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«НАУКА И ПРОСВЕЩЕНИЕ»



МОЛОДОЙ УЧЁНЫЙ

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THE IMPACT OF INTERNET ADDICTION ON THE HEALTH OF SCHOOL CHILDREN

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Abstract: In this article, we analyzed the main problems associated with the Internet among schoolchildren, the rapid change in the psychology of young people, the circumstances that prevent them from finding their place in society, and the negative impact on society. The level of Internet addiction among students was determined, the students' health was assessed. Four internationally validated and reliable questionnaires were used to obtain data, namely the Internet Addiction Test, Depression, Anxiety, Stress (DASS21), the Insomnia Scale, and McNair and Hahn.

Keywords: internet, internet addiction, virtual communication, gambling addiction, sticky web surfing, insomnia.

ВЛИЯНИЕ ЗАВИСИМОСТИ ОТ ИНТЕРНЕТА НА ЗДОРОВЬЕ ШКОЛЬНИКОВ

Муханкызы Гульзира,
Раушан Закира Сәбитқызы

Аннотация: В данной статье были проанализированы основные проблемы, возникающие у школьников в связи с возможной быстро меняющейся молодежной психологией, ситуациями, препятствующими обретению своего места в обществе, негативными действиями для общества. Выявлен уровень интернет - зависимости среди учащихся, оценено здоровье учащихся. Четыре международно проверенных и надежных опроса для получения данных, а именно «тест на обнаружение интернет - зависимости», «Депрессия. Беспокойство. Стресс.(DASS21)», использовались анкеты «шкала обнаружения бессонницы», «McNair и Khan».

Ключевые слова: интернет, интернет-зависимость, виртуальное общение, игровая зависимость, липкий веб-серфинг, бессонница.

Currently, there are 2.5 billion active internet users around the world, exponentially especially teenagers and young people who use the internet frequently. A new disease in the new century is human internet addiction. Although the concept of the internet appeared at the end of the twentieth century, it is spreading widely at an accelerated pace, reminiscent of the speed of a high-speed train. In the famous fairy tale of ER Tostik, it was said that Tostik grew not by year, but by month and by day. If there is one industry that develops as a male breast, it is the entire global network - the Internet.. The history of the origin of the internet is also interesting. "After the Soviet Union launched an artificial satellite into space in 1957, the US Department of Defense believed that "in the event of a war, America would need a reliable information exchange system." It is said that such a system was invented by employees of the US Central Intelligence Agency. For this purpose, universities in Los Angeles, Utah and California and the Stanford Research Center will be instructed

to create a network that will connect computers to each other. The project, called ARPANET, was launched on October 29, 1969, connecting the computers of the four institutions by phone. Then ARPANET develops and begins to be used by scientists in various fields. In 1983, this name was replaced by the concept of "Internet".

On this day, the number of regular internet users worldwide exceeded 1.5 billion people. This is due to the fact that a quarter of the world's population uses the internet for its own benefit. For a long time, Kazakhstan has been out of this issue. But most of the young people are interested in the suddenly opened Internet opportunities. The increase in the number of internet users, on the one hand – the invention of new virtual communication, on the other-the lack of comprehensive preventive measures, has led to a rapid increase in Internet users. The term internet addiction ("Internet Addiction Disorder", IAD) was first coined in 1995 by the US psychiatrist Ivan Goldberg. It was interpreted as a condition that is not medically similar to alcohol or narcotic addiction, but only encourages deviations from normal life, accompanied by a decrease in the level of self-control. And the number of internet users in our country is 12 million .bread exceeds. This means 70 percent of the population. Also, young people often use the network" Instagram", and then use such applications as" Facebook", "Vkontakte", "WhatsApp", "Skype". It was even shocking to see young people who are now without mobile communication. The process of curious about what they see on social networks, sharing the necessary information, setting up photos, likes, commenting, taking selfies is becoming a normal habit. In this scientific work, we analyzed the main problems associated with the internet that were possible among schoolchildren, the rapid variability of youth psychology, conditions that prevent them from finding their place in society, and negative actions for society.

