



The Practical Importance of Forming Immunity against Harmful Habits in Students

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Abstract: In this article, students' daily activities, students' routines and the culture of using mobile devices, prevention of harmful habits in students, ways to get rid of stress, and meaningful organization of students' free time are described in this article.

Keywords: harmful habits, smartphones, laptops, computers, digital technology.

Introduction. Nowadays, computer games are more important than textbooks for teenagers, and for adults they have become a more interesting source than television and books. Humanity has a new type of activity - computer games. There is also an economic aspect to this. An ordinary office computer is cheaper than a modern gaming system, because it is not designed for playing games. "The need to play" requires the purchase of powerful hardware for technical improvement, and the player adds money in a large economic stake to the computer industry.¹

For example: if an office computer is valued at 3 or 4 million Uzbek soums, a gaming computer costs more than 10 million. Gaming PCs require excellent hardware to handle large (MB) capacity games.

Materials and methods. Today, chronic diseases, including sharp deterioration of vision, are increasing among schoolchildren. One of the reasons for this is that students spend a lot of time in front of the computer. The impact of the computer on the student is the most urgent problem of our time.

American educational research shows that the use of mobile devices and social networks limits the understanding of knowledge and reduces efficiency when learning new material.²

L. Chaynova expresses such opinions about the harm and benefit of computer games.

Is the computer safe for the growing organism?

The harm of the computer for teenagers is only related to failure to follow simple rules that help maintain health.

What can be harmful?

¹ Гунн Г.Е. Компьютер: как сохранить здоровье: Рекомендации для детей и взрослых, СПб.: Нева; М.: Олма-Пресс, 2003.

² Froese, Arnold D., Christina N. Carpenter, Denyse A. Inman, Jessica R. Schooley, Rebecca B. Barnes, Paul W. Brecht, and Jasmin D. Chacon «Effects of Classroom Cell Phone Use on Expected and Actual Learning» [Electronic resource] // College Student Journal. – 2012. – No. 46 (2). P.323-32. – Available at: <https://scinapse.io/papers/1517549790>

1. Children who are interested in computers do not feel tiredness of their eyes. Computer “toys” attract the child so much that he or she sits in front of the computer all day.
2. A growing organism needs movement. Due to a long period of inactivity, the child's physiological condition deteriorates, and malfunctions occur in the body.
3. When a teenager plays a lot of computer games, it is accompanied by emotional stress, which cannot be ignored. As a result, after sitting in front of the computer all day, the child becomes excited and irritable in the evening, becomes aggressive and uncontrollable, and sleeps poorly at night.
4. As a rule, children communicate with the computer one-on-one, which does not help to develop communication skills and play in a team.³

Along with the deterioration of the health of the computer generation, there is a decrease in mental abilities. Scientists at Tohoku University in Japan found that computer games stimulate only the parts of the brain responsible for vision and movement, but do not contribute to the development of other important parts of it. Games interrupt the development of the frontal lobes of the brain, which are responsible for human behavior, memory training, emotions and learning.⁴

“Running games” and “flight simulators” can have a negative effect on the psyche. These are mostly fast paced games where it is very difficult to keep constant movement. Most of them mean to kill or blow up as fast and as possible. In these toys, blood flows in buckets and almost no information is filled.

“Racing” and “sports” games have less impact on the psyche. These toys are approximately neutral in terms of mental impact - they do no harm, but they are not useful, they are just wasted time.

Strategies. These types of toys are recognized by many as not only harmful, but also useful. Their nature creates a problem that must be solved not by fast and accurate button presses, but by choosing the right strategy and tactics for making actions, that is, with the real intelligence of the player.

So, in the world of computer games, you can find anything, and they also have scenes of violence, swearing by the characters of these games, and other terrible actions. Of course, such games are not for children. Children should be protected from such movies and TV shows. Some computer games for children have a special “parental filter” that serves to reduce the level of cruelty and turns spilled blood into flowers, for example.

Result. Advantages of computer games

Computer games develop skills in children:

- reaction speed;
- fine motor skills of hands;
- visual perception of objects;
- memory and attention;
- logical thinking;
- hand-eye coordination.

³ Чайнова Л.Д., Горвиц Ю.М. Компьютеры для детей: Психологические проблемы безопасности и комфорта. / Психологический журнал. 1994 № 4.

⁴ Бурлаков И.В. Психология компьютерных игр. / Наука и жизнь. 2006 №5, 6, 8, 9.

