

YOUTHS' ADDICTION ON COMPUTER GAMES AS ONE OF THE RISKS OF MODERN INFORMATION AND COMMUNICATION TECHNOLOGIES

The article deals with the problem of the formation of computer addiction among young people; psychological and physical symptoms and stages of its development are proved; correctional and adaptic actions are defined.

Keywords: computer games, computer addiction, youth, education, gaming addicts.

In the development and improvement conditions of information and communication technologies which are widely used now in the professional sphere and in everyday life, there is a new kind of addictive behavior of youth as computer addiction.

In the structure of computer addiction we can distinguish 5 types: compulsive surfing (travel on the network, information search in databases and search sites); passion for the online exchange trading; Virtual dating without aspiration to transfer them into reality; computer games.

It should also identify a number of psychological and physical symptoms that are characteristic for computer addicts:

1. *Psychological symptoms:* good feelings, or euphoria at the computer; inability to stop, increasing the amount of time spent at the computer; disrespect for parents and friends; feeling of emptiness, depression, irritability during the period of the reduction or cessation of use of the Internet; giving false information to family members on the activity; problem with learning, using the Internet as a way of escaping from problems or alleviate heavy emotions (feeling of helplessness, rage, anxiety, depression);

2. *Physical symptoms:* carpal tunnel syndrome (tunnel defeat of the nerve trunks of the hand associated with prolonged muscle tension); dry eyes; headache-

type migraine; dorsodynias; irregular meals; neglect of personal hygiene; sleep disturbances, change in sleep patterns.

A thorough analysis of a problem allowed coming to a conclusion that in general the formation of computer addiction among young people takes place in three stages:

I–risk stage of computer addiction development. The main characteristics are the increase in time spent to achieve the goal and work at the computer, loss of sense of time, getting emotional enjoyment at the computer, spending large amount of money on computer activity, the first signs of social disadaptation.

II – a stage of formed computer addiction. Basic attributes: emotional and volitional disorders and psychological addiction. Growth of tolerance to the computer, obsessive thoughts and fantasizing about it is noted. Disactualization of the basic physiological needs is observed – sleep, rest, meals, and personal hygiene. Violated modes “sleep-Wake” and “rest-stress” (while working at the computer not only day, but night). Work at the computer is carried out due to school, work, social and personal relationships. On the one hand, patients are fully focused in computer technologies, on the other hand – there is a peculiar form of infantilism, almost complete helplessness in the world of social norms and relations.

III – a stage of total computer addiction. Signs of both mental and physical addiction are observed. There are unsuccessful attempts to control work at the computer. In the structure of the syndrome of actualization compulsive desire dominated aggressiveness, anger, psychomotor agitation, depressive phenomena, attention span, involuntary “print movement” of the fingers may demonstratively blackmailing suicidal to attempts of others to hinder computer activities. At this stage there are physical symptoms: headache-type migraine, back pain, dry eyes, numbness and pain in fingers (carpal tunnel syndrome). The social and family disadaptation is also brightly expressed.

Modern education today cannot be imagine without the use of information and communication technologies in scientific researches and educational process. However users (pupils/students/teachers), working at the computer, often excessively

fond of on-line games, or being on the Internet, visit sites unrelated to learning, using the Internet for communication and interactive games. Game dependence and uncontrollable use of the Internet cause poor progress in training, emergence of the academic debts, emergence of the professional conflicts, and also some other problems of social, financial and legal character.

In behavior, Internet addiction is manifested in the predominance of virtual life over real. Quite often the escape from reality is explained by the aspiration of the gamer to relax, distract from problems and troubles of everyday life. It should be noted that computer games that are used within reasonable limits, have a certain psychotherapeutic effect and help relieve tension, stress, reduce anxiety and weakening depressive background. However, in the case of abuse, computer games lead to the opposite effect, causing an increase of anxiety, irritability, aggressiveness or autoaggression, lead to a complete escape from reality and the formation of psychological dependence.

