screens: The twentieth century has given a person some immunity to shock. However, over the past two decades, a wave of

violent crimes has struck the world, striking in its surprise and seemingly absolute groundlessness. In respectable and trustworthy citizens, living a completely comfortable life, “for no reason at all” an unprecedented aggression erupts, directed at others.[8]

Office workers open fire on colleagues, students shoot fellow students, successful businessmen commit suicide after sending their beloved family to the next world ... Most often, news of similar tragedies that occur without any obvious reason does not come from developing countries, torn by internal conflicts and economic problems, and from prosperous western states, mainly from the USA. At the same time, it seems that the criminals see in their victims not specific living people, but only the personification of some abstract hostile principle.

Mentally unbalanced individuals pour out their anger on educational institutions precisely because they see in them an instrument of the very socialization that causes such a deep personal disorder in them. Of course, their role is also played by the fact that in imitating sensational crimes they see the only way to stand out from the crowd. It remains to be anxious to wait for the continuation of the American scenario - when those who, it would seem, have long found a quite suitable niche in life, will take up arms.

But to say who is sick is stronger, a person or a society, is not so easy. Even Sigmund Freud made his famous diagnosis: civilization, which is the greatest achievement of man,

paradoxically makes him unhappy and turns him into a neurotic.

Marginal has the ability to see and understand that until this moment no one noticed. This allows him to bring innovative ideas into the world that can radically change the established socio-cultural reality. Today it is important not only to record the fact of the presence of marginals in the social structure of society, but to take into account the differences within the marginals themselves, based on the existence of marginals who join the ranks of representatives of the “social bottom” reality.[ 9, p 346]

A person who wants to occupy a worthy place in society falls into a complex system — not to say “web” — credits, payments, debts and obligations, which he becomes a hostage for life. Constant stress, fear of the boss leads to the accumulation of adrenaline in the human body, which in turn increases irritability and aggressiveness. But in modern society, aggressiveness is constantly suppressed. Living in a “civil society” is the cause of constant stress and does not give an opportunity to get rid of problems.

In the domestic sphere, the unsettled life of the population (loans, problems at work) leads to a decrease in the social expectations of the marginal, a fall in the general culture, creates stressful situations, which leads to an obsession with such illusory means of compensation as alcohol, drugs, games that can help relax and for a while distract from daily stress.

Games are attractive because they allow you to feel something that is

missing in everyday life. Or, to distract from the problems that in life there is an abundance. In addition, some games allow at least for a while to be someone else, someone attractive, who a person would like to feel, which is especially attractive for fringe. The situation of the game allows you to be inside it as free as it is never possible in reality.

The ability to feel your own strength, fearlessly risk, successfully unravel ingenious riddles is almost a drug. And so it is stronger, the less opportunity to feel the same thing in a person in his real life.

As one of the manifestations of the desire of a marginal person to distract from reality, we can consider role-playing movement. Role players are an informal community of people playing various role-playing games, primarily live-action role-plays. Role-related movements of historical reenactors, tolkinists, as well as hardball players, airsoft and paintball players are related. Role movement is distinguished both as a hobby and as a subculture, which has its own jargon, own music, its own literature (mainly fantasy) and other characteristic elements of a single culture.[10] The motivation for participation in games also differs: for someone it is a way to be less dependent on society, to make your personal escape. For most role-playing games are a hobby for which a lot of manpower and resources are spent (long trips, costumes, entourage), where it attracts, above all, the opportunity to communicate with a certain circle of people, actively join the game process, go to

the forest, visit an unfamiliar city or in extreme conditions.

Role behavior in real life can manifest itself in the form of rituals marking special events, secular and religious, real or fictional, but each time performing a cultural function for the whole community.

Anthropologists have identified six main functions of role-playing games: alleviate feelings of hopelessness and insecurity; reduce the feeling of fear; give hope; form a sense of self "me"; heal and finally help the understanding between people. It is not surprising that the strong satisfaction obtained in the process of role-playing games is explained by their therapeutic qualities and ability to correspond to the deep psychological needs of the individual.

From what has been said it is quite clear that in no way can role behavior be identified with low levels of development, immaturity, or inability to use abstract concepts for self-expression. Obviously, the value of role-playing games depends on the context, their psychological impact is significant, and sometimes irreplaceable.[11, p. 9]

Another type of game commitment is computer games. Computer games are one of the dramatic forms, and their interactivity is a matter of the degree of participation, but not form. Therefore, like other forms, a computer game has five key elements: style, plot, hero, scenery and theme. All good games should have some entertainment potential, and in most of them it is based on the classical laws of drama. [12]

Computer games are so attractive because they allow repressed aggression. They help to express what a person does not allow himself to manifest in reality - after all, the more a certain feeling is suppressed, the stronger and stronger it becomes somewhere deep inside. The virtual situation is safe, it gives you the opportunity not to feel fear and guilt - those feelings that form the basis of the suppression of aggression. [13]

Many games have a pronounced aggressive context: kill as many enemies as possible! crush a terrible monster! to gain strength and become invincible! The player feels the excitement, strength, power, and deep satisfaction from the mass destruction of virtual creatures. It may appear that a computer game causes aggression, which a person hasn't had before, but this opinion is wrong. In a computer

game, the man's aggressiveness comes out.