Purpose of the study:

Assess the level of internet addiction in students and study the impact on health.

Research objectives:

1. determining the level of internet addiction among students;
2. assessment of students ' health;
3. assign a proposal according to the problem;

For this purpose, 7-8 students of Secondary School No. 58 of Shymkent took part in the study.

Research design:

Instant horizontal study

* 50 students

• (25 students-7th grade; 25 students-8th grade)

Materials and techniques

"I don't know," he said. The age of the students in the study is 12-13 years. According to the specifics of the study, students were selected at random.

• **Data collection.** The data are four internationally verified and reliable surveys, namely "internet addiction detection test", "depression.Anxiety.Stress.(DASS21)", "insomnia detection scale", "McNair and Khan" questionnaires. The interview lasted from 15 to 25 minutes.

• **Participants.** personal data on age, gender and faculty were collected. There were also questions about marital status, tobacco and alcohol use.

• **Internet addiction.** Our questionnaire consists of a total of 20 questions..Among young people, using the internet, there were questions about the internet's ability to study, work productivity, behavior at home and in public, behavior, and emotional predisposition. The following cut-off points were used for the participants: 1) normal internet use: score 0-14there is no travel

* 15 - 29 light addiction

* 30-59 Middle dependence

* 59 years -heavy addiction

Insomnia. in addition, it is necessary to take into account the nature, severity, and impact of insomnia. the severity of the onset of sleep, problems with early morning awakening caused by insomnia, sleep dissatisfaction, difficulties in working during the day, giving a total score from 0 to 28,

used to evaluate each element:

- * lack of insomnia (0-7);
- * clinical secondary insomnia (8-14);
- * moderate insomnia (15-21);
- * and severe insomnia (22-28). in addition, clinically significant insomnia was detected when the total score was > 14

Anxiety, depression and stress. (DASS21) an important and unique feature of DASS is that depression and anxiety are scales for determining the tendency to additional tension.

Poll" McNair and Khan". Determination of the presence or absence of congenital disorders in youth psychology. The indicator of internet addiction among students is shown in the figure below.(Figure 1)

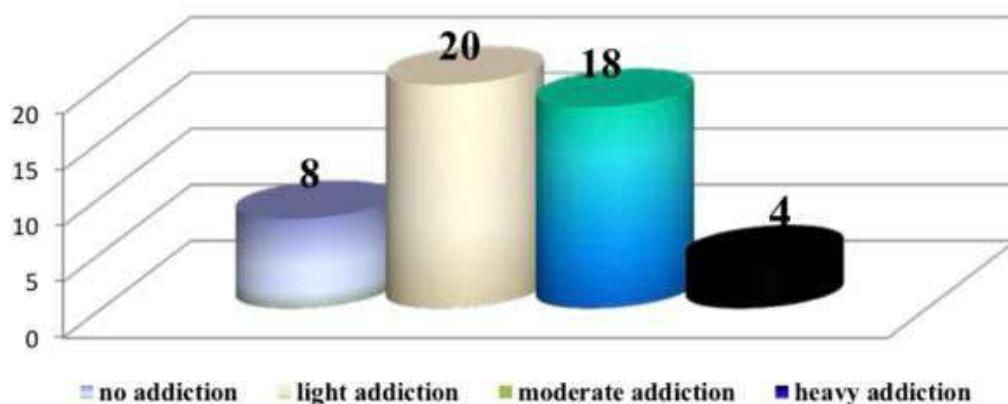


Fig. 1. Indicator of the level of internet addiction among students

**Scientists have identified the main symptoms of internet addiction:
(among teenagers)**

1. **sticky web surfing**-travel through the endless world wide web in search of information.
2. **passion for virtual communication and virtual dating** - a lot of correspondence, sitting in chats, participating in web forums, having a large number of acquaintances on the internet.
3. **game addiction** - playing computer games while constantly sitting on the internet.
4. **passion for watching movies through Innnet** - watching online all day. Indicators of the level of depression among schoolchildren (Figure 2)

