

## **MANIFESTATION OF COMPUTER ADDICTION AMONG YOUNG PEOPLE IN THE PROCESS OF GLOBALIZATION AS A NEGATIVE FACTOR IN THE FORMATION OF CONSTRUCTIVE BEHAVIOR**

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### **Annotation**

In this article views it is expressed that the inferring factors and psychological – diagnostic possibilities, the negative effects and the development of computer and internet addiction in personal progress to the growing generation.

**Key words:** computer and Internet addiction, constitutional and biological nature, social causes, hypoprotection, individual psychological nature, social and medical rehabilitation.

Our future youth is smart, intelligent, has a strong intellectual potential, is creative and active, can independently find their own way and place in personal, professional, social, political life, is able to foresee future tasks, solve them and make independent decisions. the task is to educate them capable.

According to a theoretical analysis of the problem of addictive behavior, behavioral disorders are based on "deviations" that lead to social and psychological maladaptation. At present, attention has increased to clarifying the issue of psychoprophylaxis and correction of behavioral deviations characteristic of different age periods. This imposes the task of studying all the components that make up this personality structure, including the motivational-need side of the personality in the form of a central foundation, as well as changing the organic, integral interdependence of behavioral deviations.

Currently, computer and Internet addiction is not only a medical or moral problem for individuals, but it is becoming a big problem that decides the fate of the entire nation and determines its future. In a word, computer and Internet addiction is not a tragedy of one family, but a tragedy of the whole society. In the following decades, information and computer technologies have had a significant negative impact on modern youth culture, constructive behavior and remain an

integral part of it. The unprecedented growth of society's need for computer technologies and information requires a broader study of this problem from the point of view of age, gender, pedagogical and psychological, as well as biological and physiological aspects. For example, if in the 1980s and 1990s the main attention was paid to mastering computer technologies by students as part of the school curriculum, now the computer is not only a means of storing, processing and transmitting information, but is also considered as a separate socio-cultural reality with its appearance. Nowadays, the computer is one of the means of organizing a teenager's free time. In this regard, the problem of the reasons why a teenager turns to computer games and the Internet and the impact of computer games on teenagers is of great interest and discussion.

When we analyze the literature on the problem of computer addiction among adolescents, this is evidenced by the lack of scientific research on this topic. In this regard, such an opinion was expressed by the psychologist G. K. Tolaganov, and for this he emphasizes that it is very important to distinguish between specific aspects of Internet addiction. After all, the direction, stages of psychological and correctional work, its principles and issues of organizing a psycho-correctional program have not yet been fully resolved [2, 8 p.]. In fact, a more pedagogical-psychological, scientific-methodological approach to solving this problem is required.

Analyzing the literature on the problem of computer dependence, it is important to note that it is not open to scientific research or *sogodnyashni*, which proves the lack of understanding of this problem. *Soglasno* analizu *sootvetstvuyushchey* literatury, *addiktivnoe* *povedenie* *prizanno* *mnogofaktornym* *sostoyaniem*. And the following conditions revealed by modern science depend on the cause. Before everything, this is the result of conditional work, disproportional and biological and physiological growth and various psychological changes, drivers and results.

A number of psychologists follow the most frequent causes of computer dependence in their research: social-economic, constitutional-biological, social, individual-psychological [1, 3, 4, 5].

Social and economic group. There are two subgroups: global and traditional reasons. Esli razvitie strane opredelenno yavlyaetsya prichinoy globalnogo karakter, to traditsionnye prichiny mogut vklyuchat sloi ili gruppy, prinadlejashchie strane ili korknetnomu region;

Konstitutsionalno-biologicheskie prichiny zavisyat ot geneticheskogo proiskhojdeniya podrostka, ego nasledstvennyx zabolevaniy. Many psychological problems are manifested in teenage years. Many hidden diseases stanovyatsya vidimymi v etot period. Potomu chto v etot period v organizme podrostka proiskhodyat psychologicheskie i hormonalnye izmeneniya. Zabolevanie, nachavsheesya v detstve, mojet obostritsya v podrostkovom vozraste.

Sotsialnye prichiny - eto deti i podrostki, nakhodyashchiesya under the influence of family conditions, environment, different groups, social environment, means of mass information. In this case, it is related to the place and the adaptation of the podrostka in the formative school. Naibolee opasnymi iz nix yavlyayutsya semeynye faktori. Ved seymnye atnoshenia imeyut bolshoe vliyanie na formorovanie podrostka kak lichnosti. Unhealthy family situation, upbringing - difficulty is especially dangerous for teenagers with bad character and anger. Eto mojet proyavlyatsya v vide hyperproteksii, to est krayney zaboty o rebenke, ogranicheniya ego samostoyatelnosti, vzyatiya pod jestkiy kontrol. In the result, the podrostok stanovitsya nejelyushchim, nesposobnym think independently, dependent on the surrounding mikrokrujeniya ili podchinyayushchimsya bolee silnomu, chem on, cheloveku. Vo vtorom sluchae nije predpolagaetsya, chto podrostok polnostyu vykhodit iz-pod kontrolya, stanovitsya neupravlyaemym.

Hypoprotection - prenebrezhitelnoe otnoshenie podrostka. Roditeli voobshche ne imeyut nikakokogo otnoshenia k rebenku, ix vzglyady i jizn ego ne interesuyut (ne smeyutsya nad ego uspechami, ne smeyutsya nad ego neudachami). Hypoprotektsionny type of education leaves the teenager naedine s ziznennymi

trudnostyami. V takikh sluchayakh on kak by nakhodit reshenie svoey problemy raznymi putyami [4].

