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## **ANALYSIS OF THE SYSTEM OF MEASURES FOR THE PREVENTION OF ADDICTIVE BEHAVIOR IN ADOLESCENTS**

**Abstract.** The process of computerization is gaining momentum in modern world. As a form of telecommunications, computer networks are a fundamentally new layer of social reality. The huge flow of information mostly unnecessary and sometimes harmful, makes anxious even an adult, when adolescents who are not resistant to various irritations suffer more. The article analyzes the essence of the "computer addiction" notion, its relationship with addictive behavior, describes its types and stages of formation, highlights the research of modern scientists from different positions on computer addiction as a type of addictive behavior.

**Key words:** computer addiction, adolescents, computer addiction, health, addictive behavior.

**The relevance of the problem:** The paper deals with the theoretical foundations of the problem of computer addiction of adolescents: causes, signs and consequences. The peculiarities of measures to prevent computer addiction among adolescents are revealed. A project on the prevention of computer addiction among adolescents with the participation of medical professionals has been developed. An empirical study of the level of computer addiction among adolescents and the form of their leisure time is carried out.

**The purpose of the study:** is to theoretically substantiate and experimentally test the socio-pedagogical conditions of primary prevention of computer addiction among adolescents.

*The object of the study* is the prevention of computer addiction in minors.

*The subject of the study* is the conditions of primary prevention of computer addiction in adolescents.

To achieve this goal, the following research objectives were identified:

1. Identify the main approaches to the prevention of computer addiction in adolescents.

2. Identify, substantiate and experimentally test a system of measures for the primary prevention of adolescent computer addiction.

**The following research methods** were used to solve the tasks: theoretical: analysis, synthesis of pedagogical, psychological, sociological, methodological literature in order to clarify the classifications of addictions, clarify the essence of the concept of "adolescent computer addiction" and determine its typical characteristics, the main mechanisms of computer addiction formation and substantiation of socio-pedagogical conditions for its prevention, development of criteria for assessing adolescent computer addiction; comparison, classification and generalisation of the results of the experiment; empirical: pedagogical observation (direct, indirect) of the

behaviour and emotional states of adolescents during and after playing on the computer; surveys (questionnaires, interviews) of adolescents and their parents; psychodiagnostic methods for determining the levels of computer addiction in adolescents; pedagogical experiment (stating, formative, control stages) to test the socio-pedagogical conditions of primary prevention of computer addiction in adolescents. mathematical statistics: generalisation of empirical data in the process of comparing the results of the formative and formative stages of the study.

**Results and discussion:** Today's pace of computerization exceeds that of all other industries. No organization or institution in the world can do without computers and computer networks. Computers have rapidly penetrated into human life, and we often do not realize that we are beginning to depend on them to a large extent." [1; p. 114]

A significant role in modern prevention work is played by preventive interventions (targeted impact on the target prevention group in order to change its attitude to the problem and overcome the factors that lead to the problem), the task of which is to change incorrect and form stable adequate attitudes towards the problem and behavior, to develop the skills and abilities necessary to prevent and overcome problems, as well as to meet their own needs in a safe and effective way.

According to the WHO, all preventive actions are differentiated into primary, secondary, and tertiary. The primary ones are those that are carried out in a healthy environment, their task being to prevent the occurrence of a certain negative phenomenon and problems associated with it in the peer environment [2, p.33].

Based on the analysis of literature sources, the main approaches to preventive work and the most common models of prevention of negative phenomena in the youth environment, as well as the structure of preventive actions are identified .

The article presents the scientific substantiation of social conditions and methods of primary prevention of computer addiction in adolescents, determines its effectiveness; describes the course of the formative experiment and shows the dynamics of the levels of computer addiction in adolescents before and after the experiment. In order to conduct the formative experiment, we developed an experimental methodology that conceptually corresponds to the theoretical provisions of the qualification work. It is based on the content, forms and methods of preventive work focused on the development of adolescents' skills and abilities necessary to prevent and overcome computer addiction, as well as to meet the need for new experiences, positive emotions, and overcoming discomfort in an alternative way.

