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ДОПОЛНИТЕЛЬНОЕ ПРОФЕССИОНАЛЬНОЕ ОБРАЗОВАНИЕ

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Qisqacha izoh

Mobil telefon hozir odamlar uchun nafaqat aloqa, balki soat, kalendar, kalkulyator, pochta, musiqa, fotoapparat, videokamera, radio, televizor, internet, bloknot, ish jadvali va hokazo xizmatlarini taqdim etmoqda. Uning kichkina displeyi orqali butun dunyoda sodir bo'layotgan voqea-hodisalardan xabar topish, "bluetooth" orqali boshqa telefonlarga xabarlarini, fayllarni jo'natish, qabul qilib olish (hatto kompaniya aloqaga cheklov o'rnatgan bo'lsa ham), yashirincha bironing telefoniga kirish va u yerdagi ma'lumotlardan xabar topish ham mumkin.

Kalit so'zlar: uyali telefonlar, inson eshitish organlari

Использование мобильных связи среди студентов, вредное воздействие средств мобильной связи на организм человека.

Мобильный телефон теперь предоставляет людям не только связь, но и услуги часов, календаря, калькулятора, почты, музыки, фотоаппарата, видеокамеры, радио, телевидения, интернета, блокнота, рабочего расписания и т. д. Через его небольшой дисплей можно узнавать о событиях, происходящих по всему миру, отправлять и получать сообщения и файлы на другие телефоны через Bluetooth (даже если компания установила ограничение на связь), а также тайно получать доступ к чьему-либо телефону.

Ключевые слова: мобильные телефоны, органы слуха человека.

The use of mobile communications among students, the harmful effects of mobile communications on the human body.

A mobile phone now provides people not only with communication, but also with the services of a clock, calendar, calculator, mail, music, camera, video camera, radio, television, Internet, notepad, work schedule, etc. Through its small display, you can learn about events, happening around the world, send and receive messages and files to other phones via Bluetooth (even if the company has set communication restrictions), and secretly access someone's phone.

Key words: mobile phones, human hearing organs.

Every day, our brain is exposed to radiation from cell phones, base stations, routers, satellites, alarms, motion sensors, radio and television. Power lines, wires on the walls, CMB, granite chips — all this can affect the cells in our body.

Of all the above, cellular communication is the biggest concern for many. Everyone has phones and, after articles on GMO damage in the media, has become familiar with research on the radiation of cell phones and base stations. Scientists from the University of Sydney, analyzing 29 years of data, came to the conclusion that the use of cell phones does not increase the risk of brain cancer. Smartphones and phones have become an integral part of our lives. Admit it, the day your "companion" gets stuck in the house, you will feel like a "sleeveless" person.

Swedish researchers have found that using a mobile phone for more than 10 years increases the risk that human hearing organs will have a decrease in working activity by 4 times. Dutch scientists are of the opinion that the use of a mobile phone negatively affects brain activity. European studies have shown that radiation from the mobile apparatus causes damage to DNA. Hungarian scholars, on the other hand, are of the opinion that it is not only to use it, but only to carry it in the pocket of the pants, or to clamp it on the belt itself, which can lead to indifference. In the course of their research in mice, Russian scientists write that when they receive 20 times more radiation from a mobile phone than usual, they have a very bad effect on their vision. It is especially noted that a regular user of a mobile phone leads to children's health, in particular

