

IMPACT OF MEDICAL NURSE ON PREVENTION FROM COMPUTER ADDICTION IN ADOLESCENCE

The article deals with the problem of interaction of a computer and a teenager.

Alcohol and drug addiction are often highlighted in mostly all means of mass media. Computer addiction is less discussed, but it exists, especially among students, who spend almost all their free time in the virtual world neglecting education, friends and health. The fact is that the late twentieth century has brought and spread the new form of addiction – a computer.

The purpose of the article is to highlight the causes of the Internet addiction among adolescents and define the role of nurses in its prevention.

The issue of computer addiction was studied by domestic and foreign scholars: Yurjeva L., Bolbot T., Vakulich T., Babaye Y. Yurjeva L., in particular, while exploring internet addiction in 1994 a questionnaire test was developed to identify the problem. As a result it was discovered that teenagers most often used: chats (37%), online games (28%) and information records (2%) [1].

Due to the studies of Bolbot T., Vakulich T. about 6-10 % of the western network users are Internet addicted [2,3].

In Ukraine, the amount of Internet resources' users is growing rapidly. According to the studies In Mind Facturum Group 12.9 million of Ukrainians (33%) use the Internet once a month and 8.7 million (22%) use it every day. Specialists of "Institute of Neurology, Psychiatry and Narcology NAMS Ukraine" have discovered that every fifteenth person (6,54 %), which has the Internet experience, becomes addicted to it already in adolescence (from 2 to 6%) [1].

In the life of a teenager communication with computer takes a leading role. The range of other interests has reduced a lot. Interest and emotional vividness during the conversation occurs only when computer topics are being discussed. At this moment teenager's breath becomes quicker, appears gleam in their eyes. The dialogue turns into a monologue and they may talk about the benefits of a system, different opportunities while working with the computer. Teenagers hardly notice the environment, they do not respond to the reactions of the interlocutor, and in most cases when they need to choose they give preference to activities relating to a computer [3].

They are suffering from difficulty of falling asleep, excessive exaltation. Parents' attempts to reduce teen's communication with the computer cause violent protests. The problem of computer addiction is also connected with a loss of confidence. This situation has led to growth of computer addiction dynamics among adolescents, because it is an important period of values formation, expansion of social contacts and addicted child limits its circle of friends with a computer [4].

The long staying in front of the monitor is very dangerous to health and can lead to psychosomatic diseases, disorders of the nervous system, heart attack and even stroke. When should parents ring the alarm?

The characteristic features of computer addiction among teenagers are psychological and physical symptoms.

The first one include: well-being or euphoria in front of the computer; inability to stop by increasing the time spent in front of the computer; neglecting family, friends; feeling of emptiness, depression, irritability without computer; lying to parents about their activities; problems with studies.

The physical symptoms are numbness of the fingers; dry eyes; headache; back pain; irregular meals; personal hygiene neglect; sleeping disorders; changes of the day regimen and so on.

The main causes of among teenagers include the absence or lack of communication and warm emotional relations in their family. When parents or other close relatives do not pay attention to the teenagers, do not ask them about their thoughts and feelings about what really excites and worries them. The absence of serious teenage hobbies, interests, attachments which are not related to computers; inability to establish their teen contacts with the environment, lack of friends also cause computer addiction.

Teenagers spend most of their time at educational institutions, constantly communicating with their peers, sharing the "extraordinary" availability and advantages of the Internet. Unfortunately, in modern schools related work of the school nurse regarding preventive measures and approaches to overcome this problem is not carried out. We must understand that only a qualified nurse can find out and learn the first symptoms, intervene at the appropriate time and subsequently conduct appropriate conversations with both teens and their parents to solve the problem.

Summary Practice shows that computer addiction among adolescent has rather disappointing data and medicine does not take an active part in solving this problem. Overcoming this addiction and its causes needs changes in vital program, the formation of social and personally meaningful goals, focus on the true values of life, attracting teenagers to social activities, healthy lifestyle, that is why the way to prevent computer addiction among adolescents without medical nurse is not possible. Therefore, nurses should prevent the emergence of such addiction among adolescents. It is better to prevent a problem than try to solve it.

LITERATURE

1. Юр'єва Л.М. Інтернет-залежність – нова проблема Української Психіатрії // Таврический журнал психиатрии. – 2003. – V.7. – № 2 (23). – С.63-65.
2. Бабаєва Ю.Д. Психологические последствия информатизации / Ю.Д. Бабаєва, А.Е. Войскунский // Психологический журнал. – 1998. – Т. 19, №1. – С. 89-100.
3. Ботьот Т.Ю. Інтернет-залежність: актуальна проблема: матеріали 7 Міжнародного медичного конгресу студентів і молодих вчених. 2003. – С. 158.
4. Вакуліч Т.М. Інтернет-залежність як новий вид адиктивної поведінки //Науковий часопис НПУ імені М.П. Драгоманова. Серія №12. Психологія / За ред. Долинської Л.В. – К.: НПУ імені М.П. Драгоманова, 2005.– Вип.7(31) – С. 22-27.