

PEDAGOGICAL AND PSYCHOLOGICAL FACTORS OF DEVELOPMENT OF IMMUNITY AGAINST HARMFUL HABITS IN HIGH SCHOOL STUDENTS

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Abstract: In this article, students daily activities, students' routines and the culture of using mobile devices, prevention of harmful habits in students, ways to get rid of stress, and meaningful organization of students' free time are described in this article.

Keywords: Harmful Habits, Smartphones, Laptops, Computers, Digital Technology



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Annotation

Today, computer games are more important than textbooks for teenagers, and for adults they have become more interesting sources than television and books. Humanity has a new type of activity - computer games. There is also an economic aspect to this.

An ordinary office computer is several times cheaper than a modern gaming system, because it is not designed for playing games. "Need to play" requires the purchase of powerful hardware for technical improvement, and player's money adds a large economic stake to the computer industry. For example: if an office computer is priced at 3 or 4 million Uzbek soums, a gaming computer costs more than 10 million. Gaming PCs require excellent hardware to handle large (MB) capacity games.

Nowadays, we all know that the human body is adversely affected by the electromagnetic field (EMF) of the mobile phone due to the widespread use of mobile communication devices. The largest group of mobile phone users are children and teenagers. Adolescents' bodies are susceptible to various adverse environmental factors. In addition, today's children have a much longer experience with mobile communication when they are older than today's adults.

The following aspects of the use of smartphones in the educational process are distinguished: informative, targeted, interactive, intercommunicative, inclusive. Mobile technologies have a unique opportunity in education, they have the ability to create a professionally oriented space, take into account the individual characteristics of the student, diagnose problems and create an individual opportunity for learning.

However, the research of psychologists has shown that not everything is good in one sense, as noted by pedagogical innovators. Previously, Western countries used smartphones widely. Since the 2010s, research has been conducted on the impact of smartphone use on people and in various

areas of society. Almost no information is found in the literature about the loading of ultra-high frequency (microwave) electromagnetic fields on the body of adolescents and their negative effects during the use of cellular communication. It should be said that research on determining the negative impact of mobile communication on the health of adolescents is an urgent issue in this field. study of students' use of mobile phones

conduct an experiment confirming that mobile phones have a negative effect on the health of adolescents show the main approaches and principles of protection against the negative effects of mobile phones

Teens use cell phones to:

- a. communicating with parents and friends;
- b. exchange of SMS messages;
- c. Becomes aware of information obtained from the Internet.

The most used functions on a mobile phone are games.

Among schoolchildren aged 15-17, the average time of one conversation is almost 5 minutes (3.8 ± 0.4 and 3.8 ± 0.5 minutes, respectively). At the same time, schoolchildren aged 15-17 communicate more than the recommended limit throughout the day. Interviews last about 30 minutes. It was found that girls talk on the phone 1.6-2 times more than boys. When asked about the longest conversation on a cell phone, we can see that 65% of conversations lasted more than an hour, 28% - more than 2 hours, and the longest - about 4 hours.

The average experience of students aged 15-18 years of regular conversations on mobile phones is 6-7 years. Teenagers say they play electronic games on their phones, and more than half listen to music. They spend from 10 minutes to 6 hours playing games, 1 hour to 12 hours listening to music. 80% of teenagers have access to the Internet on their phones. Teenagers spend from 10 minutes to 15 hours on the Internet. on the Internet, 46% communicate by phone at night.

Almost 65 percent of students do not turn off their phones during classes, in public places (cinema, concert) and at night.

From a hygienic point of view, carrying a phone on the chest and in the pocket of school clothes is dangerous for the health of mobile users.

Nomophobia is another indicator of student mental health related to the negative effects of mobile phones. Nomophobia is the fear of not being able to use a mobile phone. This phobia is recognized in the medical world. In a survey of subjects using the method proposed by the University of Iowa, it was found that 35% of the respondents had an average level, and 65% had a weak level.

