



CENTRAL ASIAN JOURNAL OF THEORETICAL AND APPLIED SCIENCES

Volume: 04 Issue: 08 | Aug 2023 ISSN: 2660-5317
<https://cajotas.centralasianstudies.org>

Mechanisms of Immunity Formation Against Harmful Habits in Adolescents

Abdulazizova Nilufar Abdurakhmonovna
Fergana state university senior teacher

Received 4th Jun 2023, Accepted 6th Jul 2023, Online 30th Aug 2023

Abstract: *In this article, student's 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.*

In many developed countries of the world, the creation of a global information security space has become an urgent task, the rapid development of the information society naturally requires taking into account certain psychological and pedagogical factors in the educational process. In particular, the age of globalization and information, while creating wide opportunities for young people, also creates risks that negatively affect their spiritual, moral, physical and intellectual development.

O'RQ-444 dated September 9, 2017 of the Republic of Uzbekistan "Protection of children from information harmful to their health", O'RQ-637 dated September 23, 2020 "Education laws" improve the pedagogical conditions for the formation of immunity against harmful habits in preparing students for the formation of information security skills requires. "Forming a healthy worldview against malicious information, vices that erode morals, and destructive ideas that lead young people astray through the media, including the Internet,"¹ is defined as a priority of continuous spiritual education.

The healthy upbringing of the young generation in all aspects is a matter of national importance. The reason for this is that it is impossible to successfully establish a legal democratic state, which is our highest goal, without creating a general and somewhat healthy environment in all parts of our society.

Nowadays, it is no secret that students spend their days sitting in front of computers in Internet cafes. What are our young people doing there? They are watching movies that are foreign to our national mentality, are obscene, militant, and increase aggressive states in people, and are participating in various games. All such harmful habits greatly harm the health and spirit of mankind. It should be said that they do not have a full understanding of the harmful and unfortunate consequences of watching TV for a long time, using a cell phone a lot, and working with a computer for a long time.

¹ Ўзбекистон Республикаси Вазирлар Маҳкамасининг 2019 йил 31 декабрдаги "Ўзлуксиз маънавий тарбия концепциясини тасдиқлаш ва уни амалга ошириш чора-тадбирлари тўғрисида"ги 1059-сон Қарори // Қонун ҳужжатлари маълумотлари миллий базаси, 03.01.2020 й., 09/20/1059/4265-сон.

Harmful habits are the insidious enemy of mental and physical perfection. It can be seen that harmful habits have an adverse effect on the upbringing and physical development of adolescents. Adolescence mainly includes the period after 11 to 16. During this period, the growth and acceleration of the body, the improvement of organs and body systems are characterized by such things.

Innovation continues to expand globally in the multi-billion dollar entertainment industry. Digital media has personal and social benefits. Excessive use of smartphones, laptops, computers and game consoles has negative consequences for students' health. Excessive use of marijuana can develop into a pattern of dysfunctional (dysfunctional, impaired) behaviors consistent with behavioral addictions (e.g. gambling). Many digital media activities, including social media and online games, are designed to monitor behavior, manipulate social data, and employ other tactics. JSST officially recognizes extreme cases of video game playing, with some extreme users being considered pathological users. Research shows that some people, especially teenagers, can go overboard when playing video games without protection and are more vulnerable than others to developing unhealthy technology habits.

Health recommendations include delaying the age of engaging in certain activities, such as online gaming, and limiting screen time during this time. However, high accessibility and affordability, and the presence of digital devices at home, at work, and at school, make such recommendations difficult to implement.

Actions to prevent bad habits include:

Primary prevention is accessible to all members of the general population. It includes promoting awareness of the harms associated with digital technology-based issues. These include overuse, moderation, and a healthy lifestyle, including diet and exercise.

Primary prevention includes:

1. Educational resources, such as healthy usage guidelines (limiting hours of use per day), digital literacy courses to increase effective internet use, physical activity recommendations (30 minutes of exercise per day), and outdoor activities designed to promote;
2. Legislation or regulatory actions, such as the mandatory opening of online gaming services, are intended to prevent the sale of gaming products at certain times of the day and at certain times;
3. Technological measures, such as parental controls, setting time limits on game consoles, wearing watches instead of carrying smartphones, pop-up time spent notifications;

Tertiary prevention strategies target high-risk individuals. These individuals are served by outpatient treatment options and inpatient clinics or rehabilitation centers.

Examples of tertiary prevention include:

1. support groups, including community groups and online self-help communities;
2. outpatient medical and mental health services, including treatment of mental disorders (e.g. mood disorders, personality problems, insomnia) and medical problems (e.g. injuries that prevent employment) that may cause or contribute to occupational problems;
3. psychosocial rehabilitation, including digital detox and other structured programs that focus on increasing face-to-face socialization, free time in nature, and developing alternative interests
4. psychoeducation that includes specific information on mind regulation, symptoms, and strategies for harm reduction.

