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**INTERNET ADDICTION OF CHILDREN IN THEIR EARLY
TEENAGE YEARS AS A PROBLEM OF THE MODERN FAMILY**

Abstract. This article was prepared within social research, which is devoted to a problem of the 21st century – Internet dependences. During the research pupils at the age of 11-12 years answered elementary questions for identification computer and Internet dependences. Judging by data of a research, this problem reached also the Kazakhstan teenagers. The empirical data obtained because of the carried-out questioning also confirm essential differences in actions of separate categories of the studied group of younger generation. Materials of article can be useful during the planning and correction of educational process and educational work in the field of secondary education.

Keywords: Internet, Internet dependence, computer dependence, game dependence, smartphone, tablet, gadgets, teenagers, secondary education, computer technologies, social teacher, parents.

Authors of this article considered questions of education of younger generation that enormous genuine interest in Internet technologies and various computer games, which improved every day where the virtual reality can be easily, take as a prisoner. Here is saying that family foundations act as the first public necessary. Authors bring up questions of behavior of school students, recommendations about treatment of teenagers are made, each of which plays a big educational role.

Authors are claiming that this is a problem after all victory when we work with Internet dependence together: point wise in each family where there are small children – in advance to lead preventive discussions and actions about harm of abuse of Network; at the level of high school: by means of social teachers, children's psychologists and class teachers.

Each of us understands clearly that use of the Internet is irreplaceable today and bears enormous advantage at its correct use. We cannot imagine modern life without interaction with engineering devices, such as wide area network the Internet, the computer or the smartphone. The educational institution stops being the only source of knowledge and information for the school student [1].

Many with pleasure perceive the fact that even small children are able to perform elementary functions in the laptop or gadgets, have Internet access for viewing any video, whether it is animated film or game online. It would seem, here it, execution of a cherished parental dream: to occupy the child, to quietly to go about chores, at the same time the child is in sight of the adult. Certainly, such actions time are justified and help with life.

A lot of families buy devices for using the World Web for children and initial classes not only seniors because the current process of training provides use of technical means – often should perform home works in searchers of information such as Google or Yandex and the performed works generally ask to spend time in electronic form for economy when checking materials and economy of the place in bags of teachers.

Sometimes uncontrolled and long stay in Network can promote emergence of dependence on the computer or on the Internet in general.

The Internet was so included into our life today that the international community annually celebrates "The international day without the Internet". "Holiday" spent last Sunday of January, and call people of all age, religions, race this day not to turn on the computer. Day without computer – the main message of this

action! Thus, the main goal of "holiday" to distract people, especially children, at least one day to live without computer and global network. Organizers of this "holiday" recommend all inhabitants of the planet to enjoy this day communication with each other live and in the real world. All this says that to some extent the Internet covers real-life communication today. In addition, it especially can have a negative impact on children whose mentality is not steady yet and can lead to its frustration!

Scientists speak that gadgets can increase creative potential; improve skills of communication and in general help with development.

According to scientists of the University of Oxford (Great Britain), the optimum duration of stay in front of various screens is: for the computer optimum time - 257 minutes per day, for smartphones - about 120 minutes, for video games - 100. [2]

However, conclusions of scientists of the Université de Montréal (Canada) demonstrate that children who spend time with the computer or play video games within more than two hours a day sleep 17 and 11 minutes less respectively, than those who are not fond of modern technologies so. Fans to chat by phone it is more than two hours a day three times more often than "normal" children, sleep less than eight hours a day. [3]

In this article we would like to touch the subject of emergence of dependence on the Internet, phone or the computer in teenagers of 11-12 years of age on the example of approbation of test techniques within scientific research when writing the master thesis on a subject: "Social and pedagogical activity at school on prevention of the immorality propagandized on the Internet".

From April 03 to April 16, 2019 during a class hour, we conducted short survey for definition of degree of dependence on the Internet among pupils 5 "And" a class to high school No. 9 of Auezovsky district of the city of Almaty. There are 28 people taken part in questioning.

We used four types of techniques in the form of tests and polling questionnaires: first, a test technique Kimberly Young (adapted by Loskutova V. A.), this test includes 20 questions and allows defining the general perception of the Internet. To each question, five possible answers are offered ("never", "sometimes", "regularly", "often", "always"). It is necessary to choose the possible answer which is best reflecting its relation to the Internet. Full testing takes 10 -15 min. The test is directed to identification: amounts of time, which teenagers spend for staying in the Internet; studying of the most visited sites. The average rating of a class is 41.46% that allows judging "the ordinary Internet user" (the allowed level, which is not causing uneasiness of 20-49 points). However, 4 completed questionnaires in which the total number of the gained points made set thinking: 56, 73, 90 and 100 points where in interpretation of 50-79 points — there are some problems connected with excessive hobby for the Internet, 80–100 points — Internet dependence. (Fig. 1).

