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ИЗУЧЕНИЕ КОМПЬЮТЕРНОЙ ЗАВИСИМОСТИ В СОВРЕМЕННОЙ ШКОЛЕ⁴

Аннотация. В статье описывается проблема зависимости от компьютерных игр в современной школе. Анализирует состояние зависимости и уровень студентов в 10-12 лет.

Ключевые слова: компьютерные игры, наркомания, компьютерная зависимость, влияние на психическое и физическое здоровье учащихся.

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STUDY OF COMPUTER ADDICTION IN MODERN SCHOOL

Abstract. Describes a problem of dependence on computer games at modern school. Examines the State of dependency and level of students in 10-12 years.

Keywords: computer games, addiction, computer addiction, effects on mental and physical health of students.

Computers rapidly entered the life of modern man. They have become an integral part of life, not only adults but also children. However, with the advent of computers and computer games, which immediately found admirers among both children and adults. So far computer technology has reached such a level of

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development that allows you to create very realistic game with good graphics, color and sound design. This leads to an increase in the number of people who share a love of computer games.

Computer games are fun for many high school students and adults. Preschool children are not interested in traditional toys, like before, they are quicker to get home, because there's a game. School children miss lessons because that whole night held at the screen and did not have time to prepare for the lessons. Lessons are becoming less important than passed the level of play. And at recess at school is a topical theme of computer games.

Analyzing the problem of passion computer researchers pay special attention to the fact that children are so slip in a computer game, the (fictional) in the virtual world, the game becomes a lot more interesting than it is in real life. In this world there are exciting challenges, which did not lead to any negative consequences: to bad marks, the comments from the parents, to the dismay of the etc mankind is confronted with such a global problem of dependence on computer games. In this study, we wanted to find out what lies at the heart passion for computer games and in formation according to them. How does this affect the status of children and adolescents.

Analysis of the literary sources, allowed us to define the notion of "computer addiction", with its characteristics, the characteristics and mechanisms of development. Were the main negative influence of computer games on the physical and psychological well-being of children and adolescents.

The information helped us to carry out a study based on computer games in children and adolescents general education school and its effects on mental and physical health of students.

The study involved 80 people, distributed into groups as follows: at the age of 9-10 years-27; 11-12 years-29; 13-14 years old-24 person. The respondents were made by students of the secondary school.

Most of the questions, the respondents gave more than one answer, respectively, the total amount of points in a number of cases exceeds 100%.

Most of the guys on the question: "do you like to play computer games?" responded positively (68%), the number of affirmative answers Predominated among boys 9-10 years (99%) and the smallest interest among girls 13-14 years of age (40%).

When evaluating the time spent by children playing computer games, the majority of respondents selected the answer "1-2-hour" -34% and "1:0" -32%. More 3:0 are at play 16% 7%-children can be in the game all night.

If the respondents had to take a break from the game, then 34% of them come into a State of intense irritation. The greater the irritation are boys and girls 9-10 years (45% and 40% respectively).