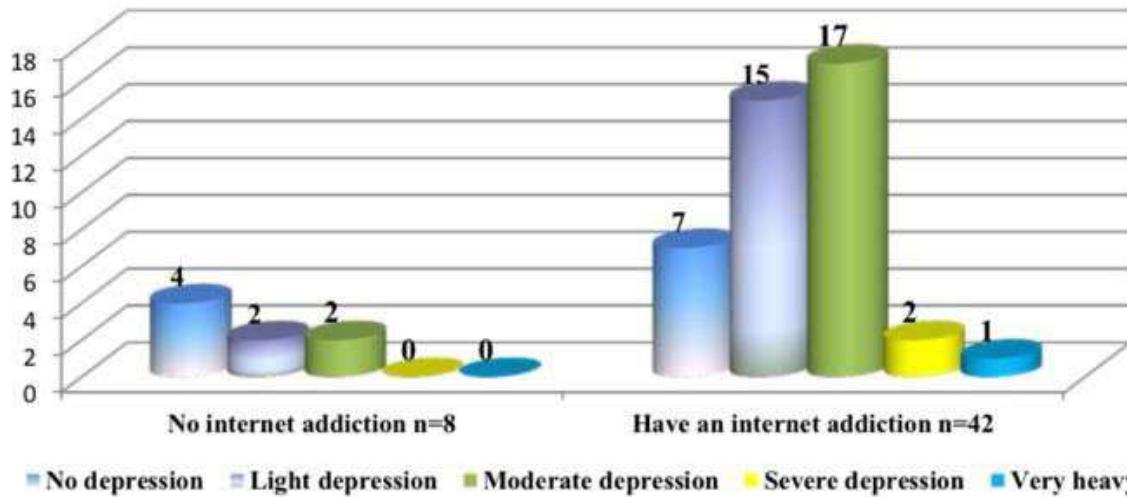


Fig. 2. Indicator of the level of depression among students

The indicator of the level of depression among students is that out of 50 students, 8 students do not have internet addiction. And of the 42 students with internet addiction, 7 were found to have no Depression, 15-mild depression, and 17-moderate depression. As well as indicators of the level of anxiety among students (Figure 3)

