



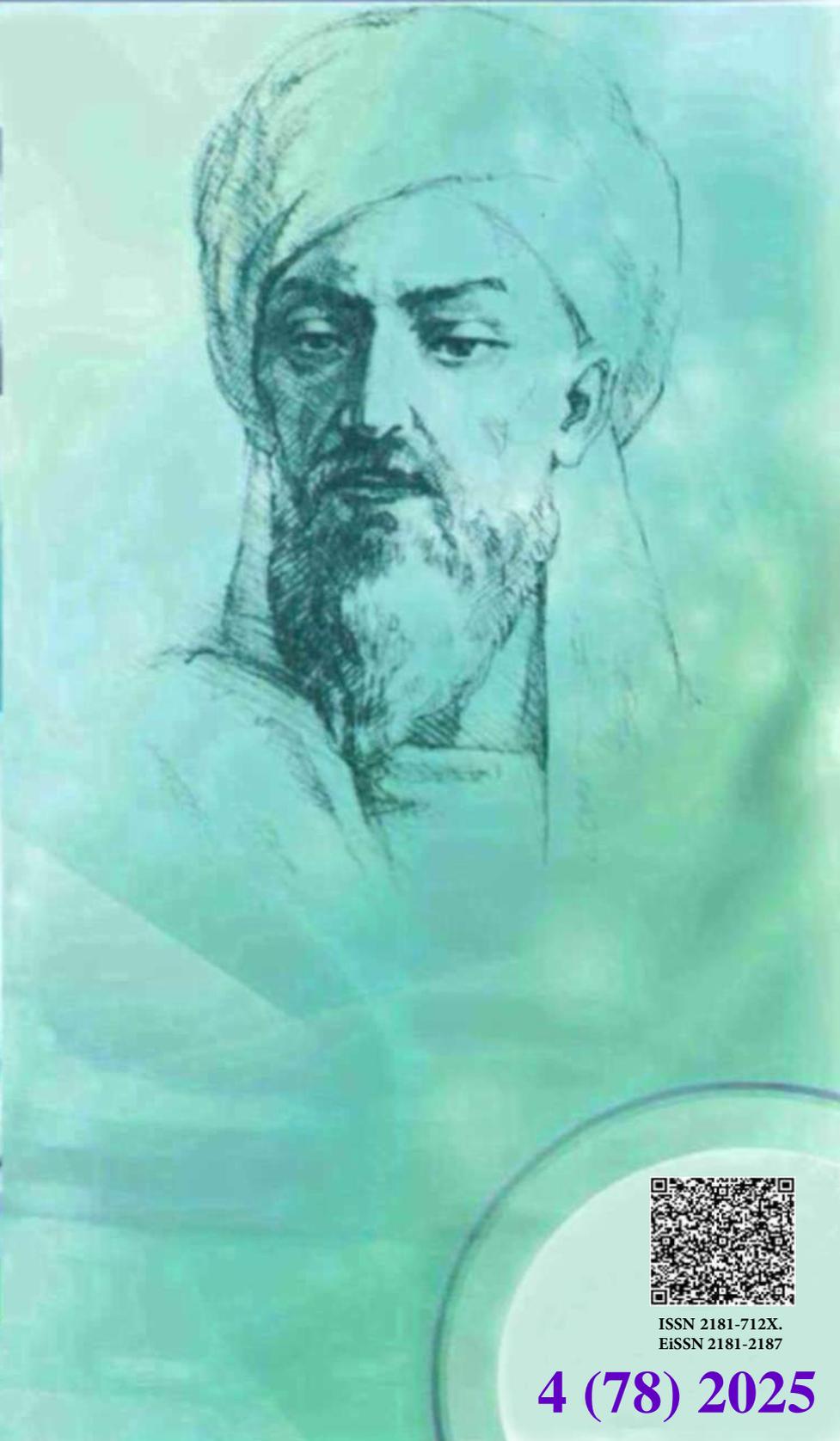
**New Day in Medicine**  
**Новый День в Медицине**

