

Prevention of Computer and Internet Addiction

Mukhidova Gulmira Khasanovna

Bukhara State Medical Institute, Uzbekistan

Abstract: The article provides methodological recommendations for the prevention of adolescent computer addiction. In the article, measures aimed at meeting social needs (the need to belong to a group, the need for respect) and the intellectual needs of adolescents can serve as a means of preventing Internet addiction in adolescents.

Keywords: Prevention, computer, internet addiction, communication, computer addiction, phenomenon.

Introduction. The term "computer addiction" defines a person's pathological addiction to work or spending time at a computer. For the first time, American scientists started talking about computer addiction in the early 80s.

Internet addiction in general, the term "addiction" defines the pathological addiction of the subject in relation to something. To date, addiction to chemicals (substance abuse, drug addiction, alcoholism), gambling, food, video games, etc. is known. Nowadays, the term "computer addiction" is still not recognized by many scientists dealing with the problems of mental disorders, but the phenomenon of the formation of a pathological connection between a person and a computer has become obvious and is gaining more and more scope. In addition to computer addiction, there are some related types of dependencies: Internet addiction and gambling addiction, which, one way or another, are associated with spending a long time at the computer. Characteristic features of various types of addictions are: withdrawal syndrome, the desire to get an object of dependence, behavior aimed at acquiring an object of dependence, a decrease in critical attitude to the negative sides of addiction, loss of interest in relation to the social side of life, appearance, satisfaction of other needs.

The causes of computer addiction. A person is a thinking being. Information is much more important for him than for any other living beings. The computer is a powerful tool for processing and storing information, in addition, thanks to the computer, various types of information have become available. It is this feature that is most attractive to people suffering from computer addiction, since in a certain sense they suffer from a violation of information exchange processes.

The basis of the formation of a pathological addiction to a computer is a violation of the mental mechanisms of perception of the world and information processing. The level of development of computer technology and software at the moment creates the illusion of reality, into which a person working at a computer is immersed. For reasons not yet known, our brain "likes" to solve various logical tasks and perform various simple actions that instantly bring results. By itself, working at a computer is a sequence of logical operations and actions that can completely capture the attention of the worker and isolate him from the outside world for a while. The emergence of the world Wide Web has created the possibility of so-called interactive communication. Interactive communication is extremely attractive for people who are alienated

and insecure, who at the same time want communication, but do not find it in the society around them. In addition, thanks to the Internet, the horizon of possibilities for meeting human information needs has significantly expanded.

Signs of Internet addiction are an obsessive desire to check e-mail, prolonged sitting in chats, an uncontrolled desire to search and read information of various kinds on the network. In some cases, people get attached to watching porn movies and reading porn literature on various sites.

This phenomenon cannot be called Internet addiction if, in addition, a person likes to read ordinary porn magazines and watch porn movies on TV. In this case, the Internet is only a source of information, and addiction itself should be considered as a violation of behavior or addiction. The situation is a little different with video games and addiction in relation to them. In this case, as in the case of watching porn sites, a computer is only a means of realizing access to the desired information, working at a computer by itself does not attract people suffering from gaming addiction. Fans of electronic games are mainly teenagers and young people.

One of the features of modern computer games is the developed sound and video accompaniment, which can create a sense of reality and temporarily remove the user from the perception of the surrounding world. Many electronic games involve not only solving logical problems, but also a certain emotional load, which, in fact, underlies most cases of pathological attachment to games. Electronic games differ significantly in genre and content. The least dangerous are the so-called arcade games, with simple graphics and sound. These games, as a rule, "kill time", they cannot cause lasting affection. Currently, Internet addiction is not included in the list of mental illnesses and disorders. The current ICD-10 and DSM-IV (the main classification of mental illness adopted by the American Psychiatric Association) do not have it.

At the same time, there is a heated debate around the inclusion of Internet addiction in the updated DSM-V list, which will come into force in 2013. A number of authors consider Internet addiction as an addiction, a deviation in behavior in which the sense of reality is violated, the guidance of actions is limited, finally, mental and physical dependence arises, criticism is lost.

However, the fact that such dependence is not on the official list of diseases does not mean that there is no problem itself.

Moreover, in Russia, the issue of harm caused to a child by this or that information is raised at the state level. On September 1, 2012, Federal Law No. 436-FZ "On the Protection of children from information harmful to their health and development" comes into effect on December 29, 2010. Psychologists and psychiatrists classify the types of Internet addiction differently. There are usually six types, of which three are characteristic for adolescents:

- Intrusive web surfing – random transitions from site to site.
- Addiction to virtual communication and virtual dating, the prevalence of live communication in chat rooms, forums and social networks.
- Gambling addiction — a variety of online games and online games.

Unlike alcohol, nicotine and drug addiction, there is no active substance in the case of Internet addiction. Nevertheless, the mechanism of dependency formation is exactly the same.

Not every teenager who goes online becomes addicted. There are several risk factors, each of which can "trigger" an addiction. Basically, they are similar to the risk factors of a teenager's dependence on alcohol or drugs.

The main factors are a hereditary tendency to form addictions, an unfavorable situation in the family when the child is given too little or, on the contrary, too much attention from parents and the negative influence of peers. Signs of addiction

If some of the listed signs are observed, it is worth worrying:

- an increase in the interval of time spent at the computer,

- a decrease in academic performance at school,
- a loss of interest in what is happening around,
- sleep disorders,
- sudden mood swings are frequent,
- inappropriate behavior in response to an offer to turn off the computer – up to a scandal.

Prevention. You can protect children from Internet addiction if you fulfill a few simple conditions.