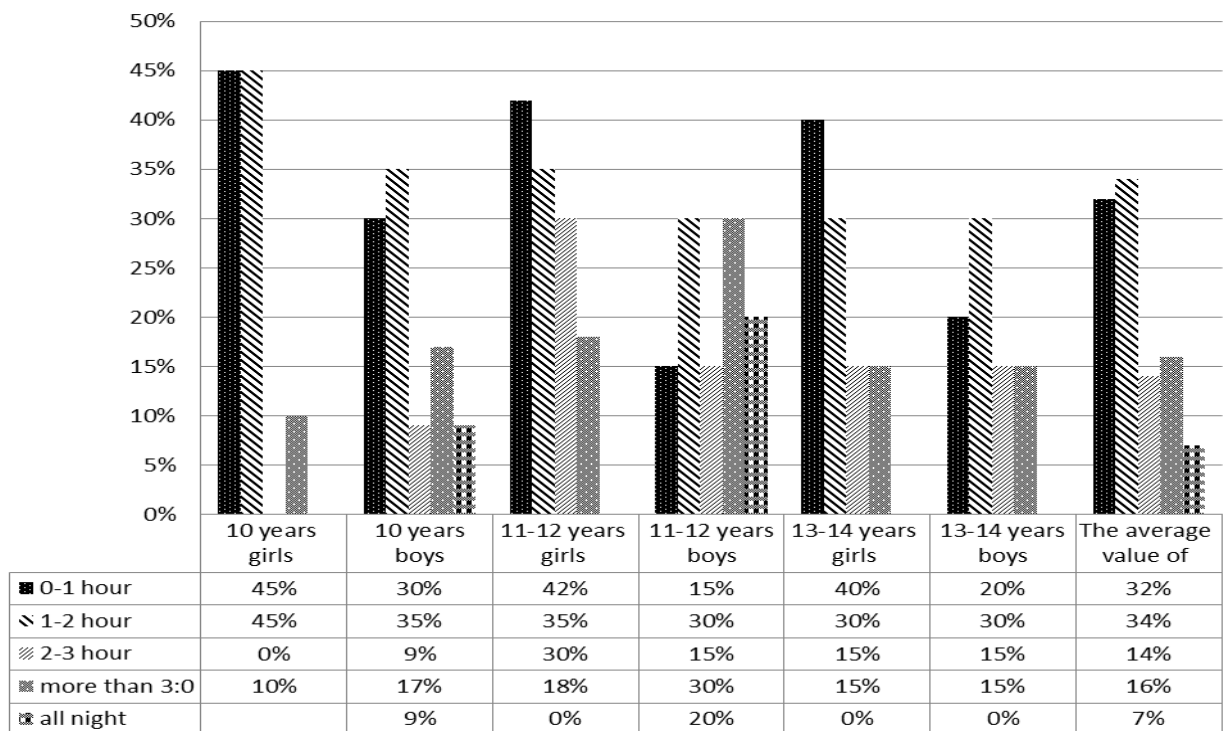


Figure 1. Distribution of time spent by children playing computer games

Not all the interviewees in advance allocated the time to devote to the game (35%), most of them are very long (65%). Positive dynamics is observed from age to age: the older the child is, the more often does not notice the time spent playing. Here you can talk about increased reliance on gaming.

Respondents have a certain responsibility to their main duties, only 14% of respondents with a game forget the responsibilities at home and at school. Most guys you meet them and then play (61%).

18% of respondents happens to forget the games about nutrition and sleep. Among them are the boys 13-14 years old (60%).

Feelings of joy and emotional recovery during the game are 65% of the respondents.

When choosing the position of physical health problems as a consequence of a long period of time spent at the computer, respondents identified the headache (25%) and vision problems (25%), pain in the spine (19%) and wrist pain (10%) (Figure 2).

On arrival from school immediately go for computer 10% of respondents, a large part of first homework and housework. 52% of respondents said that they

know what is computer addiction, 29% have knowledge of ways and 19% of people do not know this concept.

A computer addiction involves a 31% of respondents.

Thus, our study showed that children and adolescents are given a significant preference for computer games, they are passionate about, but direct responsibilities for school and home is in the first place. The guys are aware of this responsibility is not dependent on age and gender.

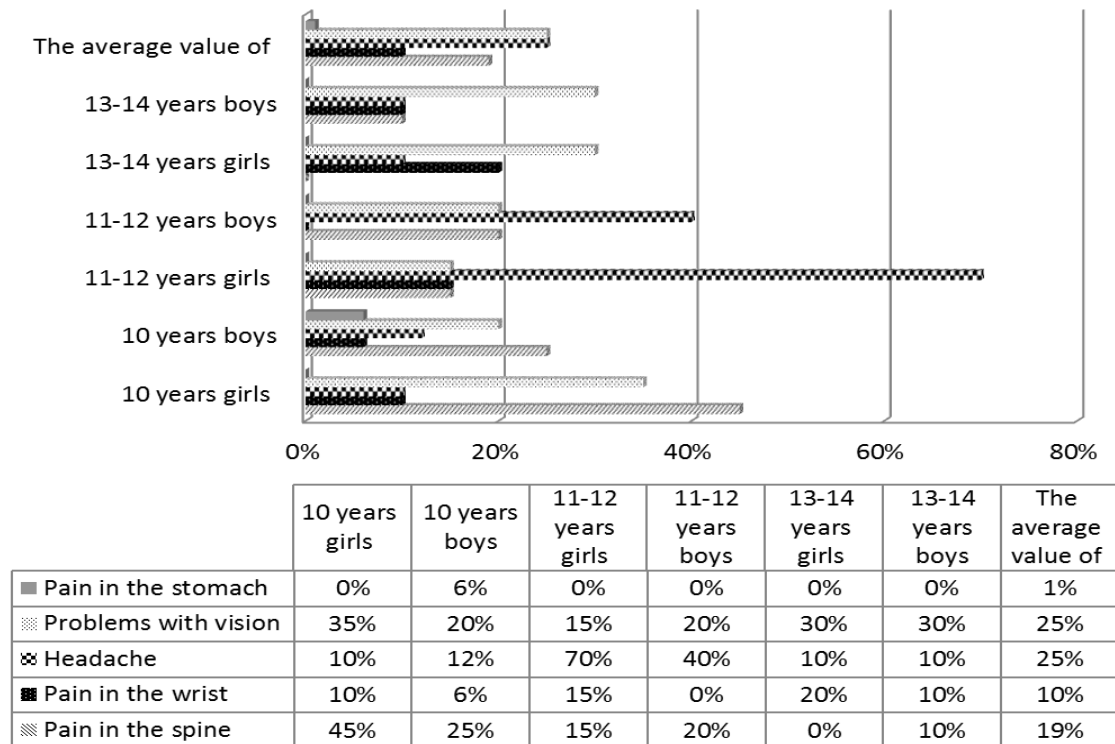


Figure 2. The children's discomfort at the physical level

It should be noted that the boys of different ages are more expressed interest games than girls. Girls ' passion for games to youth period greatly subsides.

There are physical health deviations, as a consequence of a prolonged stay at the computer, and headaches, and fatigue, and pain in the wrist, spine.

In general it can be concluded that manifestation of computer games in children and adolescents is not significant. However, there are children who should guard against further hobbies games, decrease the time spent at the computer.

According to the data we have proposed recommendations to prevent the development of dependence on computer games in children and adolescents, as well as for the prevention of physical and psychological abuse by health.