The experimental work with adolescents was aimed at: raising their awareness of the possibility of using computers, objective modern knowledge about the risks of computer influence on health, behavior, and mood; reducing their aggressiveness and anxiety; forming a responsible attitude to their own health; motivating them to further use the acquired knowledge and skills in real life [3, p.6]. A component-by-component approach was used to solve the tasks. The cognitive component was implemented through the acquisition of knowledge by adolescents about the impact of computers on human health, the features of computer games and their potential impact on personality development, and the possibilities of using computers in life. The perception and analysis of the information received allowed adolescents to expand their own experience and compare it with others. Preventive work was carried out mainly during thematic educational hours, training sessions, and computer science lessons.

At the ascertaining stage, the experiment involved first-year college students. The empirical data obtained as a result of the ascertaining stage allowed not only to identify the state of the problem of computer addiction among adolescents, but also to identify groups that were later involved in the formative stage of the experiment [5, p.14]. The main purpose of the formative stage was to test, including statistically, the reliability of the developed conditions for the possibility of reducing the development of computer addiction.

The experiment involved 131 students, of whom two groups were formed. 62 students of the control group and 69 students of the experimental group. To ensure more accurate mathematical processing of statistical information based on the results of tests and creative tasks, each respondent was given a score. Adolescents who were classified as being at high risk of developing computer addiction received 41-50 points, medium risk - 31-40 points, and low risk - 21-30 points. Thus, a discrete statistical distribution was constructed for the student sample.

After the implementation of the measures developed by us to prevent computer addiction, the indicators of addiction levels in the experimental group changed, and in the control group they remained almost unchanged.

Thus, 30.8% of CG adolescents and 51% of EG adolescents are at a low level, 55.8% of CG students and 44.9% of EG students are at an average level, and 13.4% of CG students and 4.1% of EG students are at a high level.

In addition, comparing the results in the control group, we see that 26.9% of adolescents were at the low level before the experiment, and 30.8% after; at the medium level - up to 55.7%, after - 55.8% of students; at the high level - up to 17.3%, after - 13.4%. Whereas in the experimental group, 28.6% of adolescents had low levels before the experiment and 51% afterwards; 53.1% of students had medium levels before and 44.9% afterwards; 18.4% before and 4.1% afterwards.

The indicators of low and high levels in the experimental group have changed significantly.

Thus, the problem of computer addiction is an urgent problem among the studied adolescents, the solution of which is possible, as the results of the work show, in particular through the implementation of comprehensive preventive measures with the participation of medical professionals, because only a qualified medical professional is able to detect the symptoms of computer addiction in adolescents in time and provide the necessary assistance to overcome it.

To achieve the goal of our work, a special research program was developed, stages and methods of scientific research were determined. To carry out the experimental part of the research program, a diagnostic survey was conducted among adolescents in Zhytomyr and the region.

Summarizing the indicators, we obtained the basis for differentiating the levels of computer addiction among adolescents: low, medium and high.

After the implementation of the measures developed by us with the participation of medical workers in the experimental group, the indicators of computer addiction levels changed, and in the control group they remained almost unchanged.

In addition, comparing the results in the control group, we see that 26.9% of students were at a low level before the experiment, and 30.8% after; at an average level - up to 55.7%, after - 55.8% of students; at a high level - before - 17.3%, after - 13.4%. Whereas in the experimental group, at the low level, there were 28.6% of students

before the experiment, and 51% after; at the medium level, up to 53.1%, after - 44.9% of students; at the high level, before - 18.4%, after - 4.1%.

The low and high levels in the experimental group changed significantly.

The study does not exhaust all aspects of computer addiction prevention. It remains relevant to study the solution of this problem at the level of other age groups, enriching the content of adolescents' leisure time, and finding ways to prevent other types of deviant behavior among adolescents. Nevertheless, it can be concluded that the implemented program for the prevention of computer addiction in adolescents with the participation of medical professionals has a positive result.

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