We present the following recommendations;

Mobile communication is not recommended for children and adolescents under 16 years of age. Choose an operator with a high base station density. Do not talk on the phone in places where communication is difficult. Because the brain receives several times more radiation than the places where it is received stably.

High radiation occurs when the connection is established, so do not hold the phone to your ear for 5-10 seconds until the output power decreases. Press the "Call" button and start a conversation after 20 seconds, because the output power is low, i.e. reduced to the allowed level.

To reduce the amount of radiation, you should use headset ("hands free") systems. Let's say that the distance from the antenna of the tube pressed firmly to the ear to the cerebral cortex is 1 cm. By moving the tube just 1 cm from the ear, you double the distance to the brain (2 cm). and the power distributed to the brain is reduced by 4 times.

It's best to carry your phone in your bag, but it's not recommended to carry it in your pants pocket or on your neck strap. When carried in a clothing pocket, EMM has a negative effect on certain organisms. That's why you should keep your cell phone away from your head, heart and reproductive system.

It is not recommended to talk continuously for more than 3 minutes. The time between interviews should be at least 15 minutes. You can use any brand of phone no more than 2 hours a day.

You should not hold the top of the phone during the conversation. At the top of the device there is an antenna, which, when closed manually, loses its efficiency by 5-10 dB and forces the phone transmitter to increase the power by at least 3 times. This applies to phones with an internal antenna (commonly called "antennaless"). The internal antenna is an external antenna, which is lowered into the phone part a few centimeters deep.

During the conversation, the phone should be held vertically. Radio waves, even as short as 1800 MHz (half wavelength 8 cm), are polarized, so it is desirable to have the transmitting and receiving antennas oriented in the same way.

You should talk on the phone as quietly as possible (as the volume increases, the radiation power automatically increases).

It is important to monitor the charge level of the battery, as the level decreases, the radiation from the cellular device increases.

When talking, it is recommended to remove glasses with metal frames, because the presence of such frames leads to an increase in the intensity of the electromagnetic field affecting certain areas of the user's head.

It is considered dangerous to use the phone in the vehicle, because there

electromagnetic radiation can be reflected from the metal case, and it is several times stronger because it accumulates in the cabin. When speaking from across the room, you should move closer to the window if possible. Better to talk on the phone on the street. Because walls slow down the propagation of radio waves, which in turn harms people.

Do not use the phone during a thunderstorm.

Your mobile phone should be switched off at night. A cell phone on standby at night interferes with sleep phases. Even if most phones are turned off, the alarm device (alarm) works. Keep your phone at least 50 cm away from you when you sleep.

It is important to face the front of the phone towards the body, because the radiation will reach the mobile phone antenna, which in turn is usually located in the upper half of the back of the case. Use phone cases made of a unique material that reduces electromagnetic radiation by 500-1000 times.

We recommend that people prone to various mental illnesses, as well as people with sleep disorders, mental and physical activity and decreased activity, do not use mobile phones.

It is better to live away from the base stations of campaigns, and if they are close, then the bottom floor is suitable for housing.

Nowadays, mobile devices have become a part of our lives. It is not possible to give up mobile phones completely, but we recommend choosing them wisely and using them wisely. By following the simple rules of using mobile devices, it is advisable to reduce their radiation several times.

If we take into account the fact that modern children use mobile phones at an early age, the duration of use throughout their lives is a lot of time. Therefore, children are exposed to electromagnetic radiation much longer than modern adults.

In short, as a result of the impact of mobile devices, heart rate, blood pressure, attention and memory indicators have been found to deteriorate, and many teenagers are already psychologically addicted to mobile phones.

Thus, the hypothesis put at the beginning of the research was confirmed. It is better to know about the danger and take measures, prevention than to treat the consequences of the disease. Must follow mobile device usage rules.

The most important rule: it is necessary to reduce contact with the "mobile phone", which is a source of radiation. The development of effective methods of protection against the negative effects of the radiation of electronic devices proves that it is one of the most important tasks of preventive medicine. Today, the problem of the effect of electromagnetic radiation from a mobile phone on the human body is very urgent. Research is underway in this area, but it will take many years to clarify the situation.

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