

INFLUENCE OF INFORMATION TECHNOLOGIES ON PHYSICAL AND PSYCHOLOGICAL HEALTH

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Introduction. Without denying the advantages of the progress of internet technologies and the amenities that gadgets provide, the relationship with the information world still needs to be built consciously. However, isolating yourself from the impact of digital reality is not easy, because the best minds are working for them being in our life every second. Many kinds of psychotechnics are used for this, bewitching pictures, photos, colors and fonts; almost all types of perception are used-visual audial, tactile. Besides virtual reality creates an illusion of control and allow to experience strong emotions without risk. Psychologists set that the last years long-term memory became worse for people, that it is related to the colossal stream of informative garbage that is brought down an avalanche on us in the internet. Immoderate interest in computer can have it is harmful consequences, for physical and mental health. But how always do a computer and gadgets cause psychological dependence? Psychologists consider dependency upon the computer of those people that conduct too much time at the computer not in business, and here consciously (or unconsciously) harm to the health. An Internet-dependent (though and temporally) man falls out of society, from the real life, he have problems with studies or work. The internet does not bring together. This accumulation of loneliness, it is an illusion of communication, illusion of friendship, illusion of life. The real world much more interesting than virtual. Last years in a counterbalance to computer dominant influence in the whole world, including in Ukraine, measures are conducted in the format of device-free.

Aim. Therefore the aim of our researches was a study of degree of internet addictad among students of National University of Pharmacy of the first and second course.

Materials and methods. Students were given a form with 8 questions.

Results and discussion. From 87 examined 52% answered positively on 4 questions, and they are in danger of being internet addicted.

Conclusions. To be at leisure and independently to manage the life, it is necessary reasonably to use the newest facilities of communication, understand the mechanisms of mediaadvertisement and able to counterbalance the digital activity of the physical and periodically to arrange digital detox.