

acute mobilization of the psychological and energy resources of the body, as a result of increased requirements, the subjective significance of activity. There is tension, drowsiness, impotence, monotony of activity, the inability to show creativity. The main motivation for activity is overcoming difficulties.

Among persons with a low level of neuroticism, a moderate degree of severity of symptoms of fatigue, monotony, as well as a pronounced degree of satiety is manifested. Individuals of this category have a pronounced state of rejection of activities as boring, uniform, uninteresting and of little meaning. There is also a state of reduced activity, boredom, apathy, activity is often perceived as irritable, carrying additional difficulties.

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SOCIAL PREVENTION OF GADGET ADDICTION AMONG ADOLESCENTS

The relevance of this topic is determined by the rapid development of computer technologies, which in recent years have left a certain imprint on the personality of a modern person. A powerful flow of new information, the use of computer technology has a great impact on the educational space of young people and adolescents.

The gadget is an achievement of technological progress, which has made it possible to see, feel and transmit without much effort what a few decades ago we could only see with our own eyes, making a lot of effort. Nowadays, it is possible to be anywhere in the world at the push of a button or to contact a loved one who is several hundred kilometers away. And this has become so everyday that people have begun to forget about the real purpose of gadgets and use them for other purposes. In the rapid development of technology and the general technologization of the planet, the immature self-consciousness of teenagers, who because of their youth and inexperience are not able to distinguish between a useful thing and an interesting toy, has come under attack.

Gadget addiction, as one of the manifestations of addiction in the general sense, is now acquiring the features of a social disease, and possibly a global epidemic. This type of addiction covers several age groups: younger age, teenagers, older adolescence, adolescence and even early adulthood (under 35), but recently there has been a tendency to involve even mature and older segments of the population in the virtual space. The great flow of new information, the use of computer technology, and the widespread use of smartphones have a great impact on modern society. Repeatedly we encounter such a problem in a particular family, where parents are often in a state of despair, not knowing how to change the situation of absolute dependence of their child on the computer and the Internet. But at the same time they spend the "lion's share" of their free time with gadgets alone, not suspecting the example they set for their children who are still in the process of formation, and for whom any parental example is a model, not even the most positive one.

Teenagers are forced to find something to do, which could satisfy their need to communicate and get some emotions. And help them in this smartphone, tablet, computer, TV. But modern media technology has one very serious problem: most of the information does not pass the filtering stage,

often showing information that is misunderstood by teenagers, has a negative impact, or at all traumatic to their psyche.

The problem of addiction begins when the desire to escape from reality, associated with a change in mental state, begins to dominate the consciousness, becoming a central idea. This confirms the obsessive nature of hobbies, the rapidity of their transformation into addiction. As for the "escape from reality", this is one of the main features of Gadget addiction from the point of view of psychologists, because this escape turns out not figurative, not metaphorical, but real.

Dependence can arise from a variety of forms of use of information technology. It is noted that while traditional types of addiction take years to form, this period is dramatically reduced for gadget addiction. Addiction is noticed by relatives and friends of the addict by changes in their behavior, daily routine, unwillingness to perform their usual duties, to do things that this person used to be interested in.

Proper use of gadgets teaches, broadens the mind, entertains, relaxes, takes away from the oppressive reality and allows you to enjoy the beauty. However, a person who understands that it is necessary to spend less time with a smartphone in his hands, often can't help it. And in order to have a chance of winning the battle with gadget addiction, we need to understand how media technology affects us.

Prevention, in a general sense, means scientifically grounded and timely actions aimed at the prevention of possible physical or socio-cultural collisions in individual risk groups, as well as the preservation, maintenance and protection of normal life and health of people, helping them to achieve their goals and unlock their inner potentials [1].

Dependent behavior turns out to be closely connected both with the abuse of something or someone on the part of the individual and with the violation of his needs. Special literature uses another name for this reality - addictive behavior. In translation from English, addiction is a tendency, an addiction that is detrimental to one's needs. If we turn to the historical roots of this concept, then Latin addictus is someone who is bound by debts (condemned to slavery for debts). In other words, it is a person who is in deep bondage to some insurmountable power.

