"VIRTUAL AUTISM: A MODERN PROBLEM AND ITS CONSEQUENCES".

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Annotatsiya: So'nggi yillarda raqamli texnologiyalarning tez sur'atlarda rivojlanishi bolalar psixik rivojlanishiga bevosita ta'sir ko'rsatmoqda. Virtual muhitga haddan tashqari bog'lanish, jumladan planshet, telefon va televizor ekranlari oldida ko'p vaqt o'tkazish natijasida yuzaga keladigan virtual autizm holatlari ilmiy adabiyotlarda keng muhokama qilinmoqda. Ushbu maqolada virtual autizm tushunchasi, uning asosiy belgilari, sabablari va oqibatlari yoritilgan. Shuningdek, ota-onalar va pedagoglarning roli, ijtimoiy muhitning ahamiyati va psixologik yondashuvlar asosida profilaktika choralariga alohida e'tibor qaratiladi. Tadqiqotda shuni ta'kidlash mumkinki, virtual autizmning oldini olish uchun texnologiyalardan oqilona foydalanish, real ijtimoiy muloqotni kuchaytirish va bolalarda kognitiv-emotsional rivojlanish jarayonini qo'llab-quvvatlash zarur. Ushbu maqola psixologiya va pedagogika sohalarida ishlovchi mutaxassislar uchun metodik va nazariy ahamiyatga ega.

Русский язык: В последние годы стремительное развитие цифровых технологий оказывает прямое влияние на психическое развитие детей. Чрезмерная зависимость от виртуальной среды, включая длительное пребывание перед экранами планшетов, телефонов и телевизоров, приводит к формированию явления, известного как виртуальный аутизм. В статье раскрывается сущность данного понятия, его основные признаки, причины и последствия. Особое внимание уделяется роли родителей и педагогов, значению социальной среды, а также психологическим подходам к профилактике. Исследование показывает, что для предупреждения виртуального аутизма необходимо рациональное использование технологий, усиление живого общения и поддержка когнитивно-эмоционального развития ребёнка. Материал статьи представляет интерес для специалистов в области психологии и педагогики, а также для родителей, стремящихся к гармоничному воспитанию детей в условиях цифрового века.

English: In recent years, the rapid development of digital technologies has had a direct impact on children's psychological development. Excessive exposure to virtual environments, such as spending long hours in front of tablets, phones, and television screens, has led to the emergence of a phenomenon known as virtual autism. This article explores the concept of virtual autism, its main features, causes, and consequences. Particular attention is paid to the role of parents and educators, the importance of the social environment, and psychological approaches to prevention. The study emphasizes that preventing virtual autism requires the rational use of technology, strengthening real-life communication, and supporting children's cognitive and emotional development. The findings of this article are valuable for

psychologists, educators, and parents, providing both theoretical and methodological insights into addressing this growing issue in the digital age.

Kalit so'zlar: Virtual autizm,bolalar psixologiyasi,raqamli texnologiyalar, ijtimoiy muloqot, psixik rivojlanish,profilaktika,ota-ona mas'uliyati,pedagogik yondashuv

Русский: виртуальный аутизм, детская психология, цифровые технологии, социальное общение, психическое развитие, профилактика, ответственность родителей, педагогический подход.

English: virtual autism, child psychology, digital technologies, social interaction, mental development, prevention, parental responsibility, pedagogical approach.

Digital technologies have become an integral part of our lives. They have radically changed the daily lifestyle not only of adults but also of children. In recent years, it has been observed that children spend most of their time in front of phones, tablets, and television screens. This situation inevitably affects their socio-psychological development. One of the new concepts that has emerged under such circumstances is virtual autism.

Virtual autism is a psychological condition similar to autism spectrum disorder in clinical symptoms but primarily caused by excessive dependence on digital technologies. According to research, children with virtual autism show difficulties in establishing eye contact, a decrease in interest in communication, slow development of vocabulary, and reduced social activity.

The relevance of this topic lies in the fact that virtual autism is recognized as a globally spreading problem. Experts emphasize that this phenomenon may negatively impact social integration and mental health in the future. Therefore, parents, caregivers, and educators must actively participate in preventing this process.

This article aims to deeply analyze the essence, causes, and symptoms of virtual autism while also providing scientific and practical recommendations for its prevention.

1. Scientific foundations of the concept of virtual autism

2. Causes:

Excessive use of digital technologies

Parental neglect

Changes in the social environment

3. Symptoms:

Delayed speech development

Weakening of emotional communication

Difficulty concentrating

4. Consequences:

Social isolation

Learning difficulties

Threats to mental health

5. Prevention and treatment approaches:

Limiting screen time

Strengthening family communication

Providing pedagogical and psychological support

Recommendations:

1. Parents should limit the time children spend using technology.

2. Children should be provided with more opportunities for social interaction and real-life play.

3. Educators should use technology in the teaching process in a controlled and efficient way.

4. Psychologists should establish early diagnostic and counseling services.

5. Mass media should conduct awareness campaigns about virtual autism.

6. Governmental and non-governmental organizations should develop additional programs to protect children's psychological health.

Conclusion

Virtual autism is one of the urgent problems of modern times, emerging as a psychological condition in children due to the excessive use of digital technologies. Research shows that such children experience decreased interest in communication, delayed speech development, and difficulties in social adaptation.

As emphasized in the article, the main cause of virtual autism is parental inattention and allowing children unrestricted access to technology. Therefore, solving this problem should start within the family. Furthermore, effective preventive measures must be developed through collaboration between educators, psychologists, and society.

In conclusion, for the healthy development of children, it is essential to use technology wisely while promoting real-life communication and social activity as the most important factors.

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