

## NEGATIVE EFFECTS OF THE COMPUTER GAMES ON THE HUMAN BRAIN AND INTELLECT

**Isheryakova Joanna Rinatovna**

Bukhara State University

[juanna2567@gmail.com](mailto:juanna2567@gmail.com)

**Abduraxmonov Samandar**

Student of FBTUIT

[ubuntusamandar@gmail.com](mailto:ubuntusamandar@gmail.com)

**Iskandarova Diyora**

Student of UZSWLU

[diyoraiskandarova7@gmail.com](mailto:diyoraiskandarova7@gmail.com)

### ABSTRACT

This article is aimed to show the negative aspects of the computer games, which have a detrimental effect on the human brain and intellect and tried to give some suggestions for parents how to avoid these problematic situations and how to tackle with them.

**Key words:** computer games, intellect, detrimental effect

### АННОТАЦИЯ

В этой статье намеревалась показать негативные стороны компьютерных игр, которые имеют пагубное воздействие на ум и интеллект человека

**Ключевые слова:** компьютерные игры, интеллект, пагубное воздействие

### INTRODUCTION

According to science researches, computer games have a negative impact on the human brain and intelligence. They will increase aggression and arbitrariness in some areas of the human mind and reduce concentration and focus while making children intimidating.

Today, almost every family has a wonderful and at the same time negatively influencing machine called a computer. Due to this gadget, children don't have to go outside and parents babysit the child day and night, this gadget is also called a «lifesaver».

## METHODOLOGY

Let's look at the negative aspects of this machine:

Firstly, computer games have a physically impact shooting games, stimulants, story games are a common leisure activity for children aged 6 years or above, they directly affect the health of the children. Firstly, sitting in front of a computer for a long time can lead to a curvature of the still fragile spinal column of children. Physical inactivity is also inevitable.

Secondly, with frequent use of the mouse, there is a monotonous load on the hand, which contributes to squeezing of the nerves.

Thirdly, a detrimental effect on the vision, since children do not take their eyes off the monitor while watching the progress of games.

Fourthly, frequent and prolonged games on the computer overload the child's nervous system, which contributes to the appearance of the headaches. It should also be noted that children often use headphones when playing computer games so as not to disturb their parents, this not only negatively affects the auditory organs, but also causes congestion of the nervous system and due to headaches. Consequently, computer games have a detrimental effect on the health of children and catastrophically on the fragile and vulnerable psyche of children.

Computer games that attract preschool children are usually bright and colorful, as well as story-based, which represent overcoming various obstacles throughout the storyline. Overcoming obstacles during the game, the child is in an anxious, exciting state. Some game characters instill various fears in children, which can lead to anxiety in children. Many games imply virtual killing by overcoming obstacles. Children fight their enemies and game characters in computer games and at the same time they do not notice how a computer game captures their brain and zombifies it. Such children cannot return to reality with every quarrel, they can harm relatives and friends, because a computer game has captured the child's brain so he doesn't understand what he is doing in reality, and this also guarantees the emergence of aggression and cruelty in children.

It should be noted that children also have attention disorders and their memory and thinking are also weakening. Recently, we are witnessing such an incident at school, children will not be able to concentrate on classes and achieve higher results on the exams.

One more fact of computer games should be noted - this is a distortion of the worldwide of children. This manifests itself in many factors. It should be start with the fact that in a group or in a class there are often fights between students. When questioned, children answer that a fight is a constructive decision, and strength is the main indicator of authority. Children transfer all this from computer games, since in games the whole plot is built on fight battles, and strength and weapons are the main means of victory. Also, the characters in the game have several live. If the hero was killed, then this is not scary, since he has several lives, or you can start the game again. So, the

child has a virtual worldwide and it is difficult to connect him to the real world, and he develops irresponsibility and does not make efforts to achieve something in life. He has an opinion that everything can be solved with just one click.

It should be noted another negative aspect of computer games is the occurrence of problems in speech, communication. Children who play computer games interact less with their peers and spend more time with their virtual friends and may lose social contact with the outside world.

### **CONCLUSION**

Thus, the most computer games have a detrimental effect on the physical and mental health of children. Therefore, parents should be critical of the choice of computer games, instead of choosing computer games parents should devote more time and attention to their, they should observe how much time the child spends in front of the computer the child should spend 30 minutes with breaks of 5-10 minutes. The main condition for overcoming computer addiction in children is to pay more attention to them, invite friends of the child, to introduce him to various forms of leisure walk with the whole family to do homework together. And then there will be no place for computer games in a child's life.

### **REFERENCES:**

1. Королева М.В. Влияние компьютерных игр на физическое и психическое здоровье детей.