The concept of addiction is defined as a pathological craving for something, which increases the risk of mental illness and is associated with personal or social problems.

Social prevention is understood as an activity to prevent social problems, social deviation or to keep them at a socially tolerable level by eliminating or neutralizing the causes that generate them.

There are three levels of social prevention of teenagers from gadget addiction (according to N. I. Nikitina):

- general social level (general prevention) - provides for the activities of the state, society, their institutions aimed at resolving contradictions in the field of economy, social life, in the moral and spiritual sphere, etc;

- special level (socio-pedagogical prevention) consists of targeted impact on the negative factors associated with certain types of deviations or problems. The elimination or neutralization of the causes of these deviations is carried out in the process of the activities of the relevant actors, for whom the prevention function is professional;

- individual level (individual prevention) is a preventive activity in relation to specific individuals whose behavior has the features of deviation or problematic.

The effectiveness of social prevention of adolescents from gadget addiction is determined by the implementation of structural and functional model, which includes blocks of primary and secondary prevention in the educational environment of the educational institution:

- primary (general) prevention is a set of socio-pedagogical activities of the educational institution aimed at preventing, eliminating and neutralizing the causes and conditions that cause negative social deviations in behavior, social development, socio-psychological adaptation, education, socialization of schoolchildren with a socially acceptable level;

- secondary (special) prevention is a set of socio-pedagogical activities of specialists of the multidisciplinary team, aimed at preventing, eliminating and neutralizing the causes and conditions that cause negative social deviations in behavior, social development, socio-psychological adaptation,

education, socialization of schoolchildren with socially neutral and socially unacceptable levels of individual social health;

– tertiary prevention solves such special tasks as the treatment of neuro-psychiatric disorders accompanied by behavioral disorders. Tertiary prevention also can be directed on prevention of relapses in persons with already formed deviant behavior [2].

In the implementation of activities to prevent addictive behavior of adolescents on gadgets, the following aspects can be highlighted (according to C. P. Korolenko):

– interaction of all specialists of the educational institution;
– interaction between the school and parents (this aspect includes educational work, which has different directions);
– the existence of a comprehensive program to prevent deviant behavior among adolescents;
– consideration of the position of the adolescent as an active subject of the organization of prevention work.

The following forms of preventive work can also be distinguished:

– organization of the social environment. It is based on the ideas about the determining influence of the environment on the formation of deviations;
– active social training of socially important skills (group trainings);
– organization of activities alternative to addictive behavior. This form of work is connected with the notions of the substitution effect of addictive behavior. For example, addiction can play an important role in personal dynamics - an increase in self-esteem or integration into the reference environment.

It is assumed that people use mood-enhancing psychoactive substances until they receive something better in return. Alternative forms of activity are recognized as:

– cognition (travel);
– self-testing (mountain hiking, risky sports);
– meaningful communication, love, creativity, activity (including professional, religious-spiritual, charitable).

4. organization of a healthy way of life. It proceeds from notions of personal responsibility for health, harmony with the surrounding world and one's body.

5. Activation of personal resources. Active training of teenagers in sports, their creative self-expression, participation in groups of communication and personal growth.

Addiction to gadgets and the Internet is an urgent problem of society: in every school, university, college of the country most of the students have this addiction.

In most cases, the cause of gadget addiction becomes the discrepancy of internal and external life, problematic upbringing in the family, difficult relationships in the team, the delusion that it is safe.

Thus, according to the specific behavior of adolescents affected by gadget addiction, the following conditions of social and preventive work are identified: complexity (organization of the impact at various levels of the social space, family and individual); targeting (taking into account age, gender and social characteristics); mass (priority of group forms of work); positive information; minimization of negative consequences; personal interest and responsibility of participants; the maximum activity of the teen; aspiration for the.

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