THE INFLUENCE OF GADGETS ON THE PSYCHOLOGICAL STATE OF MODERN YOUTH

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Annotation: This article describes the dependence of modern youth on gadgets. The concept of "gadget", "addiction" is revealed. The psychological symptoms of gadget dependence are listed. The basis of the behavior disorder is increasingly an excessive fascination with computer games.
Keywords: gadget, Internet, cyberaddiction, addiction, computer, teenager.

Nowadays, the world has been swallowed up by social networks and various gadgets. The word "gadget" is derived from the English "gadget", translated as "device, device". In particular, modern teenagers spend too much time on a smart phone, rather than live communication with their family and friends. The phone becomes not just a means of communication and communication, but a subject of dependence. In the modern world, everywhere: on the street, on the benches of the park, at the tables in the cafe, we can see the same picture: children, adults, young and even elderly people are sitting with their eyes focused on the screen of a phone, tablet, laptop. They are looking at something, answering someone. "A gadget is a small device designed to facilitate and improve a person's life." But is this really the case? Researchers separately distinguish between psychological dependence on the Internet (networkism) and computer games (cyberaddiction). Each of them has its own causes and consequences and extends to different age groups. As a rule, young people aged 10 to 18 are fond of games. Network addicts are often representatives of the older generation.

Within reasonable limits, working at a computer, using the Internet or some video games can even be useful for a person as a means of developing logic, attention and thinking. Many computer games can be informative, and you can

read a lot of useful and interesting information on the Internet. Problems arise when the time spent at the computer exceeds the permissible limits, and there is a pathological addiction and the need to be at the computer for more time.

In most cases, computer, Internet or gaming addiction occurs against the background of hidden or obvious dissatisfaction with the surrounding world and the impossibility of self-expression, with the fear of being misunderstood.

A person, chained to a computer by his will, begins to have problems with reality. Social adaptation is disrupted, it becomes difficult to find a common language and common topics with other people. Many socially significant things, such as career, work, family, cease to worry. There is a negative impact on the domestic, educational, social, working, family, financial spheres of activity.

The most pronounced negative impact of computer addiction on a person's social qualities: friendliness, openness, desire for communication, a sense of compassion. With pronounced computer addiction, there is a strong degradation of the social ties of the individual and the so-called social maladaptation of a person. Most often, social maladaptation develops in children and adolescents who spend a lot of time abroad computer games and on the Internet.

The degradation of social ties in this case develops due to the displacement of objective virtual reality created with the help of a computer. Against the background of social maladaptation and deepening into the world of virtual reality, excessive aggressiveness and various types of antisocial behavior may appear.

A teenager suffering from computer addiction, as a rule, pays less attention to studying and performing various social functions.

Under the influence of computer addiction, a teenager may develop additive behavior, which is characterized by a desire to escape from reality by changing his mental state. There is a process during which the child not only does not solve important problems for himself, but also stops in his personal development. Being fond of the computer, a teenager devotes less time to his real hobbies and constantly strives to return to the virtual world.

Boys most often fall into the risk group, because they have by nature more than girls, developed competitiveness, competitive motives, the desire for superiority.

The main risk group for the development of computer addiction are adolescents aged 10 to 18 years.

The computer world is attractive for a teenager:

1. the presence of his own world, to which no one has access except himself, the lack of responsibility;

2. anonymity and inability to verify the information provided about yourself on the Internet;

3. the possibility of combining real, desired and entirely fictional qualities in a virtual image;

4. realistic processes and complete abstraction from the outside world, the ability to correct any mistake by repeated attempts.

In adolescence, value orientations are formed: the concepts of good and evil, mercy and cruelty, friendship and betrayal, love and hate. Under the influence of computer games, reality is distorted as in a crooked mirror. The child develops emotional coldness, isolation, lack of empathy, psychological infantilism — inability to take responsibility, to control their actions. An adequate personality is formed only in live communication with other people.

Teenagers lose their sense of reality and begin to broadcast the plots and actions of games for real life.

It is worth paying attention to such signs: if a teenager who regularly plays computer games has become irritable, nervous, poorly controlled, tantrums have appeared that did not exist before, attacks of aggression for trivial reasons. So the child's psyche can compensate for the load that she receives during computer games. The tension and excitement in which a child is playing, for example, a "shooting game", unexpected plot twists, strong excitement cannot disappear without a trace and then manifest themselves in such unexpected behavior changes for parents.

Psychological symptoms:

- feeling good or euphoria at the computer;

- inability to stop;

-increasing the amount of time spent at the computer;

- neglect of family and friends;

- feelings of emptiness, depression, irritation outside the computer;

- lying to family members about their activities.

In the modern world, it is almost impossible to give up technology. It is impossible to prohibit the use of mobile phones, as well as other gadgets, since this fact has become an integral part of human life, but we must remember that they are fraught with dangers that a reasonable user can avoid.

As a result of working on the article, we came to the conclusion that modern youth actively use electronic gadgets, while many do not comply with the hygienic requirements for landing and the distance from the screen to the eyes. At the same time, many teenagers spend a huge amount of time (more than 3 hours a day) using electronic devices and this means that their health is being caused enormous harm.

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