

Features of Computer Dependence Comparative Characteristics of Computer-Dependent and Computer-Independent Adolescents by Anthropometric Indicators

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Resume: Analyzed the data obtained. We have diagnosed 74 adolescents aged 13-14 years. Observations showed that 41% of the respondents revealed the possibility of developing computer addiction and 24% of the respondents revealed pronounced computer addiction. It was found that in computer-dependent adolescents, due to prolonged overstrain of the muscles of the right hand, hypertrophy with the withdrawal of the little finger to the lateral side is observed and on the right side there is a "dome-shaped" brush with the withdrawal of the little finger to the side. In computer-dependent adolescents, asymmetry of the trunk is noted due to the forced posture in front of the computer, followed by the formation of scoliosis.

Keywords: computer-dependent adolescents, anthropometric parameters, scoliosis.

Introduction: 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. But there is another side, it concerns the younger generation - children and adolescents [7].

A person now is not just a physical body with his own ideas, feelings, desires and passions, he is a real participant in an intensive communication process. Over the past two decades, the importance of the Internet as an information, semantic, and game space has been increasing, which leads to the widespread introduction of Internet resources. practically in all spheres of human activity. At the same time, along with the positive influence due to the convenience of using Internet resources, the problem of Internet-dependent behavior is becoming more and more formalized [8].

The Internet has become a powerful environmental factor influencing the formation of the personality of modern children and adolescents. According to the data of opinion polls conducted by the Public Opinion Foundation, it is the people of adolescence and youth who are the most active Internet users [1,2]

From this point of view, a new disease "computer addiction" has appeared, which has nothing to do with infection, but is spreading around the world at the speed of an epidemic [9]. The term "computer addiction" defines a person's pathological addiction to work or spending time at the computer. For the first time, American scientists started talking about computer addiction in the early 80s. Day by day, the phenomenon of the formation of a pathological connection between a person and a computer becomes evident [4,6].

The described condition arises from a lack of communication with significant adults and peers. This refers to:

- Unsatisfactory relationship with parents. If the child feels that no one needs him, then he tries to immerse himself in the virtual world. Here a smartphone or a computer comes to the rescue. But it is clear that the former is easier to carry with you everywhere.

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- Unfair attitude of adults towards their parental responsibilities. Many moms and dads give their children phones almost from the first year of life. So it is easier for them to distract the baby when he is naughty. At the same time, no one thinks about what such actions are fraught with. And they always turn into telephone addiction, which is very difficult to deal with.
- Failure to build healthy relationships with peers. Very often, children want to take a leadership position, but the current situation or certain natural qualities do not allow them to do this. Then they start to constantly "sit" on the phone. So the child switches attention, forgets about his losses. Moreover, in the world of the Internet, he can become a leader in a matter of minutes - game phone characters will never mind this.
- Striving to become more popular in peer circles. To expand the circle of friends, the teenager registers on various social networks, constantly corresponds with new virtual acquaintances. This also gives rise to the habit of spending all the time with the phone in hand.

Doctors classify the dominant symptoms of computer addiction into physical and psychological. [11,12]

Among the main psychological signs of a disorder:

- the emergence of a feeling of euphoria while using a computer or phone gadget;
- a gradual increase in the amount of time spent at the computer;
- the appearance of strong anxiety if the laptop was taken by parents;
- manifestation of aggression if a favorite "toy" is prohibited;
- constantly arriving notifications from various Internet applications and games;
- refusal to complete lessons;
- neglect of the need to communicate with family and friends;
- a feeling of emptiness when faced with the real world.

Due to the age-related immaturity of the personality and the instability of its structure, adolescents are most vulnerable to various kinds of negative influences [3,5]. The negative consequences of adolescents' excessive passion for the Internet cover all spheres of his life. Difficulties arise in educational activities, problems of communication with peers, conflicts in the family increase, general infantilization of the personality is noted [10, 11]

Physical signs of computer addiction are represented by eye disorders (visual impairment, display syndrome, dry eye syndrome), musculoskeletal system (curvature of the spine, posture disorders, back pain; carpal syndrome, frequent headaches, insomnia, regime change sleep, lethargy in the daytime, neglect of personal hygiene), digestive system (malnutrition, chronic constipation, hemorrhoids) movements such as excessive use of the keyboard [9,12]. in front of the computer may lead him to computer addiction [1,3].

