

The influence of computer games on the health of adolescents

Kuznetsova Daria Maksimovna, Markevich Katsiaryna Konstantinovna

Belarusian State Medical University, Minsk

Tutor - Sayanova Galina Ivanovna, Belarusian State Medical University, Minsk

Introduction

Computers play an important role in modern life but their overuse is harmful. The wide spread increasing employment of computers in schools and leisure activities influence adolescents emotional, cognitive and social development significantly and the result in psychiatric syndromes. Young people become so obsessed by a home computer that they use its screen as replacement for friends and regard people as mere machines.

Aim of the study

To determine why teenagers begin to get involved in computer games, and how such a hobby affects their health.

Materials and methods

To assess this problem methods of interview and analysis, recent scientific articles devoted to this topic and the Internet sites have been studied.

Results

Schoolchildren aged 8 – 15 were examined and interviewed. 45% of them play computer games for pleasure, 38% have cognitive interest and 17% get away from problems. After playing computer games 68% of pupils express the desire to communicate with their friends and 32% of them try to be alone. Passion for computer games affects the pupils vision (47%), cause headache (18%) and fatigue (16%).

Conclusion

Passion for the computer can prevent some pupils from a simple communication with friends and keenness on other hobbies, reduce school performance. Employment of computers in school and leisure activities affects the health of children. They get tired, sleep badly, become nervous, irritating, rude, distractive. However, computer games develop logical thinking, creativity, quick reaction, if playing time is limited according to the recommended dosages.