Vigorous activity of the individual in the Internet environment is directed to satisfy of own needs. The virtual reality allows the individual to satisfy a number of needs of communicative, informative, playful character. Identifying himself with the hero of a game, the individual gets the opportunity of a peculiar self-realization in the virtual world. In our opinion, the virtual game space allows to implement such needs as: need for a game, entertainment; the need of achieving the goal; need for self-development, the development of positive qualities: dexterity, courage, ability to overcome obstacles, etc.; need to overcome defeat and failure; need for respect and self-respect; the need for autonomy that is shown in aspiration to release from the existing rules and orders, removal of social taboos; need for domination; need for aggression; need for danger avoiding and so forth.

It should be noted that the need for play in young people with appropriate dependence becomes constant, thus the complete satisfaction of this need becomes impossible. The game allows the individual to take the role of another, to become the person, he cannot become in real life. At the same time super qualities of the game character (courage, force, dexterity, unusual capabilities, etc.), the individual

automatically projects on himself. The return to reality deprives him of these possibilities and makes helpless before the problems which exist in reality. The gaming addicts have loss of time sense, loss of communication with the outside world; there are feelings of uncertainty, helplessness, fear of independent decision-making and responsibility for them. Psychological withdrawal syndrome is characterized by dysphoria (the advantage of a sullen, angry-irritable moods with frequent affective flashes, manifestations of aggression and self-aggression), with agitation, inattention, fatigue, etc., constant, persistent desire to keep playing the game if it's not possible to play really addict continues to play mentally.

There is a concept of a post-game stress, when the individual is faced with a dilemma: to return to reality and become a simple person who reached nothing, because his virtual abilities are actually inapplicable or, continued the game as the superhero, to improve the “acquired” virtual qualities and conquer new worlds. Role-playing computer games on force of impact on the gamer are the most powerful, they contribute to the integration of his consciousness with a computer which in the case of loss of identity can lead to full identification of the gamer with computer hero. In a condition of norm there is a short-term immersion of the individual in virtual reality with stress relief purpose, derivation from daily problems. In the case of pathological deviations from the norm, the individual returns to the real world for a short period of time in order to satisfy basic physiological needs. At the same time staying of the gamer in a cyberspace can reach 18 hours a day.

The virtual game world, unlike real, distinguishes recoverability of events (game saving, the ability to replay the event), the predictability of the game, its components and events (e.g., the choice of the level, enemy, weapons, scene, etc.), and the presence of abilities that are impossible in the real world: the multiplicity of “lives”, the lack of physical laws (e.g. gravity, density, speed, etc.), physiological characteristics (ability to feel pain, fatigue), basic needs (sleeping, resting, eating, etc.).

It is necessary to emphasize that the personal disadaptation, that occurs, also contributes to the formation of suicidal behavior in gaming addicts in case of

impossibility of realization of valuable installations. Addicts distinguished by such psychological characteristics as insufficient development of self-regulatory mechanisms, disorders of strong-willed and emotional control, self-perception disorders (inadequate treatment due to the mismatch of real and virtual "I am"), impulsiveness of behavior. The gamer quite often realizes practical uselessness of passion for the game, however is not able to stop the game because of gaming addiction, which was formed in him, and this is an additional psych traumatology factor. Computer addiction affects the person, causing emotional and nervous overstrain, asthenoneurotic and psycho-emotional disorders, contributes to communication problems and impaired social adaptation.

Young people most of all are exposed to game addiction, that is promoted by a number of psychological features which are inherent in them: hyper sensibility to external incentives, information and novelty effect, unformed adequate schemes of behavior and perception, insufficiency of self-regulatory mechanisms, low level of strong-willed and emotional self-control, impulsiveness of behavior. Exaggerated interest in certain activity with the subsequent formation to it the emotional relation replaces the normal interpersonal relations and, as a result, could finally block all the other areas which were previously important for the individual. Therefore, for psycho-correction work with persons suffering from gaming addiction should employ both individual and group psychotherapy.

Thus, for correction gambling addiction are used: social and rehabilitational activities, cognitive behavioral psychotherapy approach, drug treatment of withdrawals emotional stress (antidepressants, anxiolytics, and sedatives). The therapy is aimed at rising self-esteem and self-awareness, intensifying of control over impulses, strengthening of stability of the interpersonal relations, social adaptation.

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