

Development Of Preschool Children Useful And Harmful Aspects Of Telephone Games

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Abstract: This article presents the opinions of psychologists on why smartphones are useful or harmful for children and how to prevent their addiction.

Key words: Gadgets, memory, computer damage, mental health, casual games, educational tool, child development.

INTRODUCTION.

In the modern world, children's dependence on gadgets is growing. And this is natural for many parents.

For the modern generation, phones are not only a means of communication, but also a way to feel comfortable in an unfamiliar environment. This is not surprising, since since childhood, cartoons and game applications serve as a tool that prevents children from crying in hospitable or public places and is used when they need to be fed. There are several harms from the phone for children, in particular, the most serious danger is that it causes addiction.

Over time, regular use of phones can cause them to become addicted. As a result, children hardly go outside even during holidays, their eyes are damaged and the quality of their sleep worsens. In addition, the ability to easily find any information through a search engine affects the volitional qualities of children - allowing everything contributes to the development of addiction to the phone and other devices with Internet access.

Disconnecting or restricting a child from a phone right away is not always effective, and sometimes only worsens the situation - children hide from their parents how much time they spend online. Sometimes such measures lead to a loss of trust with the child and a deterioration in relations. In addition,

by disconnecting the Internet or taking away a smartphone, you will only upset or anger your child because you will not offer a suitable replacement.

Offer your children books, board games, exercise, sports, creative activities, and other similar alternative entertainment. However, do not expect your child to take up a new hobby on his own. The child will definitely need a partner. If you do not have the opportunity to spend time actively with your child, consider the possibility of attending group classes or clubs with other children at centers that specialize in this.

Gadgets can't...

- And according to the World Health Organization, “gadgets” should not be given to children under 2 years old!
- And children over 3 years old can use the phone for 1 hour per day.
- And children of primary school age, on average 6-12 years old, can use the telephone and computers for 2 hours a day.
- And children aged 12-18 can use gadgets 4 hours a day!
- And if you consume more than the established norm during the day, children may develop cancer (oncological) diseases.

The harmful influence of gadgets on modern children is also manifested in their sedentary lifestyle. A child who plays a lot and often on a computer or tablet practically does not move, which

affects the spine and joints. In addition, such children tend to gain excess weight from an early age.

Against the background of long-term constant communication with gadgets, the child's ability to distinguish reality and reality with fiction worsens. Most children transfer the actions and plots seen on the monitor into the present, without understanding their harm and negative consequences. The behavior model is formed by children based on the actions of the heroes of the virtual world. This is the main problem of modern little users of electronic devices - they master the abilities of characters who are mostly selfish and aggressive individuals, driven only by their own desires and needs.

The harm from constant contact with gadgets also manifests itself in the development of addiction in children. Many experts compare this addiction to alcohol and drugs.

However, parents may not notice such an influence of the device on the child. Their first doubts arise when they try to take their offspring out of the electronic “toy”, to replace virtuality with reality.

However, there are also “advantages” of children’s communication with modern mobile devices and computers:

And the possibility of comprehensive development of the child with careful control from the parents. This does not mean that from the first year of life the baby should be introduced to gadgets. He will need this skill from the age of seven. Modern schoolchildren aged 7-10 know how to turn on a laptop, computer or tablet and run a program on it necessary for learning or gaining new knowledge. The most important thing is that parents can be near their children at this time to help them flawlessly and at the same time control the process.

A possibility to take a child for a short time in conditions of long waiting. Everyone knows that children do not tolerate long queues, uniform time

of long trips, waiting in clinics, etc. In such situations, there are not always attractive toys or paper with pencils. Another thing is a smartphone or tablet, which can distract a child for 10-15 minutes. Parents can also usefully spend this time by launching an educational and developmental game. In this way, they will be able to communicate with their children and, in addition, introduce them to new knowledge.

As you can see, there are positive aspects to communicating with gadgets. However, it is better to control the time you spend in front of computer monitors and tablets to avoid the virtual world of travel and attempts to manipulate children.

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