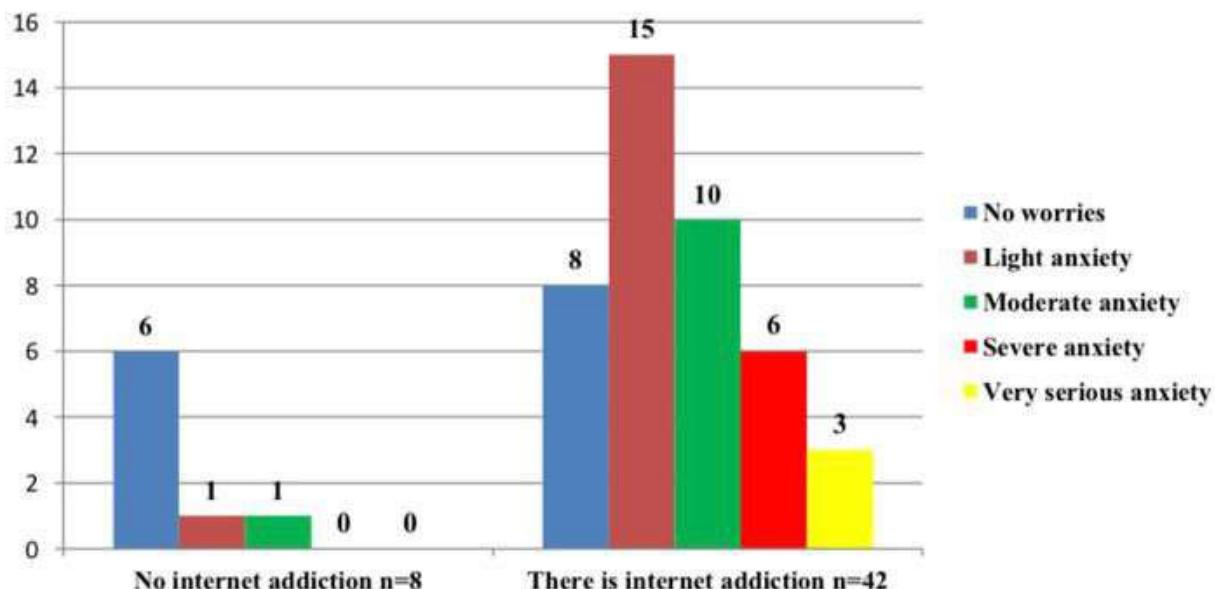


Fig. 3. Indicator of the level of anxiety among students

According to the indicator of the level of anxiety, a decrease in mild anxiety mood was observed in 15 students. And indicators of the level of Insomnia of students (Figure 4)

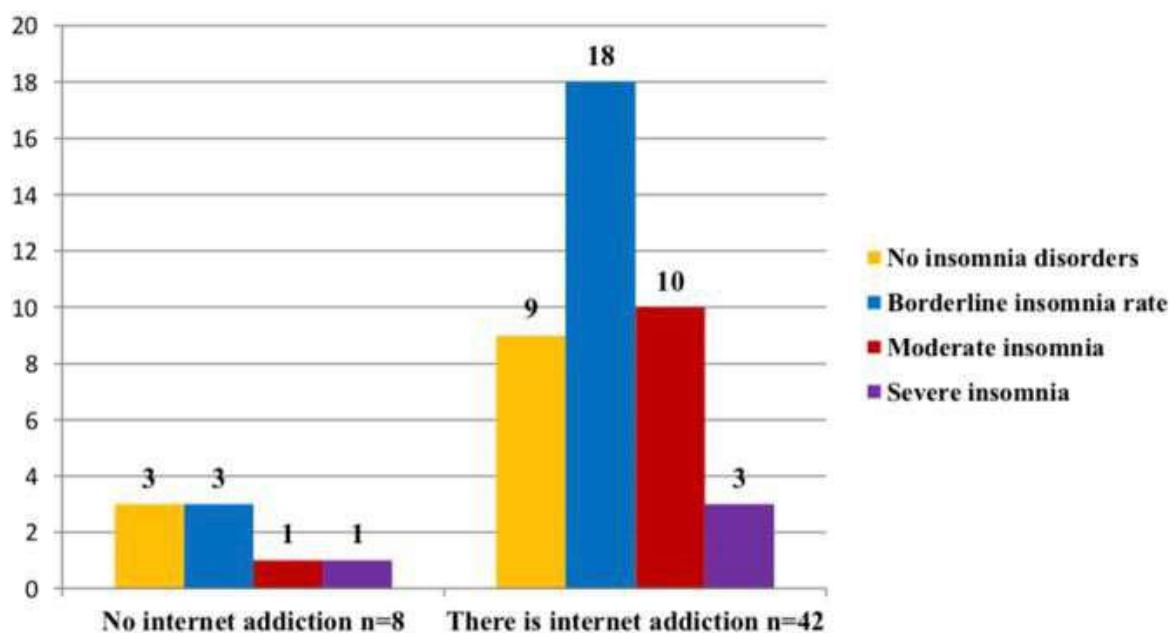


Fig. 4. Indicator of the level of insomnia in students

According to the indicator of the level of anxiety, a decrease in mild anxiety mood was observed in 15 students. And indicators of the level of Insomnia of students (Figure 5)