**NDM**



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**ТИББИЁТДА ЯНГИ КУН  
НОВЫЙ ДЕНЬ В МЕДИЦИНЕ  
NEW DAY IN MEDICINE**

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## EFFECTS OF COMPUTERS ON ADOLESCENT HEALTH

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### ✓ Resume

*The article is devoted to the impact of computers and the Internet on the health of children and adolescents. The main aspects of child-computer interaction, as well as health problems in children caused by prolonged use of the computer, have been identified.*

*Keywords: Computer, Internet addiction, adolescents, health, children.*

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### ✓ Резюме

*Статья посвящена влиянию компьютеров и интернета на здоровье детей и подростков. Выявлены основные аспекты взаимодействия ребенка с компьютером, а также проблемы со здоровьем у детей, вызванные длительным использованием компьютера.*

*Ключевые слова: Компьютерная и интернет-зависимость, подросток, здоровье, дети.*

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### ✓ Rezyume

*Maqola kompyuter va Internetning bolalar va o'smirlar salomatligiga ta'siriga bag'ishlangan. Bolalar va kompyuter o'zaro ta'sirining asosiy jihatlari, shuningdek, kompyuterdan uzoq vaqt foydalanish natijasida bolalarda sog'liq muammolari aniqlandi.*

*Kalit so'zlar: kompyuterga va internetga qaramlik, o'smir, sog'lik, bolalar.*

### Introduction

The name "computer addiction" and "Internet addiction" was coined and first introduced into the practice of psychiatry by New York psychiatrist I. Goldberg (1996). The concept of Internet addiction has been used to describe a pathological and compulsive passion for using the Internet. He

describes Internet addiction as "a behavioral disorder resulting from deep involvement in the Internet using oriented devices, a computer, and later smartphones, which negatively affects the traditional terrestrial (offline) family, educational, social, work, household, economic and sensory spheres of human life" [1, 2].

T. B. Vencova defines Internet addiction as "a state of personality in which addiction to Internet-related activities leads to a decrease in activity in other activities; it often manifests itself in limited communication with other people and peers; in the loss of subjective control of time spent online; characterized, among other things, by a feeling of dissatisfaction, emotional distress that occurs when there is no connection to the Internet. A high level of Internet addiction is expressed in the distortion of self-esteem, increased conflict, the appearance of socio-psychological and physiological abnormalities" [3, 4].

Researchers have identified 3 variants of Internet addiction:

1) Pathological online obsession as a configuration of addictive behavior (associated with adolescence), interpreted as a disorder of normal socially accepted behavior – deviant behavior.

2) Internet addiction syndrome, which in some categories includes a number of other personality and psychological disorders.

3) Internet addiction as an autonomous pathological configuration determined by the mutual pathological role of data and the Internet environment, with the dynamics of an exact (procedural) psychopathological disorder" [5, 6].

Computer addiction" or "Internet addiction" means an irresistible desire to connect to the Internet. The act of connecting is considered not as an action, but as an entry point into subsequent actions. Subsequent actions are a series of events, and they do not provide an opportunity and deprive the individual of the ability to stop in time. Such behavior, according to psychologists, poses a serious threat to the physical and mental health of the user of information and communication technologies and his interpersonal relationships. The appeal of addictive behavior for an ICT user is that it is the method of least resistance.

There is a personal feeling that adherence to a certain behavior makes it impossible for them to realize any possibility of dependence in order to reflect on their predicament, leave their worries or get out of difficult situations [5, 7].

L. O. Peregozhin defines it as "subordination to certain computer, online, mobile devices, access to which is a configuration of non-chemical dependence." An essential feature of these pathological conditions is the realization of the potential of dependence in their development. It is characterized not by psychoactive chemicals, but by a number of behaviors, behavioral reactions, and difficult behavioral norms, which are realized as a combination of motor, sensory, cognitive, and psychological difficulties.