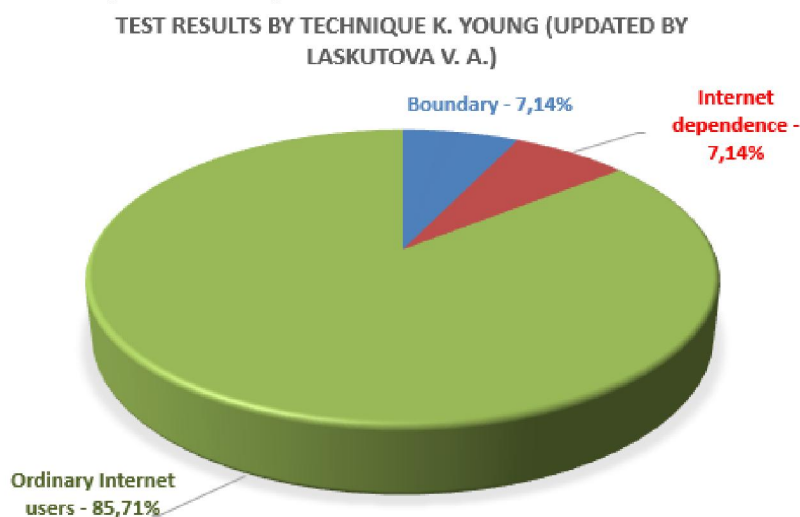


Figure 1 – The chart by a technique of K. Young

Statistical processing of results of a research was carried out on the personal computer by means of a package of the statistical Microsoft Excel programs; all obtained data are reliable, $p \leq 0.001$.

This technique, certainly, cannot form the basis for diagnosis, as it has too simple and transparent structure. Meanwhile, the test can serve as the screening tool for selection of those persons who need consultation of the expert, and testing in dynamics can be used for assessment of improvement of a condition of the patient in the course of treatment [4].

After carrying out questioning and a conversation on a subject: "Popular social networks among pupils", developed by Gracheva L.V., consisting of eight elementary questions we established that social networks interest more girls. These results from the fact that teenage girls want to tell all by means of video or a selfie what interesting, rich and bright life at them. To trace how many people "liked" this or that photo. To output statistics ... For girls of teenage age the world of communication, fashionable trends and beauty is important. It is pleasant for them to observe what style in clothes now it is relevant, to estimate pages of friends at networks, to visit interesting groups and communities in Instagram. All received data speak to us about lack of an opportunity in full degree to disclose the talents, to prove, perhaps, about a low self-assessment (that is quite characteristic of this age), fear not to meet expectations of people around, it is explained by their preference in communication online in order to avoid external assessment which is not always positive.

The vast majority of teenagers, 96.43%, prefer Instagram social network. All interviewed pupils use this information content and only one pupil specified that he is not registered anywhere, but all the same has access to viewing of the open areas. We draw a conclusion that in Instagram there is a fascinating reflection of everyday life of teenagers at the age of 11-12 years. Popularity of this network is enormous that demonstrates its importance in the opinion of fifth-graders.

Having analyzed results of questionnaires "Popular online game among pupils" by Gracheva L.V., we came to the conclusion that not everyone online boy of teenage age is interested in games only (only 8 pupils that makes 28.57%), they like games because of realness of the virtual world, a possibility of communication during the game. The game Minecraft became the absolute favourite among all received answers there is a computer indie-game in a sandbox genre developed by the Swedish programmer. Minecraft was generally recognized among the game press and a set of awards. Critics allocated such main advantages as re-playability, minimalist design, a dynamic soundtrack and the unusual freedom of creativity are not limited only to imagination of the player [5].

Results of poll for determination of telephone dependence showed stable minimum interest in the smartphones that is caused by prohibition in operation of engineering devices and gadgets in the time spent in a class. The remarkable fact that all class has smartphones and/or tablets. The research shows that only six pupils (21.42%) have a certain uneasiness if the mobile phone is out of sight of the owner or when the accumulator device (battery) is out. The neutral relation to the mobile phones was shown by fifth-graders, their answers make 64.28% (18 pupils) and four persons (14.28%) did not show at all willingness to pass and answer ten simple questions meaning answers "Yes" or "No".

