
Modern Gadgets and Today's Children

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Abstract: This article discusses the effects of gadgets (phones, computers, tablets) on children's minds.

Keywords: gadget, computer, virtual world, mental stress, education, positive, negative, education, speech.

Today, various categories of modern gadgets have become an integral part of our lives. We use them extensively in every part of our daily lives, in different areas. Such modern technologies are actively entering not only our lives, but also the lives of children. Gadgets such as computers, televisions, and tablets have become an integral part of a child's first months of life, starting with letting go of the phone and playing phone or computer games to comfort the child. According to UNESCO, 93% of modern children aged 3-5 sit on the screen for up to 28 hours a week, which is about 4 hours a day, which is much higher than the time spent interacting with adults.

Just as every innovation has its pros and cons, modern gadgets have their ups and downs. The use of multimedia in various activities, various cartoons that sharpen children's minds, shows are very important for children's lives. But for children, especially preschoolers, gadgets do more harm than good. This is because they do not know how to use the gadgets, and they use them inefficiently just to meet their needs. The biggest reason for this is that parents and caregivers do not give the right direction and do not establish timely control.

Therefore, parents should take the following steps to minimize computer damage to their children:

1. A child should not use a computer or telephone for his or her own needs until he or she goes to school.
2. Ensure that there are no games on the computer at home, except for language classes or educational activities.
3. Periodically check what the child is doing while sitting at the computer.
4. Children's computer games are not a substitute for meeting and talking with friends on the street, it is necessary to form natural processes.
5. Adults should not be role models by playing computer games in front of a child.

It is absolutely impossible to give a child a phone, a computer until he speaks the language. A child who has been accustomed to looking at the screen since childhood is prone to speech, has difficulty speaking, and is unable to communicate naturally with others. It is observed that speech problems occur.

Computer games never develop children, and parents who try to brainwash children with gadgets are absolutely wrong. When children learn from the screen and perform tasks through games, it becomes very difficult for them to adapt to life and society, and they are unable to

perform the tasks performed on the screen in real life. The American Pediatric Association says computer games and mobile gadgets can slow a child's development.

Spending too much time at the computer can have a negative effect on a child:

- Visual tension;
- Central nervous system disorders: Studies show that children between the ages of 10 and 12 spend a lot of time at the computer in cases of excessive fatigue, headaches, sleep disturbances, mood swings, nervousness, and loss of consciousness.
- Changes in the muscles of the arms, shoulders and neck: as a result of prolonged inactivity of the muscles of the neck of a child sitting at the computer, the muscles of the arms become overweight, circulatory disorders;
- The child's psyche is disturbed, more in contact with the virtual world, away from the real world;

Most addictions to gadgets are caused by:

- Children with attention deficit disorder: parents spend little time with them and then are ignored by their peers, the best way to prevent this is to pay attention and show kindness to the child.
- Children from troubled families: Children who grow up looking for peace in gadgets, who see that in families where domestic violence is common, there are many cases of quarrels, beatings, coercion.
- Children who are not accustomed to saving time: if the child is not taught how to allocate time wisely in advance, he will postpone the main task and spend more time in virtual life, because the world is very interesting for them.

It is advisable to use computer games only for the purpose of diversifying, designing, developing the senses, distinguishing colors, and developing logical thinking in children's traditional activities.

In fact, it is best to read to a child when he is bored. But parents need to be able to get their child interested in reading. Of course, a child who sees his mother watching a TV series can never believe that the book is interesting. In short, a child who is accustomed to fast-moving pictures will not be able to read a book and will not be able to concentrate for a long time.

It is good to raise a child in line with the times, but if the negative consequences are eliminated, it will be a great light upon light. It is true that kids don't have to be completely restricted to gadgets, but they need to be taught how to use them under control.

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