

---

## Features Computer-Dependence in Adolescents

---

*Mukhidova Gulmira Khasanovna, Khalikova Feruza Sharofovna*  
*Bukhara State Medical Institute, Uzbekistan*

---

**Abstract:** The level of computer addiction of 5th-6th grade pupils was studied. Analyzed the received data. We diagnosed 72 people who are 12-13 years old. It was revealed that 37% of the respondents revealed the possibility of developing computer addiction and 33% of the respondents revealed a pronounced computer addiction.

**Keywords:** Internet addiction, computer addiction.

---

**Introduction.** In 1991, our country proclaimed its independence and entered into a new stage of historical development. Today, this is confirmed by the encouraging success of our none of any inferior youth in the field of education, science, culture, art and sports, which seizes the basics of modern knowledge and professions. It should be noted that the implementation of the state program and the system of measures to reform health care and conducting strong social policies to protect the population is important in ensuring the interests of a person who is the highest value for us. Currently we live in the era of modern technologies. Computers have become an indispensable part of everyday life, while creating new problems associated with the upbringing of a healthy child. From this point of view, a new Disease of Computer Dependence has appeared which has nothing to do with infection, but it applies to the world at the speed of the epidemic [1,3,4]. The term "computer dependence" determines the pathological addiction of a person to work or spending time at a computer. For the first time, American scientists were spoken for the first time in the early 80s, among them was Professor Leonard Keyinock. In 1984, William Gibson published the novel "Neuromancer", in which firs introduced the concept of cyberspace. The most profound studies of this type of addiction conducted a doctor of psychology of the Pittsburgh University Kimberly Yang. Day for the day the phenomenon of the formation of pathological connection between man and computer becomes obvious [2,5,6]. Internet is unreasonable, his expanses attract their brightness, abundance and availability of any information, freedom of communication with other people. But it is these properties of the Internet and make a real danger: games on-line, chat rooms, social networks, entertainment portals tighten the child, affecting his rapid psyche and subconscious. It becomes difficult for him to tear away from the monitor screen, but it is easy to forget about the lessons, home duties, friends and immerse yourself in a virtual reality for a long time. So the Internet addiction of adolescents is formed and the phenomenon of computer addiction appears with it[7,9,11]. The above described data, it can be understood that the computer addiction has become not only a social, but also a medical problem. During computer dependence as a result of a low-lifted lifestyle, there is a change in metabolic processes that directly affect the parameters of physical development and the anthropometric parameters of the parts of the human body. Computer-dependent adolescents due to long overgrowth of the muscles of the right hand is observed hypertrophy with a masterpiece in the lancer. Computer-dependent adolescents have an asymmetry of the torso due to forced poses in front of the computer, followed by the transition to scoliosis[11,3,17,12].

**Materials and methods.** The study was conducted at school No. 2 of Bukhara. We diagnosed 72 people whose age is 12-13 years old. The method offers twenty questions to be required to respond in accordance with the scale. For the answer "No" - 1 point, for the answer "Yes" - 2 points. The method allocates four levels of computer dependence: up to 10 points - 0% risk of computer dependence; 10-20 points - step of passion; 20-30 points - the risk of developing computer addiction. More than 30 points - pronounced computer addiction. After testing the questionnaire, the following results were obtained.

### Results and discussion

1. 7% lack of computer addiction. That is, the teenager does not threaten "communication" with a computer, he can limit his time.
2. 23% at the passage stage. At this stage, it is possible to pursue a strong fatigue of a teenager, but, nevertheless, there is already a traction to the computer.
3. 37% with a risk of developing computer addiction. At this stage, preventive programs need to be carried out.
4. 33% pronounced computer dependence.

Thus, it became clear that 37% of the survey was identified the possibility of developing computer dependent and in 33% of respondents, a pronounced computer dependence is detected. There are many reasons and factors for which children seek 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. Also, the reason for the adolescent self-assessment may also serve. Methods and skills of communication with other people, the emotional scope of the child develops primarily when communicating with parents and peers, when interacting with the direct environment. However, virtual reality does not give a true presentation of the environment and creates an idea of the reality of the virtual world and the absolute impurity of natural, everyday. Speaking about the prevention of computer addiction in adolescents, attention should be paid to that, his upbringing should be reduced for the most part to the fact that the computer is only a part of life, and not the most important gift for good behavior. The only moment in proven way is not to give a teenager, depending on the computer, is to attract it into processes that are not related to computer activities so that electronic games and processes have not become replacing reality. To show a growing person that there is a lot of interesting entertainment in real life, which not only allow you to survive the thrill, but also train the body and normalize the psychological state.

Humanity is immersed in computers and computer networks, every day more and more people (especially children and adolescents) become psychologically dependent on computers. Different scientific disciplines should be united in the study of this area, and psychology should be at the head of work on the study of the psychological aspects of human interaction with a computer.

