THE SPIRITUAL AND PHYSICAL RISKS OF COMPUTER GAMES

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Abstract: *This article examines the critical periods of youth computer gaming and Internet use, their interrelationship, and their future implications. The article provides advice for young people and their parents, recommendations for students and a collection of important deadlines.*
Key words: *Computer games, Internet, gadgets, children, mental state, physical dangers.*

The computer and the Internet resonate even when available only to those selected. Today, they have no family that does not use modern types of computer devices and wireless communications. In the context of full computerization of children, computer games are stealing the time of young people. The Internet is a worrying situation in clubs where young people spend their time at the same time studying and gaining knowledge, spending their time in games that are idle and getting to know those who are absolutely unknown on social media. Because teenagers who have become ages of Internet and computer games are completely disconnected from life, learning, vocational training, and spiritual values. By negatively affecting teenage youth through computer games now, there are so many hidden forces that try to instill their own corrupt ideas in their minds or mislead them. Teenagers who have gone to computer games unwittedly become puppets of hidden forces. The [1]thoughts, whole time, and even sleep of young people who are mute on a computer will be busy with nonsense games. In the end, such mangrove youths go as far as raising their hands on their peers, loved ones and even their parents, if not blessed, shooting weapons. (Matthew 24:14; 28:19, 20) Jehovah's Witnesses would be pleased to discuss these answers with you.

We will outline the necessary recommendations in order to ensure that young people are not deceived by such ideas and are misguided. Our goal is to alert young people to the original human being of criminals who nest on the Internet and spread their destructive ideas around the world like a virus. Healthy wits use internet convenience wisely to improve their knowledge. However, it is clear that some young people are "traveling" on sites that cause evil and spiritual degradation in this network and poisoning the minds of themselves and those around them. It is not helpful to leave discipline on their own so that everyone in the Internet market can get what they need.

There is a saying in our people, 'There will be no abysmal warning!' In such a dangerous time, young people are advised to use only sites in the 'uz' domain. After all, it is clear that recklessly blind information misleads a person. Remember that those who meet their religious needs from beliefs and websites have been raised in the hands of others, or enemies, through other sources!

Let a human child know that he will answer before the Lord of all the world about the time he has wasted, namely, what he has spent his life on. Moosa the son of Jabal R.A.: The Prophet S.A.V. said: "A servant cannot take a step forward until he is asked of four things on the Day of Resurrection. Islam condemns diving into futile and disastrous activities, such as computer games. Because of this, a child's faith weakens, becomes a slave to Satan, and works on his spears. At the end of the day, he himself dies. We can give a number of life-style examples in this regard, so young people's faith, will, if strong, will not be distracted by various nonsense activitiesO'adolescents' recommendations for

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[1] https://genderi.org/kompyuter-oyinlarining-ruhiy-va-jismoniy-xatarlari.html

computer addiction. Causes, symptoms and treatment of computer game dependence. How a child manifests himself with game dependence

Talking about drugs about computer addiction in adolescents even grows personal and doesn't mean different lives for themselves. Such a technique

Since the 2000s, teenagers sometimes don't even know the courtyard sandboxes, football fights, nor the robbers of sweaters. Communication, gaming and training have moved into the electronic field, and it causes vulnerable children and adolescents to child threats.

On the one hand, a faster chemical individual must be subject to time requirements and skillfully manage anything is a modern technicians. On the other hand, it is necessary to avoid temptations and not lose touch with the truth.

Prevention of gadgets addiction is a common task of the family and school. But today it is wrong to remove the lecturer from computers in full. School rules propose to be limited and targeted from technologies for academic purposes. But playful and not letting indoors make mistakes in the truth - in the power of parents.

Invisible enemies

A schoolchild from 7 to 17 years old is a psychological sponge. In pediatric psychology, negative characteristics may not appear without observation:

1. consume unlimited, greedy electronic content in any form:
2. news, games, videos, movies; loss of self, loss of reality, breakdown of priorities, adolescent world begins to depend on the pixels on the screen;
3. rejection of social responsibility, rejection of age duties;
4. limited contacts and communicative skills, pathological markings and signs;
5. loss of knowledge and even interest in events in the life of their family;
6. daily rhythm, sleep mode, eating, cleanliness, etc.

Within the network, a child can confront criminals: scams, plunderers, pedophiles, and death squads.

If you allow a child to be in a state of addiction, you may have serious consequences:

The Internet may be common in adolescents (with a pathological interest in computer technology in general). Often you can separate the main orientation.

How do computer games affect the human psych?

The effect of computer games on the child's psych:

It is possible to talk using the phone from anywhere in the world, and also speak, play, read. Modern technology is creating miracles. He not only entertains and teaches, but also helps, saves and pleases a person.

Computer games are programs designed to entertain a person, spend their free time. By playing computer games, people relax, they head into the virtual world. Sometimes a child can be calmed down only by computer games, sometimes, in the absence of any work, this is a tool for boredom. However, not everyone thinks about how computer games affect the human psych. How games affect children is discussed in many textbooks, articles, newspapers and magazines, and discussed in television, radio and children's clinics. After all, this problem remains increasingly urgent. Children are attracted to worse computer games than adults. Indeed, the spirituality of a person, especially a small person, can be easily influenced from the outside. Walking down the street, you no longer see children, as before, playing classics or watching the ball. Not everyone remembers such games. But it is real life, not virtual. Parents give the child a mouse, so as not to be distracted, follow him and not worry about him. This is not true and it poisons society. Computer games are definitely fun and fun, but in certain quantities. Otherwise, their influence on the human psych will be very strong and it will be difficult to distinguish himself from computer games.

