

FEATURES OF GADGET DEPENDENCE IN PRESCHOOL CHILDREN

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ABSTRACT

Children today live surrounded by modern gadgets; we take them with us everywhere, including to school, home, and the street. Many of us find it increasingly difficult to picture our lives without the technological advancements of the present era—gadgets, whose significance in our lives can vary greatly. The English term "gadget," which means "device, fixture," is where the word "gadget" originates. The characteristics of the dependence on the gadget are the subject of opinions and feedback from preschoolers.

KEYWORDS: Preschool Age, Children, Gadgets, Feature, Modern, Technology, Negative Impact.

INTRODUCTION

If a child uses the internet or plays video games frequently, their vision will decline. According to specialists, vision declines rapidly in young children, usually within six months, and rehabilitation is not always possible. Parents must therefore ensure that their children do not live "hugging" with technology but instead mature and develop in the real world. Children who are immersed in video games on a tablet or laptop hardly move at all. They frequently hunch over while sitting with their preferred devices. All of this results in spinal curvature. This issue is physiological as well as aesthetically problematic. All human organs depend heavily on the health of the spine.

Finally, because the neck muscles feel static stress the most, interactive entertainment frequently causes headaches. This narrows blood arteries and lessens the supply of oxygenated blood to the brain. Therefore, only a headache that goes away after engaging in vigorous exercise or outdoor physical activity. This is a delay in the development of speech, to start. Recent years have seen an increase in complaints from parents and teachers regarding delays in speech development, including children starting to speak later, speaking less, and speaking in weaker, more primitive tones. There is nearly always a need for extra speech therapy support in kindergarten classes.

Speech is not an imitation of other people's words and is not a memorization of speech signs. Mastering speech at an early age occurs only in live, direct communication, when a child not only listens to other people's words, but also responds to another person, when he himself is included in the conversation. In addition, it enters not only with hearing and articulation, but also with all its movements, thoughts and emotions. For a child to speak, speech must be present in

his specific practical actions, in his real impressions and, most importantly, in communication with an adult. Modern children, most often, use speech very little in communication with close adults. They absorb information from the Internet, TV shows that do not require their response, do not respond to their attitude and cannot influence themselves in any way. Parents who are tired and silent are replaced by a computer or TV screen. But the speech coming from the screen remains an incomprehensible set of other people's sounds; it does not remain "someone's". Therefore, children prefer to be silent or express themselves with screams or gestures.

For many children, it has become difficult to perceive information by ear - they cannot hold back the previous phrase and connect separate sentences, cannot understand their meaning. Auditory speech does not cause images and stable impressions in them; they need a ready-made visual image. Therefore, they are simply not interested; they are bored of reading even the best children's books. Another fact that many researchers point out is a sharp decrease in the imagination and creative activity of children. Children lose the ability and desire to independently master themselves, play meaningfully and creatively. They make no effort to invent new games, create fairy tales, and create their own fantastic world. They are not interested in talking to each other. Scientists have noticed that communication with peers is becoming more and more superficial and formal: children have nothing to talk about or argue about. They prefer to press the button and wait for new ready-made entertainment. Own independent, meaningful activity is not only blocked, but also does not develop and does not even appear, does not appear.

According to children's psychologists, the abuse of gadgets leads to the formation of addiction when a child tries to devote his free time to computer games and watching online cartoons, giving up other entertainment. Having lost their favorite electronic device, children begin to feel uncomfortable and move. But, on the other hand, such dependence arises if the baby does not have alternative interests. It is easier for a child to spend his free time at the computer, being constant at home without certain activities. Studies have shown that almost two-thirds of children addicted to Gadgets never climbed a tree in their lifetime, did not weave a single wreath from a wild Rose, did not build a hut, more than a third never climbed a tree. Seeing statistics that two-thirds of children never climb a tree in the short but most active period of their lives, we see that in gadgets they enslave a child and steal a real childhood.

Children are a period of rapid formation of the inner world, the formation of the personality of the individual. In the future, it is almost impossible to change or catch during this period. Early and preschool childhood (up to 6-7 years old) is a period of the emergence and formation of the most basic human abilities, during which the entire building of the individual is built and maintained. Doctors say that a long concentration of vision on a small object can cause eye irritation, and this, in turn, is fraught with inflammation or infection. Also, almost all preschool children who look at the screen all day have poor eyesight. This is confirmed by Statistics.

As for hearing, loud music in headphones can cause hearing loss when it is difficult for a person to speak, especially in the presence of background noise. The fact is that many headphones that come with the device do not have close contact with the ears, so people are forced to increase the volume so as not to be distracted by extraneous sounds. In addition, listening to explosive melodies through hearing aids can lead to hearing loss. Eye strain as a result of prolonged staring at a computer screen causes not only visual disturbances, but also headaches. All gadgets are

sources of radiation. Electromagnetic waves have a negative effect on the work of the whole body and can cause headaches, insomnia and even disorders of the immune system.

If we talk specifically about sleep disorders, then radiation is not the only cause of insomnia. The same culprit of restless sleep is artificial light from the screen, which suppresses the production of melatonin in our body - a hormone responsible for sleep. It helps students to learn what excessive hobbies with various gadgets lead to, what diseases they can cause, teaches them to minimize the harm they cause, and explains that even in our information age, this is not necessary.

In the period from 3 to 6-7 years old, the child continues to intensively develop thinking, ideas about the world around him, understanding himself and his place in life, self-esteem. Its main activity is gaming. Gradually, new motives appear for him: a role in a fictional situation. An example of the main role is adults. If yesterday it was often a mother, father and caregivers, today, under the influence of television, things that destroy the psyche of children, gangsters, bandits, militants, attackers and terrorists often become idols. In life, children carry what they see on the screen. The position on the decisive role of living and upbringing in the mental and social development of the child is confirmed.

Natural properties, inclinations are only a condition, not driving forces Child Development. How it develops and how it grows depends on the people around it, how it is brought up. Preschool childhood is a period when development processes in all directions are very intense. The maturation of the brain has not yet been completed, its functional characteristics have not yet developed, and its work is still limited. The preschooler is very plastic, easy to learn. Its capabilities are much higher than those offered by parents and teachers. These features should be used fully in education. It is necessary to be careful that it is comprehensive. Only by organically connecting moral education with physical, emotional with Labor, mental aesthetics can we achieve a holistic and coordinated development of all qualities.

In conclusion, the above does not mean that it is necessary to exclude a computer, a tablet from the life of children. It is impossible and meaningless. But in preschool and early school age, when the inner life of the child is now taking shape, the screen poses a serious danger. In childhood, the use of modern electronic gadgets should be strictly measured, under the supervision of parents, and even with them the whole family. Preschool childhood is a period when development processes in all directions are very intense. The maturation of the brain has not yet been completed, its functional characteristics have not yet developed, its work is still limited. The preschooler is very plastic, easy to learn. Its capabilities are much higher than those offered by parents and teachers. These features should be used fully in education.

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