



## Causes of Computer Addiction among Young People

O. M. Turdiyeva <sup>1</sup>, F. K. Qahhorova <sup>2</sup>, D. B. Xusayinov <sup>3</sup>, A. Abdurahmonova <sup>4</sup>

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**Abstract:** In this article, the addiction of young people to computers and the Internet is not only a medical or moral problem of individuals, rather, it decides the fate of an entire nation, determines its future, has a significant impact on the culture and growth of modern youth, and paid attention to the fact that the use of a computer exceeding the norm requires a pedagogical-psychological, biological-physiological, medical approach.

**Keywords:** addiction to computer socioeconomically, constitutional and biological, individual – psychological factors, hereditary illnesses, moral factor, physiological processes, disadaptation.

The young people who are our future are smart, intelligent, have strong intellectual potential, are creative and active, can independently find their way and place in personal, professional, social, political life, are able to anticipate future tasks, solve them and make independent decisions. Education is a leading task.

It is known that raising the spiritual world of our children and educating them in the spirit of national and universal values remains the most urgent task for us today. For this reason, it is necessary to establish the principles of a healthy lifestyle among young people, to protect them from drug addiction, immorality, all kinds of harmful influences coming from the outside, threats and dangers under the guise of "mass culture" and should not be left out of our attention for a moment."(1) It is known that the future of any society depends on the education and upbringing of the young generation. Therefore, only a mature generation is able to fulfill tasks of national importance facing the country and determine the historical destiny of its people.

Nowadays, 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 whole 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, informational computer technologies have significantly influenced the culture and growth of modern youth and remain an integral part of it. The unprecedented growth of society's need for computer technology and information requires a broader study of this problem in terms of age, gender, pedagogical and psychological, as well as biological-physiological aspects. Nowadays, a 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 the cause of great interest and debate. When we analyze the literature on the problem of computer addiction among adolescents, it is clear that there is a lack of scientific research on this topic. In this regard, psychologist G.Q. Tolaganova expressed such opinions, and for this, he emphasizes that it is very important to distinguish the specific aspects of addiction to the Internet. After all, the direction, stages of psychological correctional work, its principles, and issues of organizing the psychocorrectional program have not yet been fully resolved [2]. In fact, it requires a more pedagogical-psychological, scientific-methodical approach to solving this problem.

Analyzing the literature on the problem of computer addiction, there are very few scientific researches to date, which indicates that this problem is understudied. According to the analysis of the relevant literature, addictive behavior is recognized as a multifactorial condition. Current science has identified the following conditions and causes of addiction. First of all, it is a consequence of working conditions, imbalances in biological and physiological growth and various psychological changes that occur as a result. A number of psychologists include the following as the most common causes in their research on computer addiction: socio-economic, constitutional-biological, social, individual-psychological. [3,4,5]

Socio-economic group. It is divided into two subgroups: global and traditional reasons. If the impact of the country's transition to a market economy is necessarily a global cause, traditional causes may include strata or groups belonging to a country or a particular region. Constitutional-biological reasons depend on the genetic origin of the teenager, his hereditary diseases. Many mental disorders are manifested during adolescence. Many hidden diseases become visible during this period. Because during this period psychological and hormonal changes occur in the body of the teenager. The disease that started in childhood can worsen during adolescence.

Social causes occur in children and adolescents under the influence of family conditions, environment, different groups, social environment, mass media. It also includes the place and adjustment of the adolescent in the educational institution. The most dangerous of these are family factors. Because family relationships have a great influence on the formation of a teenager as a person. Unhealthy family environment, "difficult" upbringing are especially dangerous for teenagers with a severe character and quick temper. This can appear in the form of hyperprotection, that is, extreme care for the child, limiting his independence, and taking a strong control. As a result, a teenager becomes unwilling, unable to think independently, dependent on the surrounding microenvironment or subordinate to a person stronger than him. In the second case below, it is assumed that the teenager is completely out of control, becomes unmanageable.

Hypoprotection - neglect of a teenager. Parents have nothing to do with the child at all, they are not interested in his views and life (they don't laugh at his successes, they don't laugh at his failures). Hypoprotection type of upbringing leaves the teenager alone, "face to face" with life's difficulties. In such cases, he seems to find a solution to his problem in different ways. [5,6] Relational incongruence, i.e. false relationship between parent and child, i.e. falsity, insincerity and indifference in the adolescent parent's advice. Such cases are observed in families where there is a stepfather or a stepmother.

