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Causes And Factors of Virtualization in Youth Life

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Annotation: This article describes scientific research on the causes and factors of virtualization in the lives of young people.

Key words: youth, virtualization, cause, factor, life.

Today's demand - in the information age, we live in the era of information technology in all areas, the transition to digital technology. We all know that the instructions given by the head of our state, the conditions created, the vast opportunities, are important and the right path for the development of the state and society. The correct and rational use of these opportunities, especially among young people, should be the focus of all of us. Working in information and digital technologies is inextricably linked with virtuality.

Virtual reality is a creature that captures people's minds so quickly, especially in the minds of young people. The first reason for this is the uniqueness of human youth, that is, the strong desire in young people to learn something new faster, to see the end faster, to learn something unfamiliar faster. A virtual world is a world that does not have an existing appearance and shape, but has many tools, which can store many things, processes, information, and is easy and convenient to transmit and receive . Virtual life is a technological system that allows the user to feel bathed in a world different from the real world. It is a tool that distracts a person from real life. It is a means of distraction not only from oneself but also from the original nature. It is also a tremendous force that can influence the mind of the user. Its large number of users should be used with caution, as it includes students and young people. Because in the age of modern science and technology, virtual life can be used for various purposes.

When we talk about this, we must first look at the past of this concept: Virtual reality does not have a clear origin, it probably happened in the middle of the XIX century, long before it existed. is associated with a combination of different ideas and discoveries. Below are the events of the last two centuries:

- In 1838, the British inventor Charles Whitstone created the first stereoscope, a device capable of displaying static images in three dimensions.

—Mixes created in America in the 1930s created the mechanics of studying floods and dams. This is not a simple task, because at that time there was no word for mechanics. This is a real discovery.

—1945-For the first time it was possible to simulate the trajectory of aircraft using the first computer with electronic technology called ENIAC.

—In 1962, Montor Hayley demonstrated the sensor sensor with a large stereoscopic 3D display.

—Virtual reality, written by Suterland in 1965, is described as a concept.

The gradual expansion of people's thinking, the development of society, the media, computers, telephones and various gadgets that provide the spread of information flows into human activities are characterized by a strong impact on the minds of young people. As long as man lives in a living being, it is impossible not to use a virtual being in our time. A person's life being, that is, the "time he lives" from the time of his birth to the time of his death, is understood. Virtual being is the time of its activity in social networks. Young people are very active in virtual life because they are mastering this field very quickly. We use virtual existence differently; someone to play a game, someone to chat, someone to read a book is playing an active role in every aspect of human life.

The current success of the virtual entity.

In today's age of technology and development, the industry is evolving so much that even now we can go around the world virtually sitting in our seats. As a result of virtualization, virtual life is rapidly evolving, just as every industry is now evolving. It ensures that people do not have difficulty finding information, interacting with one or more people regardless of distance. Computer-generated virtual reality technology,

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which displays an object in three dimensions, is entering everything from entertainment to education. For example, in developed countries, students in California are creating a three-dimensional view of the world and applying it to a wider audience. It allows you to travel all over the world. The virtual world surrounds you, you completely disappear from the real being. In the future, all-round cameras will allow the image to look more realistic. Virtual Reality Lasvegas hosts a major exhibition of the same name every year. It combines two images to create a 3D image. Again, the number of fans of virtual games played on touch phones and computers around the world is much higher. Some of them help to sharpen the mind, while others only help to spend useless time. One of the advantages of the Internet due to its evolution is that the network and its triggers allow not only technological but also relevant digital work but also administrative services and other areas to work through various websites that have moved to the virtual. Meeting the needs of entrepreneurs, they have the opportunity to create a project, a working group and even a pure virtual office with remote people. In short, it can be seen from different perspectives and different areas of the internet.

How virtual life affects the health of children and young people.

Virtuality can bring us endless convenience and ease of possibilities, as well as a number of negative effects. Most of the negative effects can be encountered in healthy ideological forms of the environment, as well as in hereditary diseases, in children with educational disabilities, who are not well educated in a good family. If the mind is not filled with healthy ideas, the child will have gaps in thinking, and this gap can be filled by something that seems interesting to any new child. Looking back, longevity has made up the majority. They mainly followed exercise and a healthy, natural lifestyle. Now children and young people, middle-aged and elderly, have lost interest in life. This occurs as a result of misuse of virtual life. A small child chained to a monitor is literally exposed to light. Instead of physical development at that age, as a result of the intellectual burden, he modern children reached early puberty. As a result of overproduction of the hormone testosterone in premature children, the hormones decrease and lead to the attenuation of cyprmazoites. The worst tragedy of this is infertility. In ten years, a child can easily learn three languages and the basics of computers, programming. But they lag far behind in physical activity. After sitting at the computer for 45 minutes, the eyes should rest for 10-15 minutes, but a child playing a game in the virtual world becomes so involved in the game that he does not notice how time passes for hours. . Some young people don't even realize that they have opened their bellies under the influence of so many virtual games. These can be followed by various seizures and chronic diseases. Malnutrition results in gastritis (inflammation of the lining of the pancreas). The process of digestion is disrupted. Hypodynamics - low mobility, which leads to obesity, circulatory failure, poor oxygen circulation in the body, low blood and oxygen supply to the brain, respiratory disorders, musculoskeletal disorders, digestive disorders and diabetes. . Not only hypodynamics but also the eye, which is one of the most important organs of a human being, is strongly affected. For example: exposure of the cornea to light, damage to the cornea, frequent aging of the eye and deterioration of vision, leading to eye diseases and various diseases that adversely affect human health possible. We will not only explain the negative aspects of virtual life, but also talk to you about the many benefits to human life.

Admittedly, we can't imagine our lifestyle without virtual life. We cannot help but acknowledge His accomplishments and ups and downs in our lives. It should be noted that the widespread use of advanced technologies in all spheres plays an important role in improving human life. For example, it plays a leading role in manufacturing, medicine, economic growth, household services, utilities, financial services, construction, science, and the world of science and technology. The Internet is now the largest source of information. The internet is a huge library and a source of information which is a very useful thing. We can use it. But it should be used wisely. He is also an advanced teacher. Those who seek knowledge from it will be able to use this world properly. They find the information they are interested in and need quickly and easily. They achieve great things in life by applying the information they receive to their activities and lives. They are witnessing a huge surge in their careers. The Internet has engulfed human life from many angles. There are a lot of people who are currently reaching the heights of popularity through the internet. They are promoting themselves to a number of talents around the world. Whether you look at it from this or that circle, it benefits a person spiritually and intellectually. When we are tired, we can enjoy movies or entertaining videos. You can enjoy spiritual shows. This in turn prevents stress. Computer communication is

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one of the most popular types among people right now. Trends are born on social media and individuality dies there. The Internet has become an integral part of our lives. It will only be useful if you use it when you need it and in moderation. These were the main advantages of how the internet affected young people. Where there is opportunity for growth, development and knowledge, there will definitely be a place of danger, deception and psychological problems. Therefore, we should use virtual life using our minds only for the purposes that are useful and necessary for us.

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