



Addiction Problems of Young People and Ways to Solve Them

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ABSTRACT

In the article, the author commented on one of the current issues of youth, addiction problems and ways to solve them. In the process of upbringing, spiritual and educational issues are always in the forefront and the indifference of parents in the family was discussed. He made suggestions about preserving respect for national traditions

Keywords:

addiction, Internet, education, environment, psychology, spirituality, worldview, habit, education and upbringing.

The problem of addiction among modern youth is based on the lack of spiritual education. If a person does not have enough knowledge in the field of moral and psychological education, he does not understand how to live correctly and how to achieve his goals. Young people do not understand what their basic needs are in real life, and as a result, they are distracted by the modern or virtual world, where real desires are artificially inspired. And this becomes the goal of young people who want a beautiful life to sit all day at the computer in a state of hypnosis, or else to feel the concept of happiness by drinking and smoking and using drugs in a state of stupor.

I want to look at two serious worldviews in life that many young people adhere to, which are unfortunately allowed by their parents. The first is to educate parents in the manner of "...we have seen difficulties, let young people play and laugh, if they don't wear clothes now, if they don't eat or drink now, when will they play and laugh?". From this, the second is to have a perspective on life due to subjective experience. If a person does not have the opportunity to drink and smoke, to spend his free time in cafes, bars, restaurants, discos

and noisy companies, lives in other useful areas of life and is brought up in the manner of mandatory skills of feeling the concept of happiness in those places, then he feels happiness in a state based on his subjective experience. . A growing person forms certain inclinations, habits, and character according to his actions and desires. Life values are formed in childhood, and then throughout the life of a person almost does not change. So, the family and the environment provide a person's life program. We said that desire shapes character, but this is certainly not enough.

Because a person lives in a vortex of emotions and situations. When we talk about diversity, I am far from the idea of putting one mold on one sheet. But I want to promote the belief that all ordinary things are great. I want to tell young people to keep the schedule of work and rest in moderation, mental and physical work is achieved through mandatory skills. Our wants and desires should also be in moderation. The notion that if I don't drink, smoke, sit at the computer, or walk in the streets, I won't be a bad person is also wrong. 70-75 percent of today's children and young people suffer from phone addiction. The Internet, which has become an ocean of

information and communication, has managed to attract many. Eyes, back, spine diseases, human psyche disorders caused by staring cause children and young people to be deprived of knowledge, the fundamental basis of life, and elderly people to be deprived of jobs and family.

" In the process of forming addiction to computers and games in children, the causal relationship between the lack of education and the presence of addiction is clearly visible. Authoritarian style in education, emotional defect, pedagogical neglect, lack of moral aspects in education, spiritual environment in the family, disunity between parents, as well as low ability to recover quickly, inability to control emotions, laziness, irresponsibility, all this leads to weakness in emotional self-development. will come The presence of such results in the education of students should alert parents, because they are prone to various problems, including computer addiction. [1]

We are in our family. It seems that it is not a contradiction to gradually get used to a lot of bad things around and become a habit, an invisible internet addiction. If you give a friendly rebuke to your loved one, he will justify his actions by saying, "...that's how everyone lives now, what's wrong." In fact, addiction has a different interpretation. Addiction is a habit that we create for ourselves. When habits are condemned, people tend to justify their behavior, mainly by pointing out the shortcomings of others, comparing themselves to others, thus trying to show that they are not so bad and that they can give up these habits whenever they want. If addiction is a habit, then why can't we break the habit quickly, we will face a crisis. The reason for this is simple, learning, learning to play a musical instrument, sports and other useful activities are purposeful, and habits are simple repetitive activities for unplanned entertainment. The reward (pleasure) of these addictions comes at speed. The pleasure of being rewarded with a reward remains in the memory, because it is easy, the tendency to repeat it increases. For example, internet games can easily provide fun and excitement without physical or mental stress. There will be

no reprimands, teachers and interrupters, Mazza! Planned skills are hard to master and the reward comes with much more effort. People who are dissatisfied with their lifestyle and want to prove to others that they are important people are more dependent.

"Many years ago there were such concepts as addiction to fishing and alcohol addiction, but addiction to the Internet and games - "cyberludomania" has undoubtedly increased in recent years. Do not rush to be surprised. Indeed, this term was officially introduced into world medicine today. This disease is applied to people who are addicted to computer games, and "cyberaddicts" live in a constant state of panic and anxiety. They develop a strong psychological addiction to games." [2]

Once again, due to the permission of the parents, the majority of young people prefer to be independent and distance themselves from the real social life. In fact, it is necessary to acquire only useful knowledge and experience in the family, to abandon useless pleasures and to teach that our life is so short that we should listen only to what is necessary. In the ancient times, when there was no internet, limited opportunities like today, and there were no facilities of science and technology in Central Asia, great scientists and poets of seven climates flourished. Now, the possibilities are causing problems and dragging them into the abyss.

What is the solution to this problem? Based on my experience, first of all, accept yourself as you are. Don't be a copycat by trying to be like someone else. Have your own opinion, don't let others sway you, develop a sense of self-confidence and learn to defend your positions. Realize that you are in charge of your own life, don't let others and other things take precedence over you, start making decisions for yourself. Remember that you are a unique piece of nature, love and respect it.

These beautiful words are true and easy to say. Computer games, gambling, binge eating, drug addiction, and similar addictions are mental disorders that are difficult to get out of. It is natural for a person to feel like a failure, to get out of dependence, which is not easy. In

the words of the famous Kyrgyz writer Chingiz Aitmatov, "A person should not consider every failure he encounters as a misfortune. Who knows, maybe true happiness begins with a small failure?! At a young age, people tend to make mistakes by nature, to accept fleeting infatuation as reality. In fact, what comes easy leaves a heavy complication, and it is natural that every situation mastered with difficulty brings relief at the end.

Through spiritual education, a person needs to be strong-willed, intelligent, observe his feelings with deep thoughts, and know how to protect himself from the difficulties caused by technical progress.

"Doing family chores together, checking in on grandparents with a teenager, visiting relatives, going to the movies or the theater together, and of course organizing family reading nights is a cure for Internet addiction and virtual addiction." [3]

People can be saved from any kind of inferiority complex only if spirituality and internal culture are grafted with national and popular education.

Literature:

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