E.E. Malkova identifies 6 main types of Internet addiction:

1. Compulsive web surfing endless travel on the World Wide Web, searching for information;
2. Addiction to virtual communication and virtual acquaintances – large volumes of correspondence, constant participation in chat rooms, web forums, redundancy of acquaintances and friends on the Network;
3. Gaming addiction is an obsessive fascination with computer games, including online;
4. Obsessive financial need – online gambling, unnecessary purchases in online stores or constant participation in online auctions;
5. Addiction to watching movies over the Internet, when the patient can spend the whole day in front of the screen, since you can watch almost any movie or program online;
6. Cyberaddiction addiction is an obsessive attraction to visiting porn sites and engaging in cyberadd [8].

The computer and the Internet are neutral tools in themselves, originally intended for research purposes.

Now the discussion about the dangers of excessive computer and Internet addiction is quite serious.

The causes of computer addiction:

- lack of self-control skills;
- inability to organize your leisure time on your own;
- lack of communication and attention;
- ignorance of the rules of psycho-hygiene of interaction with a computer;
- the desire to replace computer communication with loved ones;
- the desire to escape from the difficulties of the real world into the virtual world;
- low self-esteem and self-doubt, dependence on the opinions of others, combined with the desire to command;
- imitation, leaving reality after friends.

Two Important factors of influence is the prolonged presence of a child at a computer, which can have a significant impact on physical and mental health. Doctors are sounding the alarm because the organs of vision, the motor apparatus, and the organs of the gastrointestinal tract are at real risk.

Eye diseases

Development statistics show that 15.5 million residents suffer from severe eye diseases. According to epidemiological monitoring, the incidence of eye diseases is constantly increasing, which exceeds the average European statistics by 1.5-2 times [3, 7].

"Computer vision syndrome" is widespread among all age groups - it is associated with prolonged stay at the computer. This problem is especially true for children. Statistics from the Ministry of Health in Kazakhstan show that more than 1 million young people suffer from various diseases of the visual organs: hypermetropia (farsightedness), myopia (myopia), astigmatism, strabismus, etc [5, 8].

Diseases of the spine. But staying at the computer for a long time can affect not only your eyesight. So the wrong position at the workplace is the main cause of the development of spinal diseases.

There are sad statistics of spinal diseases affecting the child population, because it is if problems with the spine begin in childhood, which, if not noticed in time and not cured, subsequently lead to severe disorders. Approximately 70% of children have posture disorders, and 10% have scoliosis, or lateral curvature of the spine [3, 8]. At the school where I studied, in 2014, during a medical examination of schoolchildren aged 10 to 16, 80-85% revealed any posture disorders, and 20% of adolescents have scoliosis [8].

#### Nervous and mental diseases

Computer work is purely intellectual work. And therefore, the main part of the load falls on the nervous system, namely on the brain. For children and adolescents, prolonged sitting at the computer can lead to overstrain of the nervous system, sleep disorders, deterioration of well-being, and can cause headaches. The degree of fatigue of children in the process of computer classes largely depends not only on the duration, but also on their content. Similar research is underway in Russia. In recent years, computer addiction among teenagers has been monitored. However, it is difficult to compare the results with foreign ones due to different approaches to the distribution of the studied groups. Thus, in the Russian literature, groups of addicts and risk groups are not distinguished. As a result, the total figure is about 52-67% [4, 7].

### Conclusion

In conclusion, over the past decade, clinics have appeared that treat computer addiction as one of the types of addictive diseases. Treatment methods are being developed in the USA, Switzerland, Ukraine, and Russia [2, 4, 6], and the number of patients is growing. Parents and children need to be aware of harmful factors that can harm their health when working on a computer. It is very important to prevent the impact of negative factors - it means to preserve the health of the future generation.

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