memory and sleep disorders. In the countries of the European Union, as well as in Japan, India, Tajikistan, the use of cell phones on the territory of schools is prohibited. Dr. Kurana also mentions that if humans do not use a mobile phone wisely, its harm will be higher than smoking. Because on the same day, a global population of 1.6 billion is smoking, 4.6 billion people are using mobile phones. In the London-based Independent, Dr. Winnie Kurana mobi expressed her opinion on brain cancer caused by the phone's negative effects, calling it a "verdict". If no action is taken on such cases, it warns that for the next 10 years the incidence of malignant tumor disease around the world can grow. According to studies conducted by scientists in different countries of the world, users of cell phones arz from such situations as headaches, dizziness, malaise, feeling "heat" around the ears, nausea, rapid fatigue. Foreign scientists conducted studies in order to determine the causes of such negative situations. According to the results of studies, tears in the eyes, insomnia, druglessness are also observed in most cell phone talkers. Judging by the claims of European scientists, 3 percent of people suffer from a state of high electrosensitivity. Waves in this form cause leukemia, cataracts, brain tumors in children in the first Gal, disrupt the functioning of the vascular and nervous system, which in turn can also lead to impaired DNA composition. In accordance with the current sanitary rules in Russia and the norms of sanpin 2.2.4/2.1.8.055 96 "electromagnetic radiation (EMP RF) in the radio frequency range", the permissible voltage level of the electromagnetic field is 10 mW/cm² (or 0.1 W/m²). For comparison: Scandinavian countries - 100 mkW / cm²; USA 100 mkW / cm². Phones have brought a lot of convenience in our life. The bad thing about the telephone apparatus is that it leads to mental retardation of a person, causes memory impairment, blurred eyes and, at worst, human radiation. This radiation mainly causes very negative consequences even in women. Similarly in men, there are consequences of radiation in men. The human brain also acts as an antenna when speaking in a telephone aparati, so that the human brain receives a very large signal. At first, when the phone was invented, many doubted its prospects, it turned out that it was difficult to believe that people communicate without seeing each other. But in making the ring of humanity close, heavy, the phone has gained incomparable

importance. The mobile phone made it possible to communicate anywhere. The fact that we can always carry with us has further accelerated its value, becoming an “integral part” of our life. According to the figures, now two and a half billion people around the world have turned a mobile phone into a 24-hour “companion” every day. This is a sign that in the life of society, a mobile phone has already become a social phenomenon, and not just a miracle of technology. The most relevant aspect of the matter is that among them there are a lot of children – school, even children of kindergarten age. For example, in Germany, every fifth child between the ages of 6 and 13 has a personal mobile phone. How much the radiation that a mobile phone distributes can cause harm to the human body has already been proven by experts. Doctors say that these radio communication Rays have a huge impact on the brain of young people, babies in particular, deleting the normal growth process in them. Because brain cells that are in the same growth cycle of the child are easily damaged by the rays of the mobile phone. Cases such as bone growth arrest, tumor formation, memory impairment, immunocompromised, and increased risk of developing cancer have been found in Swedish scientists' studies to be precisely the “service” of the “suckers”. In 2011, the World Health Organization and the International Agency for Cancer Research classified radio emission of cell phones as potentially carcinogenic, identifying factors that could be “carcinogenic to humans” to Group 2B. According to data published in 2013, who believes that studies conducted do not show RF radiation as an environmental impact factor that increases the risk of cancer.

Phantom vibration syndrome

Phantom vibration syndrome is a condition accompanied by anxiety when a person thinks that a cell phone rings or emits vibrations, in fact it does not occur “phantom vibration syndrome” called.

Surveys show that imaginary “phone calls” - the perception of non-existent sounds or vibrations - are common. The perception of phantom vibrations is associated with the use of a mobile phone, which is set to vibration mode for a certain period of time. The cerebral cortex begins to misinterpret the microspasmic sensations of the muscles, the friction of clothing on the body, which is mainly hallucinations. Imaginary vibrations

or calls can be associated with anxiety disorders. Specific measures for such cases have not yet been thoroughly studied.

The purpose of the work. To study how they use cellular means and its health effects among students studying at different universities.

Results and discussion. A total of 162 students from Tashkent Medical Academy, Tashkent State Dental Institute, Tashkent State Technical University named after Islam Karimov, National University of Uzbekistan named after Mirzo Ulugbek, Alfraganus private, Gulistan State University, Tashkent University of Information Technology, Turin Polytechnic University, Chirchiq State University, Gulistan State Institute of Pedogogy participated in the survey. The questionnaire was completed by students between 2000 and 2006. 1.9% in 2000, 13% in 2003, 22.2% in 2005, 48.1% in 2004. “From what age did you use a mobile?”, 55% gave the answer as being 15 years old. And the organism of children and adolescents will be very influential on various factors of the external environment. Therefore, scientists from the World Health Organization do not recommend that children use cell phones for a long time. This negative effect is more observed in children, the reason is – firstly, the child's brain is small, secondly, the skull is still more fragile, and thirdly it is during the period of active development. “How many hours a day do you spend your time on mobile or social media?”, and first jokingly laughed "24/7" and then tagged it as 5 or 6 hours. The human brain also acts as an antenna when speaking in a telephone aparati, so that the human brain receives a very large signal. At first, when the phone was invented, many doubted its prospects, it turned out that it was difficult to believe that people communicate without seeing each other. But in making the ring of humanity close, heavy, the phone has gained incomparable importance. This means of communication, which has been improving every year, has become an integral part of people's lives today. It is also doubtful that the discovery of the mobile phone network was of particular importance in the popularity of the phone with great speed. When we asked how they felt from a number of cellular damages, 44.4% of our peers responded “by lowering the screen light of the phone”, while 20.4% of our peers responded “by using less cellular means”, while 13% of our peers responded that a more effective method is “by wearing special glasses”.

