

COMPUTER ADDIKCIYA AS FACTOR DETERMINING THE PSIKHOFIZIOLOGICHESKOE STATE OF ORGANISM OF TEENAGERS

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The computer has entered practically into all areas of a human life. The information is scooped from the Internet and communication is provided, on a computer play and work even in-home. It both entertainment, and filling of a free time in progress of children. Filling of a free time with similar entertainments frequently influences children, teenagers, as well as on adults. The most basic subzero consequence of computer games was computer addikciya [1].

Results of research of dependence of children from computer games lead to Moscow in 2014–2015 have shown, that a degree of dependence of disciples of initial classes from computer games above an average level. Degree of attachment to the computer games, differs depending on a floor, daily use of computer, presences of home computer and, opposite, does not depend on the presence of spare time at school or out of class [2].

The best medicine for computer dependence is the sated interesting life in the actual world and to relieve the child from addikcii, it needs to be shown beauty of the Universe surrounding it and to help to find employment on a shower. Important means in struggle

against dependence are preventive maintenance of family conflicts and the duly decision of arising problems: in fact harmoniously developed person at whom in a life all is safe, hardly becomes dependent on something, including from a computer. Computer addicts very often there are diffident, closed children and teenagers for whom the Internet becomes the self-expression which becomes inaccessible in an actual life for deadaptirovannogo the young man [3].

By virtue of progress of scientific and technical progress mastering by computer technologies becomes necessary in a modern society. Therefore there is a question on competent construction of process of dialogue of the child with a computer, having reduced to a minimum its negative influence on mental health of the child. Education of the child should be reduced generally to that the computer is only a part of a life, instead of the most important gift for good behaviour. The only thing on the present instant in the checked up way to not give the child to appears depending on a computer is to involve it in the processes which have been not connected with computer activity that electronic games and processes did not become replacement of a reality. To show the growing person that there is a weight of interesting entertainments besides a computer which not only allow to go through sharp sensations, but also train a body and normalize a psychological condition.

In a number of investigated factors: the floor, computer dependence, type of nervous system, as well as a school and the residing, capable to influence on psikhofiziologicheskie parameters, the leading part plays the factor computer dependence. Computer dependence reliably reduces concentration of attention, quantity of supposed mistakes and worsens parameters of operative memory. On physiological parameters of cardiovascular system and a vegetative tone of statistically meaningful influence of computer dependence it is not revealed. At pupils of rural school negative influence of computer dependence on concentration of attention is shown reliably in a greater degree, than at city students. Received statistically meaningful results testify to greater influence of computer dependence on an organism of boys. At it is computer dependent boys progress on all subject matters reliably below, than at girls.

Keywords: computer addiction, teen, computer, analysis of variance, psychophysiological indicators

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