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INFLUENCE OF INFORMATION AND COMMUNICATION TECHNOLOGIES ON THE EVERYDAY LIFE OF MODERN SCHOOLCHILDREN

Tursunova A. M.

Niyazova O. A.

Jaxongirova M. D.

Tashkent State Medical University

In recent years, the emergence of new hygienic factors has been noted, in which the health of the child population is formed. One of these factors is the use of information and communication technologies (ICTs) by schoolchildren, which affects both the daily routine of schoolchildren and their lifestyle in general. Information and communication technologies (ICTs) have become an integral part of the lives of children and adolescents. Smartphones, tablets, computers, social networks, and educational platforms are shaping a new type of behavior, influencing students' learning, recreation, health, and social interaction. Their impact on the daily routine can be both positive and negative.

The use of information and communication technologies leads to the activation of mental activity, allows you to increase the amount of information received, and systematizes thinking. Along with this, the use of a computer is accompanied by the impact on the body and moral and ethical aspects of human development of a number of factors that can have an adverse impact on the functional state and performance of students, on physical and mental health.

Today, the age of active computer use is reduced to 5-6-years old, who are able to handle technology much better than many adults. On the one hand, there is nothing wrong with this - in our computer age, the sooner a person learns the basics of working with a computer, the better, on the other hand, according to



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statistics, the incidence of diseases in children and adolescents increases from year to year. Hours spent in front of the monitor screen, sooner or later will respond to a nervous system disorder, reduce the level of immunity. And it is unacceptable that people pay with their health to get knowledge.

It is very important to identify and prevent the negative impact of the computer on the health of children and adolescents. An important factor of influence is the prolonged presence of the child at the computer, which can have a significant impact on physical and mental health.

Purpose of the study. Study of the impact of information and communication technologies on the daily life of modern schoolchildren.

Materials and methods. 120 high school students of secondary schools in Tashkent took part in the survey.

Results and discussion. It is established that schoolchildren use ICT every day for 7 hours on a regular school day (on average, 15% in the budget of the school day mode). The workload of using ICT during the day of high school students changes the time allocated to other regime moments.

Use of ICT among high school students of general educationx schools in Tashkent: use of gadgets - 6 hours; use of computers -1.5 hours; use of planets-1 hour; use of ICT in the educational process - 2 hours; use of ICT outside the educational process-2 hours; use of gadgets before going to bed -1.5 hours.

Such routine moments as sleep are reduced (up to 25% instead of the recommended 38%) and motor activity (outdoor activities and sports) is reduced by 8%.



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Taking into account all the above, we can say that in modern conditions, the search for effective forms of forming healthy lifestyle attitudes in children, adolescents and young people is relevant.

Conclusions

Due to the long-term use of ICT in the budget of schoolchildren's daytime, other routine moments such as sleep and motor activity are shortened, which in turn will further affect the health status of secondary school students.

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