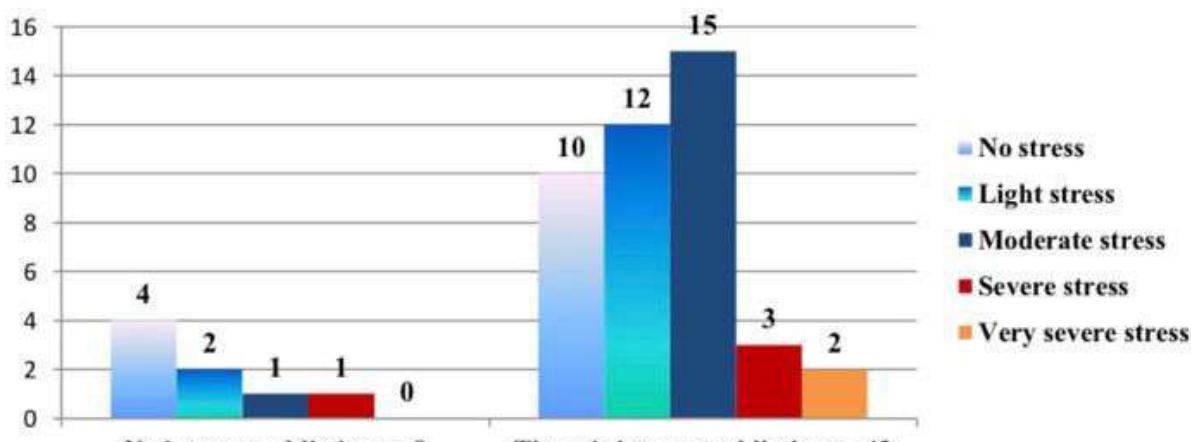


Fig. 5. Indicator of stress levels among students

Symptoms of internet addiction:

- Be constantly motivated to check email, social network chats;
- Make it a regular habit to access the internet for no reason;
- I've been complaining about people spending a lot of time on the internet.
- The internet is something that is clear that people prone to addiction are different from people who are addicted to the internet.
- Internet research is being carried out to determine the origin of symptoms of internet addiction.
- When parents ask Anna to focus on the game on the internet for a while, the teenager expresses a clear objection to doing it.
- Even with the removal of the child from the computer, the excitement will be at home.
- The child spends a lot of money to update programs on the computer and buy new games.
- new games.

Physiological symptoms of internet addiction:

- Feeling of dryness in the eyes
- Headache
- Back pain
- Lack of timely nutrition
- "I don't know," he said.
- Sleep disorders, insomnia

Mechanism of development of addiction in students

As for the mechanisms of internet addiction, it is based on incomprehensible requirements and mental system of the body. These requirements are based on the desire to enter the role of a persona and, through this, escape from reality. The given mechanisms work independently of the nature of human consciousness and motivation.

The first mechanism is a departure from realism. The basis of this mechanism is the need for a child to leave the everyday routine and problematic (there may be problems at school, with peers, in the family, with teachers). The term "leaving reality" does not mean leaving society or society, but actually leaving reality. The departure from true realism is achieved by switching to another virtual one. The next mechanism for the formation of internet addiction is role perception. At the heart of this mechanism is the need for a game inherent in a person. The child is characterized by a tendency to accept the role of a computer person, which allows him to satisfy needs that, for some reason, are not satisfied in real life.

Physical, psychological harm of internet addiction to adolescents

According to the International Health Organization, the World Wide Web is particularly harmful to adolescents, both physically and psychologically. First of all, the child's vision decreases, because the eyes of

a teenager, whose muscles are not tightened, get tired. Also, a lot of sitting in front of the computer damages the collarbone of a young otter. Sitting still, working with only one hand, and then gaining weight in the body can disrupt the nervous activity of the child, cause salt and cold to accumulate in the neck (osteochondrosis) and inflammation of the pelvic bone, which is constantly immobilized.

