

GADGET-ADDICTION AS A PROBLEM OF THE XXI CENTURY

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Abstract: The symptoms, causes and consequences of children and teenagers' gadget-addiction are considered in this article, as well as some methods of struggle with it.

Keywords: gadget-addiction, teenagers, symptoms of gadget-addiction, its causes and consequences, prevention of struggle.

It is difficult to imagine life in the modern world without phones, computers, pads and other «gadgets». A gadget usually means a small device, that created to improve life and make it easier [1]. With these devices, you can instantly search for any information, establish communication connections, develop creativity, self-development and much more. The fascination with modern technical devices is typical for a person of any age: from a child to the elderly, but they cannot always be useful for the development of society. So, some experts say that in developed countries, the number of people exposed to gadget-addiction may soon exceed the number of people suffering from smoking and alcoholism. In that way, we can say with confidence that the problem of gadget-addiction is serious and relevant.

The purpose of my research was to investigation the symptoms, causes and consequences of gadget-addiction, first of all in children and teenagers; we also tried to consider some ways to prevent it.

After conducting a survey, we have found that about 70% of teenagers from 15 to 20 years old spend about 10 hours a day on smartphones or computers, 15% - 12 hours and 15% - less than 8 hours [5]. The results show that teenagers spend most of their free time on gadgets, and some of them are distracted by phones during classes too.

Modern scientists highlight both psychological and physical symptoms of gadget-addiction.

Psychological symptoms include: big happiness and a sense of euphoria when using the gadget, the inability to stop, the purchase of unnecessary gadgets, problems in school, deterioration of relations with family and friends, an increase in the amount of time spent using the gadget.

Physical symptoms include: dryness and burning in the eyes, decreased vision, impaired sleep and nutrition, back pain, strong headaches, neglect of personal hygiene, and so on [2].

The development of teenagers' gadget-addiction is influenced by various factors. Firstly, it is a disharmonious style of family education: lack of attention, help and support from people close to the child, a sense of loneliness, psychological damage, especially abuse in the family.

Secondly, it is a teen age itself as an important period in the formation of personality, in which communicative connections with peers are formed [3]. If at this time a teenager cannot fit into society, he may develop an inferiority complex, which leads to a desire to move away from society and, therefore, to gadget-addiction.

This addiction can lead to negative consequences in any area of a teenager's life. First of all, it has an impact on the child's social life. He stops communicating with people, he is hostile to society; he may also develop anxiety, socialphobia.

Secondly, the teenagers' mental and physical condition suffers too. There is insomnia, constant stress, reduced physical and mental activity. All this can lead to deterioration of cognitive processes, the development of depression, as well as weight gain against the background of reduced physical activity.

At the moment, there is no exact method of dealing with gadget-addiction. However, in modern clinical psychology and psychiatry, recommendations for the prevention of this addiction among children and teenagers are actively developed. Let's name some of them.

Firstly, it is an education about the phenomenon of «gadget addiction» and the consequences for mental and physical health.

Secondly, it is the installation of a certain amount of time to use gadgets and the forming of proper reasons for their usage.

Thirdly, it is the maximum rejection of social networks and applications and the transition to real communication [4].

So, the purposes of this research were successfully achieved. We were able to identify the symptoms, find out the causes and consequences of teenagers' gadget-addiction, and also consider some recommendations for the prevention of this addiction. The results suggest that the problem of gadget-addiction in the XXI century is really serious and relevant, so in the near future it is necessary to take global measures to solve it.

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