1. Find time to communicate with your child. It is important that there is a trusting atmosphere in the family. When parents put their child at the keyboard so that he does not interfere with their business, they themselves open the door to addiction.

2. Be a guide to the Internet for the child, and not vice versa. Parents should be a little ahead of their own child in the field of Internet development. You need to show your child all the possibilities of the network yourself – and not just games and social networks.

3. You need to know what your child is doing online. It is important not to spy on a teenager – he should have the right to privacy of personal correspondence. "We don't have such a thing, and, for example, in some American states, children can prosecute their parents for reading their mail," the specialist notes. Add your child as a friend on social networks and maintain communication on the Internet. At the same time, you will be aware of who he communicates with.

4. Take care of the child's leisure. If a teenager has a lot of interests and hobbies: books, sports, music, collecting – he will not have much time for aimless wandering on the web, and there will be much more motivation to use the Internet for useful purposes.

An important point: these conditions must be met even before your child sits down at the computer for the first time, and not when he cannot be pulled out of the network by the ears.

The most important thing

The Internet is an important tool for finding information, learning and communication. In order for the child not to go "online" with his head, parents will have to find time to communicate with their son or daughter and make sure that their life and recreation are exciting and versatile.

In the end, it should be said to punish, turn off the Internet, deprive other pleasures is not the right tactic. All these actions are not only useless, but also harmful, as they push the teenager to escape from home. And in such situations, it is necessary to support a teenager in overcoming emerging life difficulties, teach new ways to overcome crisis situations, teach the ability to regulate their emotions, build relationships with peers, manage their time.

Literature:

1. Гунн Г.Е. Компьютер: как сохранить здоровье: Рекомендации для детей и взрослых. - М.: Олма-Пресс, 2003. – 142с.
2. Мухидова, Г. Х., & Тешаев, Ш. Ж. (2016). Морфометрические особенности параметров физического развития и антропометрических параметров верхней конечности 13 летних компьютерно зависимых подростков мальчиков. *Problems of biology and medicine* (89) 2016г.стр, 52-56.
3. Мухидова, Г. Х. (2021). Сравнительная характеристика компьютерно-зависимых компьютерно-независимых подростков по антропометрическим показателям. *Тиббиётдаянгикун*, 5, 37.
4. Khasanovna, M. G. (2021). Features of Computer Dependence Comparative Characteristics of Computer-Dependent and Computer-Independent Adolescents by Anthropometric

- Indicators. *International Journal of Innovative Analyses and Emerging Technology*, 1(6), 213-217.
5. Мухидова, Г. Х. (2021). Comparative Characteristics of morphometric parameters of physical development and anthropo extremities of healthy and computer .Research. *Jet Journal of Analysis and Inventions-RJAI*, 2(9), 14-17.
 6. Khasanovna, M. G. (2021). COMPARATIVE CHARACTERISTICS OF MORPHOMETRIC PARAMETERS OF PHYSICAL DEVELOPMENT AND ANTHROPOMETRIC DATA OF THE UPPER EXTREMITIES OF HEALTHY AND COMPUTER-DEPENDENT CHILDREN. *ResearchJetJournalofAnalysisandInventions*, 2(09), 14-17.
 7. Мухидова, Г. Х. (2021). Феномен «компьютерной зависимости: особенности интернетзависимости у подростков». *Eurasian journal of medical and natural sciences*, 22-26.
 8. Мухидова Г.Х. “Zamonaviyta`lim: muammovayechimlari”. Особенности антропометрических параметров компьютерно-зависимых подростков мальчиков. 2021г стр 49-50.
 9. Мухидова Г.Х. “Zamonaviyta`lim: muammovayechimlari”. Морфофизиологические особенности и степень интернет-зависимости у подростков. 2021г стр 45-46.
 10. Mukhidova, G. X., & Sanoev, B. A. (2022). Causes and Occurrence of Uterine Endometrial Polyps in Women in Bukhara Region. *InternationalJournalofDiscoveriesandInnovationsinAppliedSciences*, 2(3), 42-45.
 11. Марков Дж., Хефнер К. Хакеры// Киев., Рада, 2006г. с.34
 12. Саноев, Б. А., & Мухидова, Г. Х. (2022). МАКРОИ МИКРОСКОПИЧЕСКИЕ ПРОЯВЛЕНИЯ ПОЛИПА ЭНДОМЕТРИЯ. *Oriental renaissance: Innovative, educational, natural and social sciences*, 2(2), 835-840.
 13. MORPHOLOGICAL, S. B. MORPHOMETRIC CHARACTERISTICS OF THE PLACENTA IN NORMAL PREGNANCY. *SCIENTIFIC COMMUNITY: INTERDISCIPLINARY RESEARCH*, 492-498.
 14. Саноев, Б. А., & Мухидова, Г. Х. (2022). МАКРО-И МИКРОСКОПИЧЕСКИЕ ПРОЯВЛЕНИЯ ПОЛИПА ЭНДОМЕТРИЯ.
 15. Саноев, Б. А., & Мухидова, Г. Х. (2022). МАКРОИ МИКРОСКОПИЧЕСКИЕ ПРОЯВЛЕНИЯ ПОЛИПА ЭНДОМЕТРИЯ. *Oriental renaissance: Innovative, educational, natural and social sciences*, 2(2), 835-840
 16. Griffiths, M. D. Internet «addiction»: an issue for clinical psychology? // *Clin. Psychol. Forum*. - 1996. - N 5. - P. 97:32-3.
 17. Kandell J. J. Internet addiction on a college campus: The vulnerability of college students // *CyberPsychol. Behavior*. - 1998. - Vol.3, N2. - P. 1:11-17.