INFLUENCE OF COMPUTER GAMES ON THE HEALTH AND QUALITY OF STUDENTS ACADEMIC PERFORMANCE

Varahabhatla Vamsi

Scientific supervisor: as. Volkova Yu.V

Zaporozhye State Medical University

Department of Hygiene and Ecology

Computers are swiftly implemented in the life of modern man. Today, it has become customary to see that a person interacts with the computer all the time - at work, at home, and even in the car.

Within reasonable limits working on the computer, using the Internet or some video games can even be useful for humans, as a means of developing the logic, attention and thinking. Many computer games can be informative, and the Internet, you can read a lot of useful and interesting information. Problems arise when the time spent at the computer, exceeds the permissible limits, and there is a pathological addiction and the need to be at the computer longer.

The term "computer addiction" appeared in the 90s of the last century. It is characterized by an obsessive desire to get away from everyday worries and problems in virtual reality, thereby improving their emotional well-being. Computer games have become a fascinating pastime for many preschool children, school children, students and adults.

Therefore, the problem of the impact of computer games on the health and academic performance of the students is important.

Aim: The objective of this study was to assess the duration of one's stay in the virtual world and the nature of its influence on the academic progress of the medical students.

Materials and methods: Our pilot study was conducted by way of an anonymous survey among students studying at a medical university. The objective of this study was to assess the influence of the virtual world on students' health and academic performance. For this purpose, a special questionnaire was developed by us entitled, "Method of Screening Diagnostics of Computer Addiction and its Effect on academic performance of students", which asked participants about the length of time of stay in the virtual world, quality of sleep, and nature of the dreams, health status, academic performance. An informed consent was received from 100 students studying at a medical university.

Results: We have been identified such negative consequences of computer games - sleeplessness, redness of eyes, loss of appetite, lethargy, disorientation, irritation, abnormal social behavior. The presence and degree of expression of these effects depends on the duration of the game play. Of those surveyed, only 10% said they play computer games only from time to time. These students did not show any significant complaints on health. 30 students who played the games up to 2 hours per day complained of occasional headaches, lung ailments. Students (25%) who played computer games for 6 hours per day, noted the presence of these symptoms: irritation, redness of the eyes, weakness, occasional headaches and muscle tension of the neck. While 20 students who played 10 hours a day complained of a feeling of pressure in the eyes, watery eyes, mild disorientation in time, frequent headaches, back pain and memory problems. 15 students who played computer games for more than 16 hours a day had a decrease in visual acuity, dry mucous membranes of the eyes, memory problems, back pain in the elbow brushes, body aches, loss of appetite, disorientation in time and space, insomnia, serious problems with memory and more. All students devote the game for more than 6 hours a day, revealed problems with academic performance. Some students (10%) set academic arrears for previous years of study.

CONCLUSION. The majority of respondents (60%) play computer games 6 or more hours a day.

Addicted to computer games students became indifferent towards their studies, other scholarly pursuits, to human interactions out of the game.

This is a serious hygienic problem, since it leads to the obvious negative consequences for the health of young people. Consequently, this situation indicates the need for educational work about the dangers of long-term stay in the world of computer games.