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**ASSESSMENT OF THE FORMATION OF TRENDS IN THE
DEVELOPMENT OF COMPUTER ADDICTIONS IN THE STUDENT
POPULATION OF THE HIGHER EDUCATION INSTITUTION
ОЦЕНКА СФОРМИРОВАННОСТИ ТЕНДЕНЦИЙ РАЗВИТИЯ КОМПЬЮТЕРНЫХ
АДДИКЦИЙ В СТУДЕНЧЕСКОЙ ПОПУЛЯЦИИ ВУЗА**

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Abstract. *The article presents the results of a sociological survey to study the degree of computer involvement of young people. The survey was conducted using a questionnaire that included questions about the need, duration, preference and pastime of students on the Internet, the attitude of parents to this hobby. The study suggested the presence of signs of computer addictions and behavioral tendencies among first-year students. The data obtained from a sociological survey of first-year students were further taken into account to assess the formation of trends in the development of computer addictions in the student population of the university.*

Keywords: *sociological survey, students, Internet, computer addictions.*

Аннотация. *В статье представлены результаты социологического опроса с целью изучения степени компьютерной вовлеченности молодежи. Опрос был проведен с помощью опросника, включающий в себя вопросы о необходимости, продолжительности, предпочтительности и времяпрепровождения студентов в сети Интернет, отношение к этому увлечению родителей. Исследование позволило предположить наличие признаков компьютерных аддикций и поведенческих тенденций среди первокурсников. Полученные данные социологического опроса первокурсников в дальнейшем учитывались для оценки сформированности тенденций развития компьютерных аддикций в студенческой популяции вуза.*

Ключевые слова: *социологический опрос, студенты, интернет, компьютерные аддикции.*

The last three decades have been marked by the global spread and introduction of computers, both in the professional and everyday lives of hundreds of millions of people. With the help of a computer, in particular the Internet, information is disseminated about all aspects of life, communication takes place, training is carried out, social and professional needs are realized, etc. The uncontrolled computerization of modern society has resulted in the emergence of new forms of addictive behavior of people, the so-called technological addictions, related to non-chemical (behavioral) forms of addictions [1]. Despite the undeniably positive advantages of widespread computerization and digitalization, there are many negative manifestations of these processes associated with the emergence of computer addiction and related comorbid addictions. According to researchers involved in this issue, various computer addictions are most widespread in the adolescent and youth population [2,3,4].

In the modern world, teenagers have already appreciated all the advantages of using a computer and the Internet, which also have a negative impact on their social and mental development. A new world of countless opportunities and interests opens up before a teenager, which “disconnects” him from the real world, “switching” to



himself.

Computer addiction is even more dangerous for adolescents at risk. This category of adolescents, due to certain reasons of their lives, is more than other categories subject to negative influences [3].

In this regard, in order to assess the formation of trends in the development of computer addictions in the student population of the university, we conducted a sociological survey.

This empirical study involved 662 students (395 boys and 267 girls) of all specialties in which education is conducted at the university, enrolled in the first year of the Astrakhan State Technical University.

The survey was conducted using a questionnaire, which includes questions about the need, duration, preference and pastime of students on the Internet.

Results.

An analysis of the survey data showed that among the respondents, 78% of boys and 80% of girls have a strong need for regular use of computer devices, including smartphones. At the same time, only 18% and 15% of each gender sample, respectively, use a computer when necessary, and only 4% of boys and 5% of girls are able to do without computers and gadgets.

According to the respondents themselves, for 94% of students and 88% of female students, the most common reason for using computer devices is the need to access the Internet, including for watching various video materials or computer games (5% - boys; 6% - girls).

For the majority of the respondents, the Internet is the main primary source of obtaining information, including information related to education (respectively, 52% and 57%). Interestingly, 39% of girls use the Internet to find themselves in social networks compared to boys, who have a much lower figure (12%).

Of concern is the fact that among the optants 66 young people spend on the Internet a total of more than 3 hours a day, and the vast majority of respondents, respectively, 78% of boys and 49% of girls use this resource for about three hours a day. Among young people who use the Internet insignificantly, girls predominate (44%). For comparison, the same figure for young men is 10%.

Also, according to the personal statements of the surveyed first-year students, 71 (18%) boys and 16 (6%) girls are active participants in computer games, but the predominant number of young people do not perceive computer games as a non-alternative pastime, although they have some relevant experience (respectively, 69 % in boys and 75% in girls).

Of the most attractive computer games for respondents are role-playing games, among which, in turn, preference is given to games in which the participant looks through the eyes of his hero (or his hero from the side) and games for quick response and quick wits. In young men, these preferences are commensurate and amount to 46% and 49%. It should be noted that the quantitative indicators of the above-mentioned computer games among female students are much lower (35% and 29%). A positive trend, in our opinion, is the lack of great interest of young people in gambling. Preference for gambling (poker, roulette, casino, etc.) was given by only 5% of boys and 6% of girls.



The survey data also showed that 84% of boys and 76% of girls are not able to do without various computer devices for more than a day, and for 12% of students and 23% of female students this is a serious problem that causes psychological dissonance.

According to the respondents of both sexes, because of the time spent at the computer, they periodically have some problems (boys - 72%; girls - 70%), while for a total of 36 boys and 43 girls such problems are frequent. Because of this, a fairly large number of young people surveyed sometimes have to postpone some personal affairs. It should be noted that this trend prevails in the sample of boys (61%), while in girls it manifests itself to a much lesser extent (26%). Also, 70% of girls never put off personal matters because of the computer in comparison with boys, in which the number of such guys is 28%.

On the issue of the attitude of relatives to the hobby of the respondents to the computer, the following data were obtained: the majority of parents are neutral to the hobby (67% - boys; 62% - girls), many parents do not encourage the excessive involvement of their children (19% - boys; 28% - girls), and 14% of parents of boys and 10% of parents of girls consider this hobby positive.

The study was of a pilot, local and one-time nature, so its results cannot be generalizing regarding the scale of computer involvement among young people, but the combination and prevalence of certain manifestations made it possible to assume the presence of signs of computer addictions and behavioral tendencies among first-year students.

The data obtained from a sociological survey of first-year students were further taken into account to assess the formation of trends in the development of computer addictions in the student population of the university.

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