With computer addiction as a result of a sedentary lifestyle, changes in metabolic processes are observed that directly affect the parameters of physical development and anthropometric parameters of parts of the human body.

In the literature, there are very few works devoted to the study of the parameters of the physical development of computer dependent children. There are isolated works where we are talking about the morphometric parameters of a particular area of the body or parts of the body of children with computer, telephone addiction, and these data are contradictory [9].

The available data do not allow a deep assessment of the indicators of physical development in children and adolescents with computer addiction. For this reason, the morphometric characteristics of the trunk must be studied at the modern level.

The aim of our study is to study the anthropometric parameters of children and adolescents suffering from computer and telephone addiction and to compare the data obtained with the data of healthy children.

Materials and methods. The research was carried out in school number 29 in the city of Bukhara. The computer addiction of adolescents was determined using a special test - K. Young's questionnaire.

Children of adolescents (74) were divided into 2 groups: I - control group, computer-independent (26 adolescents - less than 50 points) and II- group, adolescents with computer addiction (48 adolescents, of which 30 with a high degree of addiction - 51-79 points, and 18 - with a very high degree of dependence - 80 points and above).

Body weight was measured on a medical scale. A standard type stadiometer was used to measure standing height. The chest circumference was measured with a meter tape. Measurement of anthropometric indicators of the upper extremities was carried out. Statistical processing of the results was carried out using standard methods of variation statistics using the tables of R.B. Strelkova (1986).

Research results. Observations have shown that 41% of the respondents reveal the possibility of developing computer addiction and 24% of the respondents have a pronounced computer addiction. There are many reasons and factors why children tend to go to the virtual world. These reasons can be constant conflicts between parents, emotional and psychological stress in the family, lack of communication with parents, peers and classmates. Low self-esteem of a teenager can also be the reason. Methods and skills of communication with other people, the emotional sphere of the child develops primarily when communicating with parents and peers, when interacting with the immediate environment.

The parameters of physical development in children of the II-group lag significantly behind the data of computer-independent children (I-group), where the growth of adolescents in the I-group ranges from 138 to 162 cm, on average - 143.2 ± 0.7 cm, body weight - from 35 to 60 kg, on average - 43.5 ± 0.7 kg, and the chest circumference varies from 61 to 94 cm, on average - 78.0 ± 0.95 cm, and in adolescents of group II, the growth is in within -126-154 cm, on average - 138 ± 0.98 cm, body weight - from 32 to 46 kg, on average - 38.0 ± 0.6 kg, and the chest circumference ranges from 60 to 95 cm, in average - 71.1 ± 1.2 cm.

In 19.0% of adolescents in group II, curvature of the spine (scoliosis) to the right and 4.8% to the left were noted.

The length of the upper limb on both sides ranges from 58 to 73 cm, on average - 66.5 ± 0.53 cm, and the length of the lower limb varies from 75 to 88 cm, on average - 80.1 ± 0.75 cm. the upper and lower extremities, asymmetry is not detected. And along the circumference of the shoulder, forearm and fingers of the hand, there is a lag of these parameters on the left side and hypertrophy of the muscles of the right hand (holding the mouse with the right hand).

The study found that computer addiction not only affects the functional systems of a person, but also leads to a lag in the physical development of a young organism. Due to irregular nutrition, skipping meals, they show signs of lag in physical development.

In computer-dependent adolescents, asymmetry of the trunk is noted due to the forced posture in front of the computer, followed by the transition to scoliosis.

Computer-dependent adolescents have a morphometric change in the upper limb, especially in the right hand, due to the control of a computer mouse (due to prolonged overstrain, the muscles of the hand acquire a forced shape) and on the right side there is a “domed” hand with the little finger abducted to the side.

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