Even worse is alternative upbringing, that is, changing emotional attitudes, especially from the mother. Praise or reprimand will depend on the mood of the parent. Therefore, a teenager adjusts his mental state artificially in order to improve his mood. If the parents do not understand each other in the family, if the child is not taken care of, the teenager will always feel excessive, grow up in need of love, and in the future will become an angry, aggressive person.

Individual-psychological reasons include: [4,5,6]

- a young child or teenager imitates other peers who are older or have authority;
- adaptation to the peer group. The grouping reaction is typical of teenagers, and by dividing into groups, they come up with interesting activities for themselves.
- anomalous vices of the person (putting a building on himself or hitting himself on the ground, character instability). It is personal characteristics that cause the deterioration of behavior, tension in social relations, that is, difficulties in establishing relationships. This gradually makes the teenager feel the need to change his mental state;
- resistance" reactions (assignment)-directed to adults (parents, teachers);
- efforts to get rid of negative emotional experiences;
- Submit to external pressure and intimidation;-қизиқувчанлик.

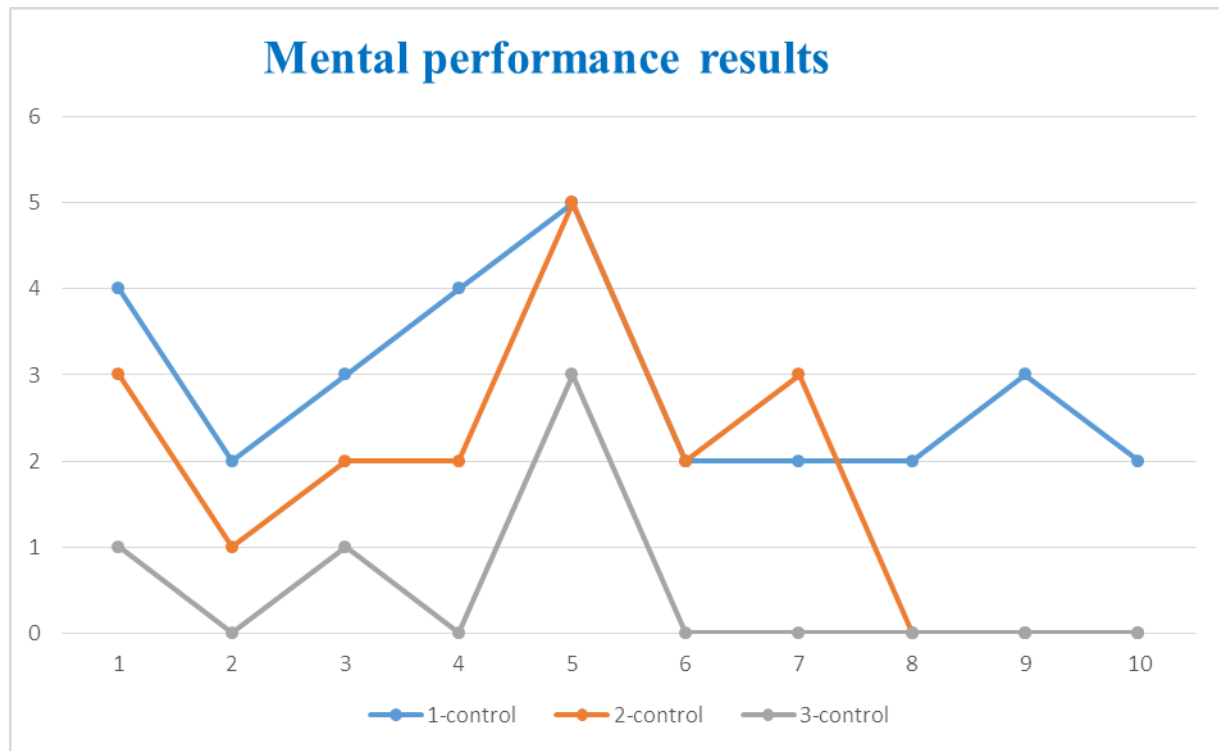
Factors other than family (school, peers and community).

- Impudence or aggressiveness in the classroom;
- Inability to perform public duties;
- Such as joining or associating with the "reviled".
- In addition, the following can be indicated as factors that cause addictive behavior:
- Biological factors - manifested as a result of the presence of physiological or anatomic features in the child's body that make social adaptation difficult.