Relyatsionnaya incongruentnost, t. e. lojnye otnoshenia mejdu roditelem i rebenkom, t. e. lojnost, neiskrennost i bezrazlichie k sovetu roditelya-podrostka. Takie sluchai nablyudayutsya v semyakh, gde est otchim ili macheha. Eshche huje alternative education, to est immenenie emotsionalnyx ustanovok, especially so storony mater. Pokhvala ili poritsanie budut zaviset ot nastroeniya roditelya. Poetomu podrostok iskusstvenno korrektruet svoe psychicheskoe sostoyanie, chtoby uluchshit nastroenie. Esli roditeli ne ponimayut drug druga v seme, esli o rebenke ne zabotyatsya, podrostok vseгда budet chuvstvovat sebya lishnim, vyrastet nujdayushchimsya v lyubvi i v budushchem stanet zlobnym, agressivnym chelovekom.

The reasons are based on the individual-psychological character [1,4, 5]:

- a small child or a teenager is subordinated to other peers, who have authority over the older ones;

- adaptation k gruppe sverstnikov. Dlya podrostkov charakterna grupovaya reaction, i, razdelivshis na gruppy, oni pridumyvayut dlya sebya interesnye zanyatiya.

- anomalnye poroki cheloveka (nadevanie na sebya zdaniya ili udary o zemlyu, instabilnost charactera). Imenno lichnostnye osobennosti vyzyvayut ukhudshenie povedeniya, napryajennost v sotsialnyx otnosheniakh, to est trudnosti v ustanovlenii otnosheniy. Eto gradually vyzyvaet u podrostka need to change his mental condition;

Reaktsii "soprotivleniya" (zadanie) napravleny na vzroslyx (parents, pedagogues);

- usiliya po izbavleniyu ot negativnyx emotsionalnyx perezhivaniy;
- poddavatsya vneshnemu davleniyu i zapugivaniyu;
- lyubopytstvo.
- drugie faktori pomimo semi (school, sverstniki i obshchestvo).

In addition to that, there are factors that cause addictive behavior, which can be pointed out:

- biological factors - are manifested as a result of the presence in the child's body of physiological or anatomical features that complicate social adaptation. In private, hereditary characteristics, mental development disorders, hearing and vision impairments, damage to the nervous system, psychophysiological stress on the body, conflict situations, chemical composition of the environment, leading to various somatic, allergic, toxic diseases, i.e. to the characteristics of power sources;
- psychological factors - an example may be the presence of psychopathology or extenuation of character in a child.

Deviations from this norm are manifested in nervous diseases, psychopathy and drugs that cause inadequate reactions in the child. Children with accentuation, which is considered the most severe variant of the mental norm, are extremely vulnerable to psychological influences and need social and medical rehabilitation. In each period of the development of the child, some psychological qualities of the personality and character are formed. In adolescents, two stages of mental development can be observed: either they get bored with the social environment in which they live, or they get used to it. If in the family the child does not feel enough exact love from the parents, then in this case alienation serves as his protective tool. This alienation manifests itself in nervous reactions, disturbances in the balance of the environment, emotional coldness, mental arrest, and various mental pathologies;

- socio-pedagogical factors - manifested in defects in school, family and social education, based on the accumulation of negative experiences of adolescence, sexual and individual experiences, leading to inclinations in the early socialization of the child. Such children study poorly at school, miss a lot of rock, show indifference to school grades. This indicates ix educational maladaptation;

- factors - on the one hand, it manifests itself in a neutral meaning at the moral level of society, and on the other hand, in the indifferent attitude of society towards the manifestation of addictive behavior.

The results of the study show that dependence on a computer leads to a decline in memory, movements, attention of the child, and the effectiveness of mental work. Also, as a result of its chronic course, important physiological processes in the schoolchild's body are disrupted, especially the violation of the circulatory system, the removal of immunity, the transition of active points of the brain to a inhibited state, the character of a teenager cause mental retardation. The series is broken, depression is caused by growing apathy. The above drastic physiological changes support ix physical development.

Also, as a result of the shift to the computer, dangerous changes in the vision system are observed - myopia, a sharp decrease in visual acuity, inflammation of the cornea, persistent tears.

Taking into account that the above-mentioned dramatic psychological and physiological changes require physical development, the following recommendations can be made:

- The existence of computer addiction and the fact that the number of scientific studies proving its real innovation is increasing every day all over the world, including the need to study it as a sensible subject of scientific research in our republic as a result of scientific analysis . In recent years, the problem of computer addiction of students has been recognized as one of the urgent problems by specialists in the field of medicine, physiology, psychology, pedagogy, sociology, as well as scientific analysis and practical description. Nevertheless, such studies make a significant contribution to the development of further scientific research on the problems of computer addiction in adolescents. According to the theoretical analysis, Vaino will strengthen the cooperation between the school and parents, given the fact that teenagers who are dependent on computers face certain difficulties in the family, interpersonal relationships, adaptation in the social environment, at school (deadaptation).

- On the basis of diagnostic studies, it is advisable to develop a correction program based on a set of psycho-corrective measures for adolescents with computer addiction.



- If all specialists-educators, psychologists and parents carried out the integration and correction of computer addiction, they reduced the outbreak of addiction and prevented it, then the best results in children of computer-addicted children are obtained by using the framework program and working with parents. . A positive atmosphere in the family, mutual understanding, parenting are implemented as a component of psycho-corrective measures.

All forms of addictive behavior have their own specifics, and some new forms have not been studied. This is partly related to the addictive relationship with computer technology. Computer networks represent a new layer of social reality, the study of which is currently in the field of domestic psychology. Vzaimodeystvie mejdu computer network and people involving many specialists, including psychiatrists, psychologists, psychotherapists and biologists.

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