### Literature:

1. Мухидова Г.Х.Феномен «компьютерной зависимости: особенности интернет-зависимости у подростков». Eurasian journal of medical and natura lsciences, 2021.1(2), 22–26.
2. Мухидова Гулмира Хасановна. Comparative Characteristics of morph metric parameters of physical development and anthropo extremities of healthy and computer. Research. Jet Journal of Analysis and Inventions- RJAI, Volume 2, Issue 9 Sep., 2021 14-17pg

3. Мухидова Гулмира Хасановна. Морфометрические особенности параметров физического развития и антропометрических параметров верхней конечности 13 летних компьютерно-зависимых подростков мальчиков. *Problems of biology and medicine* (89) 2016г. стр.52-56.
4. Мухидова Гулмира Хасановна. Сравнительная характеристика компьютерно-зависимых компьютерно-независимых подростков по антропометрическим показателям. *Тиббиётдаянги кун* 5(37)2021 й.169-171 бет
5. Mukhidova Gulmira Khasanovna. Features of Computer Dependence Comparative Characteristics of Computer-Dependent and Computer-Independent Adolescents by Anthropometric Indicators *International Journal of Innovative Analyses and Emerging Technology* | ISSN 2792-4025 (online), Published under Volume: 1 Issue: 4 in September-2021 <https://creativecommons.org/licenses/by/4.0/> 213-217
6. Мухидова Гулмира Хасановна. Сравнительная характеристика морфометрических параметров физического развития и антропометрических данных верхних конечностей здоровых и компьютерно-зависимых детей. “Современные направления в науке и технологии” 2016г.стр 408-411.
7. Мухидова Г.Х. “Zamonaviyta’lim: muammovayechimlari” Особенности антропометрических параметров компьютерно-зависимых подростков мальчиков. 2021г стр 49-50.
8. Мухидова Г.Х. “Zamonaviyta’lim: muammovayechimlari”. Морфофизиологические особенности и степень интернет-зависимости у подростков. 2021г стр 45-46.
9. Mukhidova G. X., Sanoev B.A. *International Journal of Discoveries and Innovations in Applied Sciences* | e-ISSN: 2792-3983 | [www.openaccessjournals.eu](http://www.openaccessjournals.eu) | Published under Volume: 2 Issue: 3 in March-2022 Copyright (c) 2022 Author (s). Causes and Occurrence of Uterine Endometrial Polyps in Women in Bukhara Region 2022г.стр 42-45.
10. A.T.Cho’liyev., U.S.Mamedov., M.A.Akhmadova., R.R.Navro’zov., D.F.Narziyeva. Diagnostics of exinococcosis in youth at the modern stage. *Journal of Natural Remedies*. 2021, №1(1).-P37-40
11. Guljamol Fazliddinonvna Makhmudova, Adkhambek Uygunovich Nurboboyev. Treatment of mechanical jaundice via the modern way// *Scientific progress*, 2021.-№6.-P.530-537
12. Makhmudova G.F. Age-related clinical, anatomical and morphological features of malignant tumors of the cervix// *Journal of science and technology*//2021.-P.-475-480
13. Абдулхакимов Шерзод Алишерогли. Сексуальная восстановление пациентов после контактной лучевой терапии по поводу острого рака простаты. – 2021. - *Central asian journal of medical and natural sciences*. – 2021. - Vol.2 (5). – P.449-455
14. Iskandarova Iroda Mashrabovna. Relapses of Differentiated Thyroid Cancer // *EUROPEAN JOURNAL OF LIFE SAFETY AND STABILITY (EJLSS)* ISSN 2660-9630.- [www.ejlss.indexedresearch.org](http://www.ejlss.indexedresearch.org) Volume 7, 2021 ||.-C. 70-75.
15. Шерзод Алишер огли Абдулхакимов, Муножат Хаятовна Исмаилова. Современные тенденции лучевой диагностики при очаговых поражениях печени. Современная медицина: новые подходы и актуальные исследования. Сборник статей по материалам VIII международной научно-практической конференции . 2018. Стр. 29-32