In particular, hereditary characteristics, impaired mental development, impairment of hearing and vision, 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. psychophysiological related to power sources features;

- Psychological factors - an example is the presence of psychopathology or character accentuation in a child. Deviations from this norm are manifested in nervous diseases, psychopathy and other factors 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 effects and need socio-medical rehabilitation. In each period of child development, some mental qualities of personality and character are formed. Two stages of mental development can be observed in teenagers: either they get bored with the social environment they live in, or they get used to it. If in the family the child does not feel enough love from his parents, then in this case alienation serves as his protective tool. This alienation is manifested in nervous reactions, disruption of relationships with others, emotional coldness, cessation of mental development, various mental pathologies;
- Socio-pedagogical factors - manifested in defects of school, family and social education, based on the accumulation of negative experiences during youth, age, sexual and individual feelings that lead to deviations in the early socialization of the child. Such children study poorly at school, miss classes a lot, and show indifference to school grades. This indicates their educational maladaptation;
- Moral factors - on the one hand, it is manifested in the loss of values at the moral level of society, and on the other hand, it is reflected in the indifferent attitude of society to the manifestation of addictive behavior. [6,7]

In order to determine the consequences of excessive use of computers and the Internet during our research, we agreed to determine the level of cognitive performance in a group of computer-addicted adolescents. The study was conducted in three stages. At each stage of the research, the level of short-term memory and attention shift of the subjects was determined. Initially, in the first stage of the research, the level of mental ability of the examinees without using the computer and the level of mental ability efficiency after using the computer for 30 minutes were determined. In the second stage of the study, the level of mental ability of the test subjects after using the computer for 60 minutes, and then in the third stage of the study, the mental ability efficiency after 90 minutes was checked in a 5-point system, and the following results were obtained.



The results of the research show that dependence on the computer leads to a decrease in the child's memory, the mobility of attention, and a decrease in the efficiency of mental work. Also, as a result of its chronic continuation, important physiological processes in the student's body, especially the violation of the blood circulation system, the decrease of the immune system, the transition of active points in the brain to an inhibited state, and the character of a teenager cause mental retardation. Sleep is disturbed, depression is caused by increasing apathy. The above drastic physiological changes delay their physical development. Also, as a result of dependence on the computer, dangerous changes in the visual system are observed - myopia, a sharp decrease in visual acuity, inflammation of the cornea, and constant tears. In the next phase of the experimental test, we set ourselves the goal of psychological, physiological, medical and hygienic analysis of the changes in the pupils' vision system. Taking into account that the above drastic psychological and physiological changes delay their physical development, the following recommendations can be made:

The existence of computer addiction and the fact that scientific research proving that it is really dangerous is increasing day by day worldwide, including the need to study it as a separate subject of scientific research in our Republic as a result of scientific analysis. Although in recent years, the problem of computer addiction among teenagers has been recognized as one of the urgent problems by experts in the fields of medicine, physiology, psychology, pedagogy and sociology, its scientific analysis and practical descriptions have not been fully resolved. Nevertheless, such studies make a significant contribution to the development of further scientific research on the problem of computer addiction among adolescents.

According to the theoretical analysis, it is important to strengthen the cooperation between school and parents, taking into account the fact that teenagers addicted to computers face certain difficulties in family, interpersonal relations, adapting to the social environment, and at school (disadaptation). - Based on diagnostic studies, it is appropriate to develop a correctional program based on a set of psychocorrective measures for computer-addicted teenagers.

- If all specialists-pedagogues, psychologists, and parents cooperated in the correction of computer addiction, they would have reduced the outbreak of addiction and prevented it, because cooperation with parents within the program of working with computer-addicted teenagers gives good results. A positive atmosphere in the family, mutual understanding, parental education is embodied as a component of psychocorrective measures.

This problem is the problem of all humanity, and everyone should fight to eliminate it. It is necessary to introduce and implement the above preventive programs to the general public, to carry out educational work among young people, especially among young people, that is, in schools, colleges, lyceums and higher educational institutions, so that young people understand the negative consequences of this disease. High efficiency can be ensured only if the family, school, and the general public work together to educate the growing young generation.

Summarizing the above opinions, it can be said that the submissive behavior of a person is manifested in the change of his psychophysiological state, in his aspiration. Although this appearance seems to be a person fighting with himself, it leads to a loss of self-control. Addictive behavior does not appear suddenly, it is the result of a continuous process of development and formation.

All forms of addictive behavior have their own specifics, and some new forms have not yet been fully studied. This is partly related to the addictive attitude towards computer technology. Computer networks are a new layer of social reality, the study of which has recently begun in the field of foreign psychology. The interaction between computer networks and humans has attracted a variety of network specialists, including psychiatrists, psychologists, psychotherapists, and biologists.

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