Computer games teach the child to:

- classification and generalization;
- Analytical thinking in non-standard situations;
- achieve your goal;
- improvement of intellectual skills.

A child who has been computer-oriented since childhood feels confident because he has more access to the world of modern technology.

In many publications, researchers have identified the didactic possibilities of using wireless communication devices and analyze mobile applications in order to use them in teaching various subjects.⁵

Discussion. Computer games are the same activity, and it is always easier to engage a child in a game than to force him to learn the alphabet or, say, add numbers.

Playing computer games, the child finds his world, himself in a fairy tale. This world is so real! When the characters of a computer game offer the child to fix the wall of the house (by correctly assembling the puzzle) or put the numbers to get to the treasure, children feel their importance. When they say “well done, great” at the end of the task, it makes the child happy!⁶

Positive aspects of “computerization” of children:

- the child takes the next important step on the way to independent knowledge, he overcomes some difficulties like adults, sometimes faster and better than us;
- the child is free in his choice, which increases not only independence, but also self-confidence, because even if he fails, he can fix everything himself or restore everything;
- you can “save everything” on the computer, a drawn airplane, a built castle, an unfinished football game or a car race. If disappointments occur (a stubborn “mouse” does not obey or the image suddenly disappears when a button is pressed carelessly), the almost magical speed of restoring the lost and inspires the child to new computer “exploits”;
- the computer is very effective for children to learn new technologies, not to get lost in front of unknown objects;
- computer lessons develop observation, teach concentration, develop perseverance;
- many computer games teach children to move in space, develop abstract thinking necessary for mathematical exercises.

⁵[..Shishkovskaya Yu.V. Using mobile gadgets in pedagogical practices [Electronic resource] // Molodoy uchenyi. – 2015. – No. 11. P. 1519-1521. – Available at: <https://moluch.ru/archive/91/19608/>. [in Russian], 6 Mikova T.E. Potential of QR-code in the modern educational environment // Akmeologiya professionalnogo obrazovaniya. – Yekaterinburg: Izd-vo RGPPU, 2018. –P. 382-386. [in Russian] 2. Kudryavtsev A.V. Mobile gadgets as a means to visualize lecture material [Electronic resource] // Vestnik ChGPU im. I.Ya.Yakovleva. – 2016. – No. 1 (89). – Available at: <https://cyberleninka.ru/article/n/mobilnye-ustroystva-kak-sredstvo-vizualizatsionnogo-materiala>. [in Russian] 3. Kudryavtsev A.V. Main possibilities of using mobile gadgets in the system of higher education. [Electronic resource] // Pedagogicheskoye obrazovanie v Rossii. – 2016. –No. 6. – Available at: <https://cyberleninka.ru/article/n/osnovnye-vozmozhnostiispolzovaniya-mobilnyh-ustroystv-v-sisteme-vysshego-obrazovaniya>. [in Russian]

⁶▪ Компьютерные игры и дети (обсуждение проблемы разными авторами) / Компьютерра. 1998 № 37 от 22 сентября.

In computer games, the participant must be able to control what is happening in two dimensions at the same time: virtual and real.

1) Thanks to the Internet, a child (and especially a teenager) can increase the circle of communication with peers abroad, as well as quickly find the desired information.

2) The computer helps to get rid of “empty” fear in shy and reserved children, gradually relieves tension and restores confidence in their knowledge and skills.⁷

In conclusion, it can be said that

1. We cannot say that computer games are good and you can play as much and as much as you want. Someone develops logical thinking, someone forgets the real world around them. The computer, like everything that surrounds us, is useful and harmful.

2. It is harmful to play computer games for a long time and aggressively.

3. Virtual reality does not take up all of a person's free time, does not encourage him to cruelty. An important point in maintaining health is the correct organization of the workplace, setting time for computer use.

4. Staying in front of the computer for a long time should not cause vision impairment, as well as the child's virtual aggression and anger. It should be one of the recreational options, along with sports, outdoor walks, reading books, watching movies, and meeting friends.

A reasonable approach is that some games of mobile devices are the best way for teenagers to have fun, others develop reaction speed and logical thinking in children, and still others allow to release accumulated energy.

Studying the problem of the impact of the computer on human health, modern information technology tools definitely affect the body and require the development of sanitary-hygienic rules to strictly define the time of “communication” with the computer and reduce working time.

Conclusion. In conclusion, getting rid of harmful habits can be an effective factor in social adjustment of the adolescent, mental and physical development, development of the social activity of the person and overcoming negative life choices. Currently, the use of mobile devices in work and study is increasing significantly.

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