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INFORMATION DEPENDENCE AS ONE OF THE POTENTIAL DANGERS

ІНФОРМАЦІЙНА ЗАЛЕЖНІСТЬ ЯК ОДНА З ПОТЕНЦІЙНИХ НЕБЕЗПЕК

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Annotation. The influence of duration and intensity of work with PC on the state of health and academic success of students of different faculties is investigated.

Keywords: information dependence, personal computer, internet-addicted, potencial dangers.

Анотація. Досліджено вплив тривалості та інтенсивності роботи з ПК на стан здоров'я і академічну успішність студентів різних факультетів.

Ключові слова: інформаційна залежність, персональний комп'ютер, сетеголик, потенційні небезпеки.

Introduction. Modern trends in the growth of technological progress and the development of information technologies, automation and modernization of production, new principles of workplace organization, leisure and recreation lead to a person's perception of the information environment as a different, subjective reality. As a result, a person spends more and more time in the information environment and moves away from the real world more and more. In connection with the appearance of such a phenomenon, in the 90s of the last century, the concept of “computer addiction” appeared. This concept includes the obsessive desire of a person to get away from everyday worries and problems into virtual reality, thereby improving his emotional well-being.

Relevance. Computer games have become an exciting activity for many preschoolers, schoolchildren, students and adults. At the heart of the dedication to computer games is the need for pleasure. Currently, there are two main psychological mechanisms for the formation of dependence on role-playing computer games: the need to avoid reality and to accept the

role of another. They always work at the same time, but one of them may be superior to the other in terms of the influence on the formation of dependence.

Main part. According to psychologists, from 10 to 14% of people playing computer games become dependent on them. This relationship can occur at any age, but teenagers are most susceptible to this. One of the reasons for the formation of computer addiction in a teenager is the thirst for adventure that a child can get in various computer games. Another reason could be child neglect, that is, parents are so busy solving their problems that they absolutely do not have enough time for a child. Such parents are not interested in the success at school, the feelings and experiences of the child, they do not know what their child lives and what he wants. They simply bought him a computer, believing that in this way they had fulfilled their parental duties, and the child has complete freedom of action, he is left to himself. The next reason could be constant quarrels between parents or persons replacing them. In such families reigns emotional and psychological stress. Another reason for escaping into virtual reality is the physical, emotional and psychological abuse of classmates or peers.

Separately, they distinguish psychological dependence on the Internet (netholizm) and computer games (cyberdediction). Each of them has its own causes and consequences and extends to different age groups. As a rule, young people between the ages of 10 and 20 years are fond of games, and network eagles are often representatives of the older generation.

Internet-addicted are called Internet dependent people. They need to be on the Web again and again, and they can easily spend 12-14 hours knocking, continuously downloading music, programs, chatting and chatting on forums. They make endless virtual acquaintances, without seeking to transfer them to reality. In network-caps there is self-isolation, loss of internal guidelines, unbalance, confusion, negligence, disregard for relatives and, of course, huge expenses for payment for services of the provider.

In addition to the main signs of dependence on the computer, networkers have additional symptoms:

- Intrusive desire to constantly check email;
- Anticipation of the next session online;
- Increase the time spent online;
- An increase in the amount of money spent online.

Most network addicted people are newcomers who have recently gained access to the world wide web, and they strive to try out all its capabilities in practice. Over time, such users gradually “cool down” to the network and spend less time there. But in some cases, an excessive craze for the Internet develops into dependence, which can lead to unpleasant consequences. The main criteria determining the disease, experts believe the following:

- Unwillingness to distract from the game;
- Irritation in case of involuntary distraction;
- Inability to plan the end of a game session;
- Spending a lot of money to ensure constant updating of games and computer devices;

- Forgetting about household chores, duties, studies, meetings and arrangements during the game on the computer;
- Neglect of their own health, hygiene and sleep in favor of spending more time at the computer;
- Abuse of coffee and other similar psychostimulants;
- Willingness to be satisfied with irregular, random and monotonous food, not looking up from the computer;
- Feeling of emotional lift during the game.

In National University “Zaporizhzhia Polytechnic”, teachers of the department “Labor Protection and Environment” conduct research into the influence of the duration and intensity of work with computer equipment on the health and success of students from different faculties.

Given that students have not yet fully formed the stereotype and rhythm of professional behavior, the purpose of this work was to determine the psychological characteristics of young people who may further affect their behavioral stereotype and overall success.

Full-time students of technical and humanitarian studies took part in the testing, in particular, 20 students of the engineering and electrical engineering faculty, the faculty of computer science and technology, as well as 20 students who study by specialty: “Psychology”, “Special Education”, “Physical therapy, ergotherapy”, “Physical culture and sport”.

In accordance with the recommendations of Sergey Kulakov - a psychotherapist of the highest category, the doctor of medical sciences, the students answered the tests, which consist of 20 questions and allow to determine in general the presence or absence of dependence on the Internet network.

1. How often do you find yourself lingering on the network longer than planned?
2. How often do you abandon your household duties to spend more time online?
3. How often do you prefer online entertainment with intimacy with your partner?
4. How often do you build new relationships with friends over the network?
5. How often do your friends complain about the amount of time you spend online?
6. How often does your education and / or job suffer from online time?
7. How often do you check email before doing something else?
8. How often does your efficiency or productivity at work suffer due to the use of the Internet?
9. How often do you resist a conversation or hide it if you are asked about what you did on the network?
10. How often do you overshadow unpleasant thoughts about your life, replacing them with soothing thoughts about the Internet?
11. How often do you feel a welcome anticipation from the upcoming release to the network?

12. How often are you afraid that life without the Internet will become boring, empty and uninteresting?

13. How often do you get annoyed, shout if something tears you away when you are online?

14. How often do you lose sleep when you are late in the network?

15. How often do you feel that you are absorbed by the Internet when you are not online, or imagine that you are there?

16. How often do you notice your words “a couple more minutes ...” when you are online?

17. How often do you unsuccessfully try to cut the time spent in the network?

18. How often do you try to hide the amount of time spent in the network?

19. How often do you prefer to be online instead of meeting people?

20. How often do you feel depressed, in a bad mood, are you nervous when you are not online, what soon disappears when you get on the Internet?

Answers are rated on a five-point scale: 1 - very rarely, 2 - sometimes, 3 - often, 4 - very often, 5 - always. With a score of 50-79, it is worth considering the serious impact of the Internet on a person's life. With a score of 80 or higher, the respondent is most likely to experience Internet addiction, the person needs the help of a specialist.

It was determined that 63% of students of the Faculty of Computer Science and Technology have a predisposition for “computer addiction”, while the interest in academic disciplines is insignificant, almost none of the respondents are engaged in sports.

For humanitarian students, the propensity for computer addiction is dramatically less (10-12 %). Students play sports, conduct training in sports clubs, in schools, adhere to the principles of a healthy lifestyle.

Conclusion. Thus, studies have shown that long and intensive work at a computer monitor affects the health of students. Given that the main contingent does not comply with the recommendations on the mode of alternation of work and rest (1 hour of work 10-15 minutes break), it is necessary to raise the level of educational work. Performing a set of exercises to relieve eye fatigue, playing sports makes it possible to maintain health and a high level of efficiency.

ТЕХНОЛОГІЇ ЗАХИСТУ АТМОСФЕРИ ATMOSPHERE PROTECTION TECHNOLOGIES

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Ключові слова: Технології захисту довкілля, атмосфера.