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Computer Addiction is the Problem of the 21st Century

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ABSTRACT

In the 21st century, computers and the Internet have become indispensable companions of our lives - together they are an inexhaustible source of information, entertainment and communication. Today, scientists have not yet come to an unambiguous opinion about whether such increased attention should be paid to the problems of computer addiction. On the one hand, this hobby absorbs a person, forcing him to immerse himself in the virtual world to the detriment of communication, study, and sports. On the other hand, research data indicate that there comes a moment of satiety, a decrease in activity, unlike other forms of addictive realization.

Keywords:

Internet addiction, addiction, addictive behavior

The 21st century is characterized by a transition from a post-industrial society to an information society, in which the majority of workers are engaged in the production, storage, processing and sale of information, especially its highest form - knowledge.

The criteria for a knowledge society are:

- increasing the role of information, knowledge and information technologies in the life of society;
- an increase in the number of people employed in information technology, communications and the production of information products and services, the growth of their share in the gross domestic product;
- the growing informatization of society with the use of telephony, radio, television, the Internet, as well as traditional and electronic media; creation of a global information space;
- development of democracy, information economy, government, government, digital markets, electronic social and business networks.

Thus, at the present stage of development of society, informatization of all spheres of public life is taking place, the computer has become an integral part of the life of a modern person.

The modern child is rasterized in an environment in which the computer has become quite an ordinary thing. Informatization of primary school has many positive aspects: a playful form of presenting information, its figurativeness, more opportunities to stimulate cognitive activity, individualization of learning, ease of modeling situations that are impossible in everyday life, the formation and improvement of the information culture of the child.

By the end of 2018, the number of Internet users in Uzbekistan may increase significantly, up to 28 million people. This is approximately 69% of the population of the entire country over 18 years old.

The computer becomes not only a working tool, it begins to influence a person's behavior, his interpersonal contacts and relationships. The relationship of a person with the outside world is changing, an "informational person" is being formed, since the "human-human" system is being replaced by the "human-computer" system, which leads to many negative changes: emotional alienation, desocialization, transformation and changes in the psyche. Some researchers note the emergence of a neogmatism of consciousness, rationalization of

mental activity, a destructive type of personality -

"virtual". The most sensitive to these changes is the psyche of children, adolescents and young people.

Thus, the problem of computer and Internet addiction is actualized, which affects the mental and physical health of a person, and has a global scale.

Computer addiction is one of the forms of addictive behavior. Addiction (in colloquial English, addiction is an addiction, passion from Latin *addictus* - blindly devoted, completely, addicted to something, doomed, enslaved, completely subordinate to someone). In Russian, it is synonymous with the word *predilection* (strong inclination towards something), (passion for something, strong inclination, attachment, blind unaccountable preference for something).

According to various estimates, today 10% of the world's population can be diagnosed with computer addiction. Uzbek psychiatrists believe that 4-6% of Russians suffer from this disease.

And so, the term "computer addiction" defines a person's pathological predilection for working or spending time at the computer.

At the moment, there is no consensus among experts on how this phenomenon should be called. For the first time, the existence of addiction was noted by American scientists in the early 80s (M. Shotton, S. Tekl, T. Bolbot), who pointed out that the formation of computer addiction is due not only to the need to escape from reality or personal problems, but also to individual dual characteristics of a person (for example, character traits that determine more stable human behavior).

One of the first researchers of the Internet, Professor John Suler notes that perhaps we should talk about cyber addiction - dependence on a virtual environment created using computer technology.

Internet addiction (Internet Addiction Disorder) is a mental condition characterized by an obsessive desire to use the Internet and the inability to stop doing it.

This phenomenon was first described in 1995 by Dr. Ivan Goldberg, who identified the

following main symptoms of this disorder: the use of computer games causes a painful negative stress state or distress; the use of computer games causes damage to the physical, psychological, interpersonal, economic or social status.

There are a number of symptoms that are typical for computer addicts: psychological symptoms (feeling good or euphoria playing a computer game; inability to stop; increased amount of time spent at the computer; neglect of family and friends; feelings of emptiness, depression, irritation if there is no way to be at the computer; lying to family members; problems with studies); physical symptoms (carpal tunnel syndrome - a tunnel lesion of the nerve trunks of the arm associated with prolonged muscle strain; dry eyes; migraine-type headaches; back pain;

irregular meals; skipping meals or eating at the computer; neglect of personal hygiene; sleep disorders, changes in sleep patterns).

Like any type of addictive behavior, the development of Internet addiction goes through a number of stages: the first stage is the choice of an attractive version of virtual reality (trying out various options for surfing the Internet, developing your own online style, gradually crowding out real contacts, compensating for unsuccessful communication);

the second stage is the transfer of the goal to virtual reality, the restriction of choice and the formation of dependence (an increase in the number of contacts in the network, the transfer of real life to the virtual space, the cessation of using the Internet for solving real life problems, deepening knowledge); Stage 3 - the stage of stabilization, the addiction becomes chronic (the person returns to real life, but in a stressful situation or when new topics or interlocutors appear, the addiction intensifies again).

Today, scientists have not yet come to an unambiguous opinion about whether such increased attention should be paid to the problems of computer addiction. On the one hand, this hobby absorbs a person, forcing him to immerse himself in the virtual world to the detriment of communication, study, and sports.

On the other hand, research data indicate that there comes a moment of satiety, a decrease in activity, unlike other forms of addictive realization. However, in childhood, development is so dynamic that there is a danger of personal deformations.

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

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