

Determination of Computer Addiction in Adolescents

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Abstract: Currently, the need to master computer technologies at the present stage of society's development is not in doubt, however, the problem of preventing the harmful effects of the hobby of virtual technologies requires increased attention. Humanity is immersed in computers and computer networks, every day more and more people (especially children and teenagers) become addicted to computers.

Keywords: Computer addiction, addiction virtual addiction, cyberaddiction, network addiction, Internet addiction.

Introduction. The use of computer technology, a powerful flow of new information, namely the spread of computer games has a great impact on the educational space of modern children and adolescents. The creation of an educational space is a necessary condition for the formation of a child's personality not only within the walls of an educational institution, but also outside it. The structure of leisure time for children and teenagers is also changing significantly, because a computer combines the capabilities of a TV, DVD set-top box, music center, and a book. At the moment, the number of children and teenagers who can work with computer programs, including playing computer games, is increasing. Along with the undoubted positive value of computerization, it should be noted the negative consequences of this process affecting the health of children and adolescents.

The phenomenon of computer addiction appeared in the late 80s. Psychotherapists were the first to encounter it, as well as companies that use the Internet in their activities and incur losses in cases when employees have a pathological attraction to being online. Workers' working capacity decreases, attention is scattered, and although physical harm to health with computer addiction is not as obvious as, for example, cirrhosis of the liver with alcoholism or the possibility of a heart attack with cocaine use, there is still a health risk. Fatigue appears, the human immune system becomes weakened, after which the likelihood of disease increases. In addition, a sedentary lifestyle can lead to problems with the spine, and improper lighting can lead to various eye diseases. Among all the described diagnoses, "pathological gambling addiction" (F63.0) can be used as the closest model. If we follow this model, then addiction to the Internet can be defined as a disorder of habits and drives not caused by chemicals. Now there is an assumption that Cyber Disorder (CD) will enter the international classification of diseases DSM-V along with other non—chemical addictions - gambling, urgent, relationship avoidance addictions, pathological desire to spend money.

Quite active research in this industry has been conducted since the early 90s. And every year their intensity increases in parallel with the growth of the number of people using computers.

There are new works by both domestic and foreign authors, which are devoted to the following aspects:

- the problem of computer addiction
- the influence of virtual relationships on personality
- the study of identity among computer network users and self—presentation processes in the network
- psychological aspects of communication processes throughout the network

Currently , there are 5 types of computer addiction

- compulsive surfing (traveling on the web, searching for information on databases and search sites);
- passion for online stock trading and gambling;
- virtual dating;
- cyber craze for porn sites;
- computer games.

There is also a difference between the type of online activity.

Computer addicts are most of the time involved in social activity, such as participation in new groups, chat rooms, forums, ICQ. Non-addicts travel online most of the time in search of information on websites and use their mailbox (e-mail). The key difference is that addicts try to create new relationships online, while non-addicts only maintain existing connections through mail.

Computer addicts are more likely to experience distress in at least one of five areas: social, professional, educational, financial or physical. Problems always arise as a consequence of dependence on the computer and neglect of various aspects of life in exchange for virtual reality. According to the hypothesis of Griffiths (1996), the development of computer addiction can be caused by various factors: the printing process, the communication environment, the lack of interpersonal communication, excessive interest in pornographic sites, social activity on the network (chats, computer games). Computer addiction is distinguished by some related types of dependencies: Internet addiction, which in one way or another, are associated with spending a long time at the computer.

The first definition of Internet addiction was given by Ivan Goldberg in 1996. By Internet addiction, he understood — a behavior disorder as a result of using the Internet and a computer.

Kandell's (1998) added to this that the concept of "Internet addiction" includes any type of online activity. Most scientists agree that the disorder under study has several sources.

Currently, "Internet addiction" is interpreted as an obsessive or compulsive desire to enter the Internet while off-line, and the inability to exit the Internet while on-line. Synonyms — "Internet addiction", "virtual addiction", "cyberaddiction", "non-alcoholism".

Dr. Kimberly Young presented the second concept — problematic Internet use (FDI) (1998). "Internet addiction" is a broad concept that denotes a large number of problems.