Psychologists do not advise children to abuse computer games because it has a dangerous effect on the human psych. A child can grow up nervous and violent. If you teach a person from childhood that cruelty is okay, he cannot separate boundaries, he cannot follow rules and laws. Computer games affect a child's psych because the main function of games is competition. With you (update the previously set record), forgive your partner or even against the game itself. Therefore, the baby becomes restless, irritated and vibrates. It's hard for a kid who played computer games from early childhood to find a language with his peers. He was pulled over, shy, cramped.

For adults, computer games have both good and bad effects. Games will force you to fight, games will be exciting. Every computer game can teach something: strategy, logic, thinking and drawing conclusions, and striving for something. However, a person who abuses computer games can forget about real life. This is an addiction such as alcohol, smoking, addiction, and gambling. There are many online games online. This is a great way to make money. The person who was taken away drags. As a result, he is willing to give all the money for some kind of game. Those who know how to influence this psychology and human psychology can make good money on it.

Entering the virtual world, people don't think of their problems in real life. The virtual world is often more interesting than the truth. He enchantes, attracts. There a person can live a life that he wants to live once or that he wants to live now. However, many people forget that a person builds his own life and can only change it. Computer games are a way to hide from reality. It attracts people.

Computer games are not just an interesting game. They make movies, cartoons and write books in computer games. People pack theme evenings dedicated to a particular game. Many couples know each other clearly using computer games, many find such good friends, friends, or just a cheerful company. Therefore, the virtual world is closely intertwined with real.

Computer games are not such a safe thing. After all, many go crazy on the same basis. People cannot withstand the burden that comes down from the real world, and besides, they have all the cruelty, murder and false feelings influenced by the virtual world. What a strange may sound, but computer games affect not only a person's mental state, but also his physiology. Firstly, they affect male strength. Now what is not in modern computer games. Sex stops liking men, games are pushed into the background. Second, computer games are passive activities. If they are abused, a person's physical condition changes. Cellulitis, muscular dystrophy, pain in pain - all this is a great reason to sit on the computer for a long time. Also deteriorating vision, headaches, blood vessels bursting in their eyes, and black circles under the eyes. It's hard for a person, especially a guy, to actually communicate with people because of computer games. You can be any person in the game: elves, dragons, knights or princesses. When a person leaves the virtual world to real life, he realizes who he really is. There is nothing bad about being a man. However, it means there are no adventures and no heroes who are in the game. People simply become disappointed, depressed, angry and not friendly with their lives.

If you sit on a computer for a long time, play a game, you can lose your individuality. Do not learn how to distinguish between right and wrong. A small amount of computer games make life even more interesting, in most cases destroying their desire to live. The child should not be allowed to play such games for a long time, otherwise he can grow up to be wild and naughty. If you always disappear in virtual reality, you can't help but cheer someone up. You cannot make yourself happy in the first place. Therefore, you need to see sulfur in everything, and do not overdo it, because there will be nothing better than that.

Summary

The harm of computer games is more beneficial, as illustrated by the fact that a person steals time, makes a person nervous, and stops thinking, and his attention is in the same computer game. We can rapidly climb the ranks of developing countries. If everyone is responsible and benefits from doing

something useful in love with his homeland. The most important thing is to avoid laxity so that we can achieve the results we expect.

His or her diet, friends, and knowledge will be an important factor in the development and development of a child's health, as well as his interests. Currently, the heating of most children is computer games, and there are many repeats that it is harmful. Losses:

1. inability to separate from a game, computer or phone;
2. investing in paid games;
3. humanization;
4. not getting fed and sleeping;
5. drying of the eyes, head and back pain;
6. increased fear, depression and anger.

Children between the ages of 10 and 18 experience extremely high levels of computer games. This is primarily due to the waste of time. It's like it all happens in a few minutes.

Just as there are two sides to the coin, there are advantages to these games, as well as the harm. First of all, it improves the level of learning new knowledge.

It improves memory—learning to pay attention to the condition of items and people in the game process.

Because computer games are played using a keyboard and mouse, small motorcycles of the hand develop well.

Learning an area through a game is exactly what it is for games to do. As already mentioned, everything has a positive and negative side. The basic rule for a child is to know the norms and the time limit. It is this practice that distinguishes between profit and harm.[2]

The damage to computer games

It is no secret that children's dedication to the computer world devoted most of their time to some physiological changes in their organs, even serious diseases. The resulting embryo was allowed to develop in nutrients and then inserted into her womb, where it implanted.Artificial [3] light emitted from a TV or computer screen has a detrimental effect on our eyes. The most dangerous thing is that children's interest narrows, creates a desire to create their own personal world, and moves away from the real world. The words and exhortations of adults seem to them to be excessive and try to pass on their word anyway. This is one of the signs of becoming attached to the game and subservient to it. Especially for young people, such tasks as learning, attending school, sports, and looking at chores become secondary. This will not negatively affect the mental and physical development of young people. We need to make sure that our children do not become sub subject to computer games![4]

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