It would be no exaggeration to say that 90% of schoolchildren today are addicted to "social networks". The result of this is a decrease in students' interest and academic performance, motivation in everyday activities.

"Constant sitting on social networks also negatively affects brain activity, disrupts hormonal balance, impairs immunity, and all this puts a certain amount of strain on the nerves and mind of a person." As you know, a nervous breakdown means a decrease in thinking, a decrease in attention and memory, headaches and insomnia, and a decrease in mood.

The psychological factors that cause the widespread spread of social networks can be classified as follows: being able to present a dream as if it were real in a virtual way. That is, the ability to show achievements that he did not achieve in real life, things that he did not command, as if he had achieved in the virtual world. For example, those who are not satisfied with their appearance style their photos as much as they want, or insert a photo of someone else, show the car they like, etc.;

Be able to freely write down thoughts that you cannot express in life;

The passion for novelty. News, a world in which the craving for information is present in human beings. And the thousands of information that is among the millions on the social network can satisfy him. A conversation at the moment when you need it; in real life, it is not always convenient for you to share your thoughts, open up what is inside you. The hand remains busy, etc.

Today, due to internet addiction, not only the health of young people is declining, but also the culture of thinking, speech and writing. He is less, the price of admission to computer clubs is Cheaper. For example, in Shymkent, such clubs cost about 150-200 tenge per hour. Any child who has only such a small amount of money in his pocket can sit on the internet at will in computer clubs. And they cannot go to the cinema or park, fitness clubs with the same amount of money.

"Internet addiction is a problem of modern society", if you are a little puzzled about this reflection, you will move away from the virtual grid at least a little.

For this purpose :

Because in China, internet addiction is recognized as an official clinical disease. The clinic for internet addicts was opened in October 2004 in the capital of China, Beijing, and has a state license.

➤ In the UK, a special clinic has been opened for people with internet addiction, and the average age of patients begins at the age of 12.

➤ In Finland, internet addicts are not accepted into the army.

Conclusion

Today, a number of laws are being adopted in our country in order to protect children from information harmful to their health and proper growth. Therefore, the relevance of our proposed research work is determined. As a result of identifying the mechanisms of virtual addiction in the formation of a healthy lifestyle in young people through data sources, a survey of students found that adolescents who spent a long time on the internet, playing computer games, irritability, headaches, Hunchback, insomnia are the only factors that interfere with ensuring the quality of Education. We can conclude that by finding a virtual friend, the level of dependence of the imagination on psycho-emotional stress, non-communication with people around us, subjecting the mood to internets and computer games increased. In full support of the idea that virtual addiction contributes to the degradation of Health and behavior, it is obvious that a new direction in this work will be the identification of ways to guide the mechanisms of Virtual Addiction identified in healthy lifestyles to their effectiveness. It would be no exaggeration to say that according to the results of the study, 90% of schoolchildren are addicted to "social networks". The result of this is a decrease in students' interest and performance in everyday activities, motivation, and the development of the "deficit of attention" syndrome.

Stages of getting rid of the internet:

- The simplest and most affordable way to overcome addiction is to be distracted by something else.
- Getting rid of internet addiction should start by assigning a special time to check the same mail. Assign a special time and don't deviate from the same rule
- Try to meet and have a conversation with your friends as long as you communicate via the internet. Try not to devote too much time to social networks.

Lead a healthy lifestyle, spend a lot of time in nature

- engage in creative activities, draw for example, write poetry and stories

Recommendations:

- If children between the ages of 6 and 18 are denied access to social networks;
- For example, if unproven data published on the internet is protected, the display of unnecessary things is prohibited;
- In order to explain the harmful aspects of the internet within the walls of schools, it is necessary not only to conduct educational hours, but also to conduct special measures against harmful habits;
- -A large number of social videos are filmed in order to explain the consequences of virtual addiction on relatives, children, parents;

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