To keep readers away from technomania:

1. Using interesting interfaces for using technological devices. (in and out of class)

2. Make a list before you play in technology.
3. The time of playing games in technologies is gradually decreasing (it should not be stopped immediately).
4. Ways to get rid of withdrawal;
 - do not bring a phone into the bedroom
 - replacing the phone, smartphone with things you like
 - not to use mobile devices for more than 30 minutes.

Remove and move electronic devices away from children's bedrooms. Treating kids with gifts after they cut down on their technology time.

Watching the videos that the child is interested in and doing the things in the video in real life. (from virtuality to reality) For example: watching fights, taking to sports.

Counseling programs have been shown to significantly reduce Internet addiction, improve time management, interpersonal relationships, and health problems. (SBT) Cognitive behavioral psychotherapy produces positive changes in depression. Exercising shows improvement in all signs of bad habits.

Healthcare professionals should be consulted for technology-based issues. Campaigns Microsoft, SONI, and Nintendo provide online guides and video demonstrations of setting time limits, and their game systems have specific limitations. Major online service companies, such as Apple and Google, have developed safe usage guidelines for parents that explain privacy, filtering and monitoring options. It should include more precise measurements of the harms associated with technological changes, as well as measures to eliminate co-morbidities. Harmful habits cause other mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder or other factors that can affect the use of digital information. Alternative perspectives must be considered in order to understand what challenges will arise and persist in the future of digital technology use.

In the case of digital technology use, the screening tool is more accessible for general use, for example in the form of a checklist on an app or website.

To date, preventive research has been conducted in South Korea and China, and resources have been prioritized and spent to combat the problem. Prevention research has focused on school education programs that teach students healthy Internet usage habits.

In the environment of individuals born in an industrialized society, digital technologies are always present and are considered an integral part of life. Mental health is everyday life in a digital world. The main challenge is to identify effective preventive measures. Social media is increasingly focusing on the concept of internet and gaming addiction.

All people, including teenagers, are aware of the dangers of smoking, alcohol and drugs. They already know what this addiction leads to. However, we live in difficult days, and the main thing is to protect our children from this evil. According to his psychological characteristics, a teenager better perceives visual methods of propaganda. Do not forget that the role of parents is important for the younger generation. Therefore, parents should always start with themselves, quit smoking and drinking alcohol, start playing sports, teach their children a healthy lifestyle, and educate their individuality. We must not forget that the family is a support for a teenager, in the family the child should feel protected, needed and understood. A child's self-esteem, his attitude towards himself and the people around him are formed in the family.

The task of parents is, first, to inform teenagers about the harm that a person who smokes, drinks alcohol and uses drugs can do to their own health and the health of their loved ones, and secondly, to tell the children its essence. of these diseases.

The rapid development of digital technology in the past few decades has led to a worldwide mobile epidemic. Mobile phone has become an integral part of our life. In the mean time, almost everyone has a mobile phone. Every day there are publications proving the harmful effects of mobile phones on human health. However, we are so used to this convenient form of communication that we cannot refuse it anymore. Cell phones have a negative impact on human health. Parents should teach their children how to use mobile phones.

The computer has also firmly entered our lives. Universal computerization has a great impact on people. Like any development, the computer is a source of negative effects on a person, if used incorrectly, it can harm his health, cause diseases, and even teenagers are permanently addicted to it. if they are used as entertainment (computer games), computer addiction occurs.

The information process is rapidly developing year by year. Access to computers and Internet resources is available in almost all households and schools. The use of information and communication technologies leads to the activation of mental activity, allows to increase the volume of received information, systematizes thinking. At the same time, computer use is accompanied by the influence of a number of factors that can negatively affect the body and the moral and ethical aspects of human development, especially the physical and mental activity and functional status of children and adolescents. health. Parents often do not think about their child's health, buying him a computer, connecting him to the Internet.

The age of active computer use has been reduced to 5-6 year old children who know how to work with technology better than many adults. On the one hand, there is nothing wrong with this - in our computer age, the sooner a person learns the basics of working with a computer, the better, on the other hand, according to statistics, the incidence rate of children and adolescents increases. The hours spent in front of the monitor screen sooner or later respond with a breakdown of the nervous system, lowering the level of immunity. It is very important to identify and prevent the negative effects of the computer on the health of children and adolescents. An important factor of impact has a significant impact on the physical and mental health of the child. Doctors mention that teenagers are sick with diseases of the organs of vision, musculoskeletal system, organs of the gastrointestinal tract and eyes. Statistics of the development of eye diseases show that 15.5 million people suffer from serious eye diseases. According to epidemiological monitoring, the rate of eye diseases is constantly increasing, which is 1.5-2 times higher than the average European statistics.