All modern people, anyway, use the Internet. However, not everyone is able to manage time spent in network while some "hang up" there on a progressive tense and cease to notice a current of real life. This leisure creates valuable orientations of the identity of younger generation.

The concept of "computer dependence" defines extent of hobby for the computer, which leads to sharp reduction of all other types of activity, significantly limiting communication with other people. "Computer dependence is a widespread phenomenon at teenage age" [6, page 823].

One of the main directions of prevention and avoidance of Internet dependence is employment of children, other types of activity. In it, parents play the huge role. They have to understand that if "brought" own children to a condition of Internet dependence, quietly allowing them to sit uncontrolledly for hours at the Internet, and then time to be engaged seriously in the distracting actions came now. It is, first, sport and a healthy lifestyle, visit of various circles, clubs on interests and, of course, communication with children. For this purpose, it is necessary to eradicate Internet dependence of children now a long time and more carefully thought-over actions. For example, you cannot send the child to any circle or sports section just like that. For this purpose, there are obliged to study carefully interests and tendencies of your child, to talk over with the trainer that he more showed consideration for it. One of effective actions is joint visit by parents and children of sports sections, cultural visits of cinema, theater, on the nature, etc. It is important that parents always remembered that the patience, but not abuse and the ban is necessary.

In situations that are more difficult the address of parents to the psychologist who own technologies of disposal of Internet dependence on a scientific and practical basis is necessary. The problem of morality

should be solved in a context of the uniform human culture determined by unity of humankind [7, page 122].

At comprehensive schools of the Republic of Kazakhstan it is important for social teacher to help pupils of elementary grades to learn, to build up the relationship with people, it is effective to communicate with them, it is necessary to take the main steps in acceptance of it what he is actually, the uniqueness. To make attempts that the teenager could feel self-confidence, then at pupils need to carry out the life to Networks will be gone, he will replace him with real-life communication in the real, amazing World.

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ЕРТЕ ЖАСТАҒЫ БАЛАЛАРДЫҢ ИНТЕРНЕТ ТӘУЕЛДІЛІГІ ҚАЗІРГІ ЗАМАНДАҒЫ ОТБАСЫЛЫҚ МӘСЕЛЕ РЕТІНДЕ

Аннотация. Мақала аясында әлеуметтік зерттеулер, ол мәселелеріне арналған ХХІ ғасыр – Интернет-тәуелділік. Зерттеу барысында оқушылар 11-12 жасында сұрақтарына жауап берді қарапайым мәселелерді анықтау үшін компьютерлік және Интернет-тәуелділік. Бұл зерттеу деректері бойынша, бұл проблема полицейлерді дейін қазақстандық жасөспірімдер. Эмпирикалық деректер, алынған нәтижесінде жүргізілген сауалнама, сондай-ақ дәлелдейді елеулі айырмашылықтар іс-әрекеттерінде жекелеген санаттарының оқытылатын тобының өскелең ұрпақ. Материалдар-бабының пайдалы болуы мүмкін жоспарлау және түзету, оқу үдерісін және тәрбие жұмысын облысының орта білім беру.

Түйін сөздер: Интернет қоры, жасөспірімдер, Интернет-тәуелділігі, компьютерлік тәуелділік, ойындық тәуелділік, смартфон, планшет, гаджеттер, орта білім беру, ата-аналар.

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ИНТЕРНЕТ-ЗАВИСИМОСТЬ У ДЕТЕЙ МЛАДШЕГО ПОДРОСТКОВОГО ВОЗРАСТА КАК ПРОБЛЕМА СОВРЕМЕННОЙ СЕМЬИ

Аннотация. Статья подготовлена в рамках социологического исследования, которая посвящена проблеме ХХІ века – Интернет-зависимости. В ходе исследования ученики в возрасте 11-12 лет ответили на элементарные вопросы для выявления компьютерной и Интернет-зависимостях. Судя по данным исследования, эта проблема добралась и до казахстанских подростков. Эмпирические данные, полученные в результате проведенного анкетирования, также свидетельствуют о существенных различиях в действиях отдельных категорий изучаемой группы подрастающего поколения. Материалы статьи могут быть полезны при планировании и корректировке учебного процесса и воспитательной работы в области среднего образования.

Ключевые слова: интернет-зависимость, компьютерная зависимость, социальный педагог, смартфон, подростки, родители.

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