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HOW DOES A COMPUTER EFFECT ON PERSON?

The impact of computers on human health is one of the hotly debated topics in modern medicine. Its direct harmful effect on the human body has not yet been proven. There are only certain factors that predispose to the occurrence of health problems in people who actively use a computer. Plunging into the virtual world, a person moves away from reality, ceases to be interested in the surrounding world and people. And especially vulnerable in this regard are children and adolescents who have not yet formed as individuals and are easily susceptible to harmful influences. The computer greatly affects the entire human body, and primarily on his physical and mental health. In our time, the term "computer addiction" is not yet recognized by many scientists involved in the problems of mental disorders, but the fact of the influence of a computer on a person's mental and physical health is obvious and is gaining more and more scope.

The concept of "computer addiction" appeared in 1990. Experts attribute this type of addiction to a specific emotional "addiction" caused by technical means. Computer addiction is characterized by the desire to escape from everyday life. At this moment, the work of his psyche slows down in a person, and more often, individual-personal development stops altogether. Thus, people move away from solving various problems in their lives.

For example, here few types of "computer addiction":

1. Cyber addiction (dependence on computer games) - Whatever type of games a person chooses, they all have the same effect on the mind: they give an amazing feeling of control over what is happening in virtual reality, eliminating the need to think about really important matters and make serious decisions. This creates the illusion that the time spent at the computer is well spent. The brain can relax while playing. Gradually, a person gets used to living by the rules, but in a real life situation, when you need to decide something on your own, he gets lost. Escape from reality into the computer world eventually gives rise to indifference to life, real emotions lose their brightness, the line between feelings is erased. Subsequently, the circle of interests narrows, efficiency decreases, difficulties in communication increase. The need for a computer or game consoles grows and becomes irresistible, competing with hunger and thirst, the need for rest and live communication.

2. Network addiction is manifested by the endless stay of a person in the network. Sometimes they are in the virtual world for 12-14 hours a day.

Some signs of networking:

A) Excessive interest in the problems of the Internet.

B) Repeated but successful attempts to control or completely stop the use of the Internet.

C) Irritability, a feeling of emptiness, sadness, or even deep depression in the event of a long disconnection from the Network.

D) The time spent on the Internet is always more than what was supposed at the beginning when you first sat down at the computer.

Within reasonable limits, working at a computer, using the Internet or some video games can even be useful to a person as a means of developing logic, attention and thinking. Many computer games can be educational, and there is a lot of useful and interesting information to be found on the Internet. The physical aspects of computer addiction are characterized by general exhaustion of the body - chronic fatigue. As a rule, people suffering from computer addiction neglect sleep and rest. At the same time, the euphoria and excitement caused by playing or surfing the Internet can mask fatigue, which causes even more fatigue in the body. Against the background of computer addiction, various mental and behavioral disorders can occur.

1. eye dysfunction (visual impairment, dry eye syndrome)

2. musculoskeletal system (curvature of the spine, posture disorders)

3. digestive system (malnutrition, gastritis, chronic constipation, hemorrhoids), general exhaustion of the body - chronic fatigue due to lack of sleep and rest. At the same time, euphoria and excitement caused by games or being in Internet, can mask fatigue, which causes even more fatigue in the body.

We analyzed the problems associated with using a computer, but this did not make it less useful and necessary. What to do? Here I have an answer. Here you need to competently monitor your health and try to follow the rules that will be shown below.

Convenient workplace. It must be sufficiently illuminated, the light field is evenly distributed over the entire area of the working room, the rays of light should not fall directly into the eyes. Equip your computer with a good monitor, set it up correctly, use quality programs.

Special nutrition for the eyes. People with impaired vision need to eat foods that strengthen the blood vessels of the retina: blueberries, black currants, carrots. In the diet of myopic, cod liver, greens: parsley, lettuce, dill, green onions should be present. Rosehip (infusion, decoction), cranberries help with retinal dystrophy.

Gymnastics for the eyes. There are computer programs that simulate rest for the eyes. It's hard to say how effective they are. Probably, the same 10 minutes of real rest is better than looking at the screen with an imitation of rest. Gymnastics for the eyes brings the greatest benefit for prevention and in the first stages of visual impairment. It is advisable to perform an "eye" set of exercises for both those who work at a computer and those whose eyes are prone to overwork. Gymnastics for the eyes usually takes no more than five minutes.

By following these simple rules, we will take care of our health and at the same time we cannot worry that it will greatly affect us during its use. But

personally, I think that the computer already occupies a serious part of our lives. We are constantly working and thanks to him we buy products, calculate salaries or build new technologies. Both psychologically and physically we will be closer to computers. The question remains open and will always be open, because the further - the more interesting