



International Congress on Biological, Physical And Chemical Studies

International Congress on Biological, Physical And Chemical Studies - is an international conference platform under open access policy. The conference is led by international expert members who take an objective approach to peer review, ensuring each research paper is reviewed, edited by authors and evaluated on its own scholarly merits and research integration. Publishing and joining on the proceeding of the International Congress on Biological, Physical And Chemical Studies will ensure publishing experience and indexing possibilities on various global indexing.

Morphometric Parameters of Computer Addiction Among Teenagers in the Bukhara Region

Mukhidova Gulmira Khasanovna

Bukhara State Medical Institute named after Abu Ali ibn Sino

ABSTRACT

Computer addiction is a condition that can lead to structural changes in adolescents, the musculoskeletal system of which is still in the process of formation. In this regard, we noted the following changes in adolescents with computer addiction.

KEYWORDS: computer-dependent adolescents, anthropometric parameters, scoliosis.

Research aim. To study the clinical and morphological parameters of computer dependence of the environment of children and adolescents with the musculoskeletal system.

Materials and methods. The study was conducted at school No. 35 in Bukhara. Computer addiction in teenagers was determined using a special test questionnaire by K. Young. The children and teenagers (78) were divided into 2 groups: Group I - the control group, computer-non-addicted (28 teenagers - less than 50 points) and Group II - teenagers with computer addiction (50 teenagers, of which 28 with a high degree of addiction - 51-79 points, and 22 with a very high degree of addiction - 80 points and above).

Results and discussion. The obtained data were analyzed. A study was conducted on 78 adolescents aged 12-14. Observations showed that 42% of adolescents develop computer addiction and 23% have a single-handed computer addiction. In adolescents who were addicted to the computer, hypertrophy of the muscles of the right hand was observed with the little finger being moved to the side due to prolonged stretching, and on the right side, the little finger was moved to the side, and the palmar fingers were found to have a "dome shape". In adolescents who were addicted to the computer, asymmetry of the body was noted due to a lot of sitting in front of the computer, and later scoliosis was formed. These children also showed the following signs of computer addiction, i.e. eye disorders (deterioration of vision, display syndrome, dry eye syndrome), carpal tunnel syndrome, frequent headaches, insomnia, changes in sleep patterns, daytime lethargy, neglect of personal hygiene), digestive system (eating disorders, chronic constipation, hemorrhoids), movements such as excessive use of the keyboard.

CONCLUSION .Thus, it was concluded that computer-addicted teenagers, due to prolonged overstrain of the muscles of the right hand, have hypertrophy with the little finger being abducted

to the lateral side, and on the right side, a "dome-shaped" hand with the little finger being abducted to the side is noted. Computer-addicted teenagers have asymmetry of the torso due to the forced posture in front of the computer, with subsequent formation of scoliosis.

REFERENCES.

1. Dyachenko M.Yu., Tsifrovaya M.Yu., Dyachenko S.S.-M.: Eksmo.-2009.-416s.
2. Dmitrieva U.S. Hobby or diagnosis?: psychological support of the problem of computer addiction // School psychologist, 2008.-№2.-P.10-12.
3. Stepanova M.N. How to ensure safe communication with a computer // Public education. - 2003.-№2.-P.146-150.
4. Mukhidova, G.Kh. (2021). The phenomenon of "computer addiction: features of Internet addiction in adolescents". Eurasian journal of medical and natural sciences, 22-26.
5. Mukhidova G.Kh. "Zamonaviy ta'lim: muammo va yechimlari". Features of anthropometric parameters of computer-addicted adolescent boys. 2021 pp.- 49-50.
6. Fadeeva S.V. Prevention of computer addiction in adolescents // Public education, 2011.-№8.- P.276-280.