Computer work is purely intellectual work. And therefore, the main part of the load falls on the nervous system, that is, on the brain. For children and teenagers, sitting for a long time at the computer can cause overstrain of the nervous system, sleep disturbances, poor well-being and headaches.

The level of fatigue of children during computer classes largely depends not only on their duration, but also on their content. What makes children tired are computer games designed for quick reaction, militarized combat games - "shooters", "assassins", "chasers". Psychologists and teachers warn about the "narcotic" effect of such games, the possibility of aggressive and cruel behavior of the child under their influence.²

² Бурлаков И.В. Психология компьютерных игр. Журнал «Наука и жизнь», 1999 (№5, 6, 8, 9).

A child's psyche is weak at the stage of its formation, and computer games can cause disruption of children's mental and intellectual development. As a result, many teenagers cannot perform simple algebraic operations and cannot think logically.

The head of state emphasized the need to organize cultural centers and general education schools based on the interests of young people, to attract enterprising and talented young people and local sponsors, to organize artistic and amateur teams, youth theater-studios and youth clubs in cultural centers.

In conclusion, we can say that students spend their prime time more or less according to their interests. Reading art books, sewing, watching TV shows, drawing should be 1.5-2.5 hours for students. It is advisable to participate in sports classes twice a week from 45 minutes to 1.5-2 hours. It is necessary for students to take a little service and socially useful work from their daily routine.

REFERENCES

1. O'zbekiston Respublikasi Prezidentining 2019 yil 19 mart kuni o'tkazgan vidioselektrda so'zlagan nutqi. <https://xabar.uz/kmd>.
2. O'zbekiston Respublikasi Prezidentining 2018 yil 27 iyundagi "Yoshlar – kelajagimiz Davlat dasturi to'g'risida"gi PF-5466-son Farmoni // Qonun hujjatlari ma'lumotlari milliy bazasi, 15.08.2018 y., 07/18/3907/1706-son.
3. Nilufar Abduraxmonovna Abdulazizova. O 'QUVCHILARDA ZARARLI ODATLARGA QARSHI IMMUNITETNI SHAKLLANTIRISH YO'LLARI.2023y journal Oriental renaissance: Innovative, educational, natural and social sciences.Том 3.Номер 2.Страницы 671-676
4. Abdulazizova Nilufar Abduraxmonovna O'QUVCHILARDA ZARARLI ODATLARGA QARSHI IMMUNITETNI SHAKLLANTIRISHDA BO'SH VAQTLARINI TASHKIL ETISH OMILLARI.16.4.2022y E Conference Zone 118-120
5. Nilufar Abdulazizova BOLALARDA ZARARLI ODATLARGA QARSHI IMMUNITETNI SHAKLLANTIRISH MASALALARI.29.4.2023y. journal Theoretical aspects in the formation of pedagogical sciences. Том 2. number 10 pages 90-95
6. Нилуфар Абдулазизова О'quvchilarda zararli odatlarni oldini olishda bo'sh vaqtlarini tashkil etish omillari 2021y. journal Журнал.Общество и инновации том 2 number 12s page 227-233
7. N. Abdulazizova. O'QUVCHILARDA ZARARLI ODATLARGA QARSHI IMMUNITETNI SHAKLLANTIRISHNING MEXANIZMLARI. 2020y. Maktab va hayot tom 152 number 4 page 20.21
8. Нилуфар Абдулазизова.Ўқувчилада зарарли одатларни олдини олишда кун тартибини ўрни. 2020 й. Journal. Academic research in educational sciences tom 4 page 124-129.
9. Н Абдулазизова, С Эватов. Касб-хунар коллежи ўқувчиларда зарарли одатларни олдини олиш омиллари. 2014й.12.4 journal ВЕСТНИК КАРАКАЛПАКСКОГО ГОСУДАРСТВЕННОГО УНИВЕРСИТЕТА ИМЕНИ БЕРДАХА number 25 tom 4 page 38-41.
10. Abdulazizova Nilufar Abdurakhmonovna Factors of the organization of free time prevention of harmful habits of students. 17.11.2022y journal Web of Scientist: International Scientific Research Journal tom 3 number 11 page 624-631
11. Н Абдулазизова ВАЖНОСТЬ МОДУЛЬНО-КРЕДИТНОЙ СИСТЕМЫ В ОБРАЗОВАТЕЛЬНОМ ПРОЦЕССЕ 2017 journal УЧЕНЫЙ XXI ВЕКА page 40
12. Abdulazizova Nilufar Abduraxmonovna, Mo'minov Islomjon Iqboljon o'g'li. O'smirlarda zararli odatlarga qarshi immunitetni shakllantirishning ahamiyati.20.05.2023. TA'LIM JARAYONINING DOLZARB MASALALARI: MUAMMO, YECHIMLAR VA RIVOJLANISH ISTIQBOLLARI.Respublika ilmiy-amaliy anjumani materiallari.