### Conclusions.

Unsettled life of the population (loans, debts, problems at work) leads to a decrease in the level of social expectations of the marginal, creates stressful situations, which leads to enthusiasm for such illusory means of compensation as alcohol, drugs, games that can help to relax and for a while distract from daily stress.

As one of the manifestations of the desire of a marginal person to distract from reality, we can consider role-playing movement.

Another type of game commitment is computer games. And care in virtual reality (films, series, books)

Games and care in virtual reality - just one of the ways to escape from the problems in life. Without them, you would find something else.

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### ГРА І ЗАНУРЕННЯ У ВІРТУАЛЬНУ РЕАЛЬНІСТЬ ЯК ПРОЯВ МАРГІНАЛЬНОСТІ

**Анотація.** У статті розкривається проблема постійного стресу і синдрому хронічної втоми, яка не проходить навіть після тривалого сну і відпочинку. **Аналіз літератури.** Використані роботи авторів: Я Дорожкін, К. Якименко, В. Воронкова, О. Кивлюк, Р. Андрюкайтене, О. Пунченка, Е.Балабанова, М.Бурлуцька, А.Дьомін, Г. Бакер, А. Фартушна, Л. Кемалова, Е. Медведєв, Девід Киппер, Ендрю Роллінгз, Дейв Морріс, Н. М. Попова та багатьох інших. **Мета статті** - розглянути проблему хронічної втоми і постійних стресів і такі засоби компенсації, як алкоголь, наркотики, ігри, втеча в віртуальну реальність (книги, фільми, серіали), які можуть допомогти розслабитися і на деякий час відволіктися від щоденного стресу. **Завдання дослідження** - у контексті сформульованої мети розкривається сутність ігор та занурення у віртуальну реальність як прояв маргінальності. **Методологія дослідження.** Методологія побудована на основі комплексного підходу, аналізу і синтезу; синергетичного підходу. **Результат дослідження.** У добропорядних і благонадійних громадян, що живуть цілком безбідним життям, «ні з того ні з цього» спалахує небувала агресія, яку направляють на тих, що оточують. Невлаштованість життя населення (проблеми на роботі, брак коштів і як наслідок кредити) призводить до зниження рівня соціальних очікувань маргінала, створює стресові ситуації, що призводить до захоплення ілюзорними засобами компенсації, які можуть допомогти на деякий час відволіктися від щоденного стресу. **Висновки** - потреба втечі від дійсності може виражатися в ігроманії, а іноді в алкоголізмі і наркоманії, рольовому русі, комп'ютерних іграх, втеч у віртуальну реальність (фільми, серіали, книги). Це лише один із способів відволіктися від проблем в житті. Не було б їх, знайшли б щось інше.

**Ключові слова:** маргінальність, ігри, комп'ютерні ігри, стрес, хронічна втома, агресивність, компенсація, віртуальна реальність, кібер-простір

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## ИГРА И ПОГРУЖЕНИЕ В ВИРТУАЛЬНУЮ РЕАЛЬНОСТЬ КАК ПРОЯВЛЕНИЕ МАРГИНАЛЬНОСТИ

**Аннотация.** В статье раскрывается проблема постоянного стресса и синдрома хронической усталости, которая не проходит даже после длительного сна и отдыха. **Анализ литературы.** Используются работы авторов: Я. Дорожкин., К. Якименко, В. Воронкова, О. Кивлюк, Р. Андриякайтене, О. Пунченко, Е. Балабанова, М. Бурлуцкая, А. Демин, Г. Бакер, А. Фартушная, Л. Кемалова, Е. Медведев, Д. Киппер, Э. Роллингз, Д. Моррис, Н. Попова и многих других. **Цель статьи** - рассмотреть проблему хронической усталости и постоянных стрессов и такие средства компенсации, как алкоголь, наркотики, игры, бегство в виртуальную реальность, (книги, фильмы, сериалы), которые могут помочь расслабиться и на некоторое время отвлечься от ежедневного стресса. **Задачи исследования** - в контексте сформулированной цели раскрыть сущность игр и погружения в виртуальную реальность как проявление маргинальности. **Методология исследования.** Методология построена на основе комплексного подхода, анализа и синтеза; синергетического подхода. **Результат исследования.** У добропорядочных и благонадежных гражданах, живущих вполне безбедной жизнью, «ни с того ни с сего» вспыхивает небывалая агрессия, направляемая на окружающих. Неустроенность жизни населения (проблемы на работе, нехватка денежных средств и как следствие кредиты) приводит к снижению уровня социальных ожиданий маргинала, создает стрессовые ситуации, что приводит к увлечению иллюзорными средствами компенсации, которые могут помочь на некоторое время отвлечься от ежедневного стресса. **Выводы** - потребность бегства от действительности может выражаться в игромании, а иногда в алкоголизме и наркомании, ролевом движении, компьютерных играх, уходе в виртуальную реальность (фильмы, сериалы, книги). Это лишь один из способов отвлечься от проблем в жизни. Не было бы их, нашли бы что-то другое.

**Ключевые слова:** маргинальность, игры, компьютерные игры, стресс, хроническая усталость, агрессивность, компенсация, виртуальная реальность, кибер-пространство

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