Alex S. Hall and Jeffrey Parsons (2001) introduced a third term - Internet-dependent behavior (IP). They agree that excessive use of the Internet can harm the cognitive, behavioral and affective spheres, that is, affect the state of human health, but they do not support the pathological etiology of this problem. In contrast to the first two definitions, scientists present excessive Internet use as a "benign" disorder, which is considered as compensation for the shortcomings of behavior in real life. It is believed that this pathology can be compensated by cognitive relationships.

The symptoms of computer addiction can be of two types: mental and physical. The first include:

- the occurrence of a feeling of euphoria while using a computer;

- gradual increase in the amount of time spent at the computer;
- refusal to perform lessons;
- the appearance of severe anxiety,
- aggression if your favorite "toy" is banned;
- constantly incoming notifications from various internet applications and games;
- neglect of the need to communicate with family, friends;
- the feeling of emptiness when you have to face the real world.

Among the main physical signs of the disorder:

- frequent headaches;
- daytime lethargy;
- decreased vision; display syndrome
- complaints of dryness and burning in the eyes;
- back pain, posture disorders;
- curvature of the spine,
- carpal syndrome
- eating disorders, chronic constipation, hemorrhoids
- insomnia, changing sleep patterns;
- neglect of personal hygiene rules.

Today, scientists have not yet come to an unambiguous opinion on whether such increased attention should be paid to the problems of computer addiction.

The purpose of the study: To investigate the level of computer addiction of students in grades 6-7. Process and analyze the data obtained; propose measures to prevent computer addiction. To study computer addiction, the K. Yang test was used. [http://doroga-peremen.ru/test/internet_zavisimost/].

Materials and methods. The study was conducted at school No. 31 in the city of Bukhara.

We have diagnosed a person whose age is 13-14 years old. The method offers twenty questions that need to be answered according to the scale. For the answer "no" — 1 point, for the answer "yes" — 2 points. The method identifies four levels of computer addiction: Up to 10 points — 0% risk of developing computer addiction; 10-20 points — the stage of infatuation; 20-30 points — the risk of developing computer addiction. more than 30 points — pronounced computer addiction. After conducting the questionnaire test, the following results were obtained.

The method identifies four levels of computer addiction: Up to 10 points — 0% risk of developing computer addiction; 10-20 points — the stage of infatuation; 20-30 points — the risk of developing computer addiction. more than 30 points — the presence of computer addiction.

After conducting the questionnaire test, the following results were obtained.

1. 6% absence of computer addiction. That is, a teenager is not threatened by "communication" with a computer, he can limit his time.
2. 48% at the stage of passion. At this stage, you can observe the severe fatigue of a teenager, but, nevertheless, there is already a craving for a computer.
3. 46% with a risk of developing computer addiction. At this stage, it is necessary to carry out preventive programs.

Thus, it became clear that half of the respondents revealed the possibility of developing computer addiction.

There are many reasons and factors why children tend to go into the virtual world. These reasons can be constant conflicts between parents, emotional and psychological stress in the family, lack of communication with parents, peers and classmates.

Also, the reason may be the low self-esteem of a teenager. Methods and skills of communication with other people, the emotional sphere of the child develops primarily when communicating with parents and peers, when interacting with the immediate environment. However, virtual reality does not give a true idea of the environment and creates an idea of the reality of the virtual world and the absolute uselessness of the natural, everyday. Speaking about the prevention of computer addiction in adolescents, attention should be paid to the fact that his upbringing should mostly be reduced to the fact that a computer is only a part of life, and not the most important gift for good behavior. The only currently proven way to prevent a teenager from becoming dependent on a computer is to involve him in processes that are not related to computer activity, so that electronic games and processes do not become a substitute for reality. To show a growing person that there is a lot of interesting entertainment in real life that not only allows you to experience thrills, but also trains the body and normalizes the psychological state.

In conclusion, it should be noted that the need to master computer technologies at the present stage of society's development is beyond doubt, however, the problem of preventing the harmful consequences of the hobby of virtual technologies requires increased attention.

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