Unfortunately, among our peers, 14.8% of 162 students noted that they do not take extensional measures at all, even if they know that cellular means are harmful. In the next question, we ask "What is your visual acuity?", their response was as follows: 79.6% said they were in the -2.0 to -6.0 range even though they had a normal visual acuity of 5.6%. "How long do you run your eyes through special examinations?" to which unfortunately 42.6% of our peers responded "Never". This is a very bad result because human eyes need to be sharpened from special examinations twice a year. When asked how long they use personal notebooks in addition to cellular media, they said "I don't have a personal computer or a notebook I would use for 4 or 5 hours if I had". It has also been confirmed that, thanks to the phone, vices such as jizzakilik, depression, loqaydlik take root in young children. Psychologists say that children who are overly given mobile phones become unimaginable to part with it. She wants him to stand by her side day and night, to train with her without stopping. It is estimated that in some developed countries in the following years, the number of parents seeking psychologists is increasing in relation to mental problems in their children. The boy, who was too attached to his mobile phone and personal computer, completely devoted himself to this technique and cut off contact with people even with his parents. Unfortunately 37% of students responded that they would "always be by my side" when we asked how far they would put personal mobile devices before going to sleep, but 46.3% of students said they would put a distance of one or two meters away as prescribed. Irradiation from the phone occurs more often when the call gudogi leaves. To do this, use the phone from the ear 10 sm.ga when you move away, the radiation level will decrease by 100 times. In addition, it is advisable to hold the phone 1 cm away when talking. Judging by the scientific conclusions, it turns out that the negative effect of the phone on brain cells begins after 13-15 seconds. Therefore, it is better to speak quickly at the level possible or by keeping it away from the ear. According to data, a mobile phone can kill 20-25 percent of sex cells per day when men are in a trouser pocket. The worst among the answers is that 98% of students do not prevent even knowing that the Mobile will harm them. When talking about the harm of mobile phones, psychological tobeism cannot be bypassed. He is more dangerous. If you are

strongly attached to your smartphone and do not usually pull it out of hand, then at least in a day, 1-1.5 hours leave it intact. And spend this time communicating “live” with friends, spending time with your children, or just taking a walk. Usually people think about what they are doing, and not about the harm it does when talking on the phone. 70 percent of phone users talk more than 30 minutes a day. 30 percent of people carry 2 phones, while 40 percent of people keep the phone 70 cm away from the headrest of the body when they sleep at night. Only 20 percent of users know about its harm.

As a conclusion, it can be said that although there is not enough clear scientific evidence of the harm of the phone, no one can deny its negative impact.

To reduce anxiety from phantom vibrations, it is proposed to move the phone into the clothes pocket or completely stop using all technologies for 10 minutes every few hours, replacing them with walks, reading books, live conversations.

Recommendation

A monotonous diet for students requires compliance with several Basic Rules:

1. Protect with time. If possible, do not talk for more than 3 minutes in a day.
2. Protect with distance. When talking, use the phone's sound transmitter devices.
3. When calling a phone and dialing another number, keep it out of the head area and ear.
4. Do not use a mobile phone in the car at the level possible. Because the metal casing of the car plays the role of a screen (barrier), communication becomes more difficult, and the range of the electromagnetic wave as well as the amount increases.
5. The same situation is observed in metal garages, houses with reinforced concrete cladding, if possible, talk in front of the mirror or on the balcony.
6. Do not use a mobile phone if there are regular home phones at home, at work.
7. Do not teach children and adolescents to talk on the phone if there is no need.
8. It is better for people with nervous system and sleep disorders not to use a mobile phone if possible.

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