COMPUTER ADDICTION

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To begin with I must admit that views of our psychologists and psychiatrists are different and divided into three types. Within native medical science it's accepted to think that computer addiction is like a drug addiction – **like an illness**. As a treatment it's proposed a computer forbiddance and "substitution therapy" with psychotropic drugs.

The second look is based on a **primitive biological system**. Creators of computer games play on human weaknesses and form a player reflex behavior. According to this logic a gamer is something like "Pavlov's dog".

The third opinion considers gaming addiction as attempts to **masquerade** some major internal psychological needs.

Today it's up–to–date to talk about addiction to computer games using the *"theory of operant conditioning"* by Skinner. At the same time, however, we forget that this theory is a method of forced re–education and as a result has brought a lot of troubles and found no practical proof.

Of course "Operant conditioning" can change human behavior, but only permanently while being dependent on the psychologist. After coming out of jail or rehab center and after using the method of Skinner, people returned to the usual forms of behavior [1].

Skinner's explanation of a virtual dependency theory is that a person moving through the levels of a computer game, gets a "reinforcement" – small psychological pleasure arising from a win to win. Occur-

rence of addiction to gaming is connected with the fact that in real life we get much less "reinforcements", but in the game we can get them constantly.

However, the same "small pleasures" we can get, for instance, playing board games, solving a crossword puzzle, during downhill skiing, etc. Nowadays it's not less available than in a virtual game. So why do people choose exactly the virtual world and virtual "reinforcements"? Proponents of Skinner's concept can't answer this question.

American psychotherapist Arnold Mindell claimed that screenplay of our dreams is always deployed in a space that have a clear structure. Simply put, in a dream we always wander in a certain individual "castle" or "home". The house in which we wander in a dream, can be represented as a multi–level labyrinth in 3D vision. The screenplay of our dreams can be described as a search for a way out of dead–ends and meeting with monsters hindering find the exit [1].

But in a dream, as in real life, we are not invulnerable unlike a computer game in which you can enter at any time, transform into the hero and become a winner.

Computer game changes our dreams, and makes us want to bring them to real life. There is no need to overcome internal deadlocks – you can just go to the next level, we should not strive to realize a dream – that's enough to finish the game.

Just have a look at world statistics:
- In a small study, 82% of people were found to spend more time online than anticipated.
- In the same study, 65% of people claim they use the internet to escape their problems.
- A survey in 2012 of 12,800 American women found:
- 34% check their smartphone before getting out of bed.
- 21% wake up in the middle of the night to check Facebook.
- 27% check Facebook while on the toilet.
- China and South Korea have the highest rates of internet addiction (30%) [2].

In addition to this, I've conducted my own survey among my groupmates and friends (30 people). The results are seen in the following table (table).

Table – The survey among 30 people

Questions		Results	
1.	Are you a computer addict?	a)	19 p., 63%
a)	Yes	b)	11 p., 37%
b)	No		
2.	What are the reasons you use a computer for?	a)	9 p., 23%
		b)	13 p., 43%
a)	Education	c)	8 p., 34%
b)	Networking (VK, Facebook, Twitter, etc.)		
c)	Playing computer games		
3.	Which do you prefer to be social?	a)	13 p., 43%
a)	Computer networking	b)	17 p. 57%
b)	Going out with your friends (cinema, theatre, fitness gym, etc.)		

In my opinion this percentage is very confusing, so what about our future generations?

Many teenagers feel insecure and afraid that other people do not appreciate them, can not understand, will laugh at them or humiliate. Reality often makes us feel like "an empty space" (something that doesn't exist, doesn't matter). It's felt dangerous like it can "absorb" or "dissolve" our "I".

There are those that are networkers, people who use their computer to be social. Website such as Facebook and Twitter have dominated the internet in recent years and in some cases the lives of children. Although it is technically illegal for anyone under the age of thirteen to have a Facebook account, research shows that in fact a consumer reports survey showed that as many as 7.5 million Facebook users are under 13, and two–thirds of those children are under 10. This sparks another debate regarding the safety of children on the internet. However those children dependent on social networking find them-

selves glued to their computer screen waiting on the next notification or message from one of their friends. Friends which they may not even know personally [3].

Children use their computers for a number of reasons, many use them for social networking, gaming and educational purposes. It is important that computers are not seen as detrimental to our children or their development. In fact if used correctly they can be one of the greatest tools at a child's disposal, furthering their education. I feel that it is essential that parent regulate how long children are allowed on their computers but also guide their children. Show them new ways to exploit the capabilities of a computer.

References
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