16. Махмудова Г. Ф., Темирова, Д. В., & Баротова, Ш. Б. (2021). Бачадонбўйнихавфлиўсмаларинингёшгаохусусиятлари//Academicresearchineducationalsciences // 2(5).-Б.-186-196. <https://doi.org/10.24411/2181-1385-202100871>
17. Maxmudova G.F., Soxibova Z.R., Mamedov U.S., Nurboboyev A.U. Fertilvakeksayoshiyollardabachadonbo'ynixavfli'o'smalaritahlili (Buxoroviloyatida)//Oriental Renaissance: Innovative, educational, natural and social sciences//2021.-V 8.-B. 175-184.
18. Nurboboyev A.U., Makhmudova G.F. Miniinvazive approach in the complex treatment of tumor and stone etiology of mechanical jaundice// International journal on Orange technology// Vol 3. Issue 9. Sep.2021.-P. 85-90
19. М.А. Ахмадова, А.Т., СохибоваЗ.Р., Д.К. Худойбердиев.,Ж.Р.НуровДиагностикаэхинококкозаумолодэжинасовременниомэтапе./Тиббиётдаянгикун 2019 й.3(27)- стр 54-56
20. М.А. Ахмадова, А.Т. Чўлиев, Ж.Р. Нуров, Д.К. Худойбердиев.Лучеваядиагностикаэхинококкозапечени./Биологияватиббиётмуаммолари.2019,№4.2(115)с.20-25
21. СохибоваЗ.Р.,АхмадоваМ.А. Комплекснаядиагностикаихирургическоеихирургическоеелечениеосложненныхформэхинококкозапечени./OrientalRenaissance:Innovative,Educational, naturalandsocialsciences/2021й -стр 203-212.
22. НарзиеваД.Ф.ЗначениеИммуногистохимических маркеров при метастазировании рака молочной железы в легкие.// Oriental Renaissance: Innovtive, educational, natural and social sciences.// -2021 Vol.1-C.170-175
23. XalikovaFeruza. Current concepts of breast cancer risk factors//International journal of philosophical studies and social sciences//2021.- Vol 1.-P.57-66.
24. Z.R. Sokhibova, M.R. Turdiyev, (2021). Some Features Of Laboratory Indicators Of Micro And Macro-Elementary Condition Of The Organism Of Female Age Women Innormality And In Iron Deficiency. *The American Journal of Medical Sciences and Pharmaceutical Research*, 3(02), MO- 145.
25. Mamedov U.S., Pulatova D.SH. The Results of Cancer Treatment of the Oral Caviti Tumors in //the Republic of Uzbekistan European journal of Pharmaceutical and Medical Research. -2019. - 6(9). - P. 326-329.
26. Narziyeva D.F., Jonibekov J.J.; Morphological features of tumor in different treatment options for patients with locally advanced breast cancer // Middle European scientific bulletin. Volume 7- 2020-Dec. – P. 105-10
27. Nurov Jamshid Raxmatovich. Morph functional characters of the greater omentum // International Journal of Discoveries and Innovations in Applied Sciences. – 2021. – Vol. 1(5). – P. 130-134.
28. Nurov J.R., Khalikova F.S. Long-term results of surgical treatment patients with stomach cancer // Вестникнаукииобразования. – 2020. – №23-2(101). – С. 85-89.
29. Р.Р.Наврузов. Характеристика морфометрических параметров желудка белой крысы в раннем постнатальном периоде //Новый день в медицине. 2 (34/3) 2021 С.17-23

30. Р.Р.Наврузов. Морфологические и морфометрические изменения слоя желудка месячных белых крыс // Журнал Фогинновационных разработок в фармацевтической и технической науке (JIDPTS). Объем:4, Выпуск:5, Май:2021 стр. :(7-10)
31. Р. Р. Наврузов. Лимфотропная терапия в комплексе лечения гнойно-воспалительных заболеваний кисти в амбулаторных условиях // Новый день в медицине 30.2020
32. R. R. Navruzov. Morph functional features of the lymphoid structures of the colon in normal and under the influence of a biostimulator on the background of radiation sickness // Web of Scientist: International Scientific Research Journal Sep 8, 2021 Page: (53-56)
33. Р. Р. Наврузов., Тешаев Ш.Ж., Очилов К.Р., Худойбердиев Д.К. Сравнительная характеристика толстой кишки белых беспородных крыс при хронической лучевой болезни и после воздействия биостимулятора асд-2ф // Новый день в медицине 6 (38) 2021г. С. 272-276
34. ГафурНормуродович Саидов, УчкунГафуровичАбдукаримов, ГулжамолФазлиддиновна Махмудова. Эпидемиологические показатели первично-множественных опухолей (обзор литературы)// Биология и интегративная медицина// 2019№ 11 (39).-С.
35. Нуров Ж.Р. Послеоперационная аналитика раннего периода хирургического лечения злокачественной опухоли желудка // OrientalRenaissance: Innovative, educational, naturalandsocialsciences. – 2021. – Vol. 1(8). – P. 185-191.
36. Rakhmonovna, S. Z., &Sharipovna, A. N. (2020). Characteristics of exchange of essential microelements of copper and zinc in healthy fertilized women and women with combined copper and zinc deficiency state. *European Journal of Molecular & Clinical Medicine*, 7(1), 3332-3335.
37. Nurov Jamshid Raxmatovich, Narzieva Dilnoza Fakhriiddinovna. The Significance of Immunohistochemical Markers in the Treatment of Breast Cancer // International journal on orange technology. – 2021. – Vol. 03(9). – P. 69-72.
38. Nurov Jamshid Raxmatovich, AhmadovaMaftuna Amin qizi. Features of Anatomy of the Greater Omentum // International journal on orange technology. – 2021. – Vol. 03(9). – P. 66-68.
39. Nurov Jamshid Raxmatovich, Narzieva Dilnoza Fakhriiddinovna. Immediate Results of Surgical Treatment of Gastric Cancer // International journal on orange technology. – 2021. – Vol. 03(9). – P. 62-65.
40. Sokhibova, Z. R., & Turdiyev, M. R. (2021). Some Features Of Laboratory Indicators Of Micro And Macro-Elementary Condition Of The Organism Of Female Age Women Innormality And In Iron Deficiency. *The American Journal of Medical Sciences and Pharmaceutical Research*, 3(02), 140-145.