

Modern Lifestyle and Diseases

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Annotation: In this article, we will discuss how working under difficult conditions affects human brain functions and what neuropathological diseases it can lead to, as well as the consequences of video game addiction in adolescents. We will also review several neurological diseases.

Keywords: brain, depression, stress, computer games, nervous system, positive and negative factors, intellectual labor, muscular system, reflexes, neurosis, neurasthenia, hysteria.

INTRODUCTION:

In today's world, neurological and neuropathological problems are widespread in society, and their causes are linked to various factors. Disorders in brain function and diseases of the nervous system negatively impact individuals' social and economic activities. According to data from the World Health Organization (WHO), neurological diseases account for a significant portion of global disability and mortality cases. In the context of modern living conditions, factors such as stress and unfavorable working environments further exacerbate these problems.

Alongside technological advancements, the excessive use of computers and smartphones has become increasingly common among people. This has led to issues, especially among youth, such as difficulty concentrating, depression, and weakened social connections. Additionally, prolonged use of computer games and mobile devices negatively affects the nervous system, personal life, and social relationships.

The purpose of this research is to deeply analyze the impact of modern lifestyles on human health and develop recommendations for the prevention of these diseases. Various sources and scientific literature were analyzed to explore this topic.

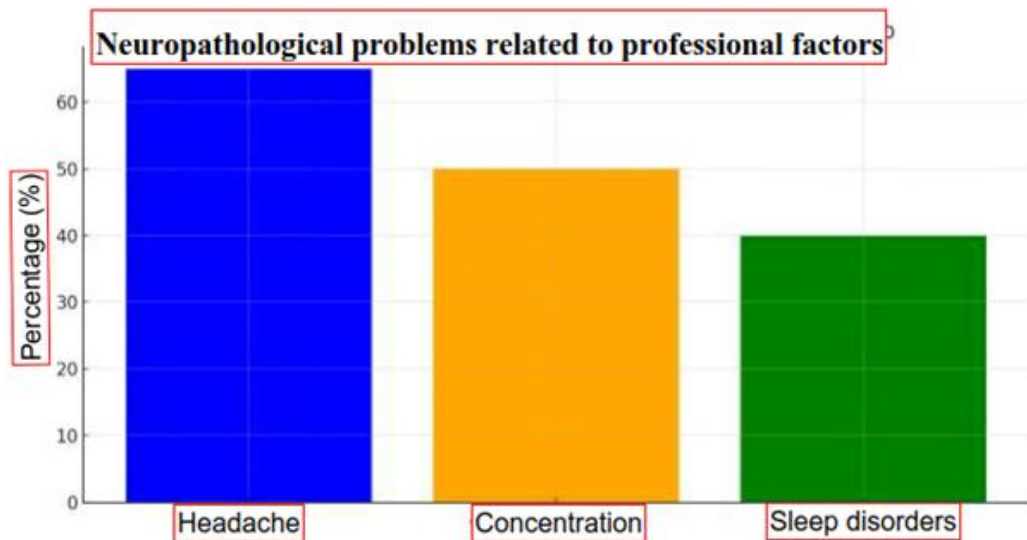
MATERIALS AND METHODS:

This research utilized various sources, including "General Hygiene," "Nerves and Psychiatry," as well as international scientific articles and statistical reports. Practical observations were conducted to study the effects of computer games among adolescents.

RESULTS:

1. Neuropathological problems related to professional factors

The data in this category can be visualized in the form of diagrams based on time.

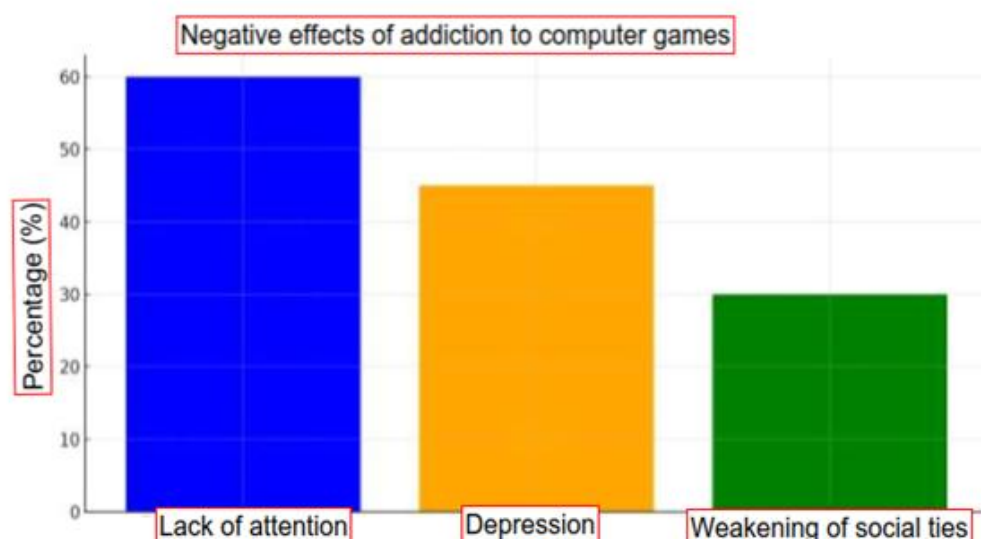


1. Diagram 1: Headaches, Difficulty Concentrating, and Sleep Disorders

- ✓ **Headaches:** 65% (47 patients)
- ✓ **Difficulty concentrating:** 50% (36 patients)
- ✓ **Sleep disorders:** 40% (29 patients)

2. Addiction to Computer Games

This article interprets some negative effects of computer game addiction among adolescents. The following diagram visualizes these findings:

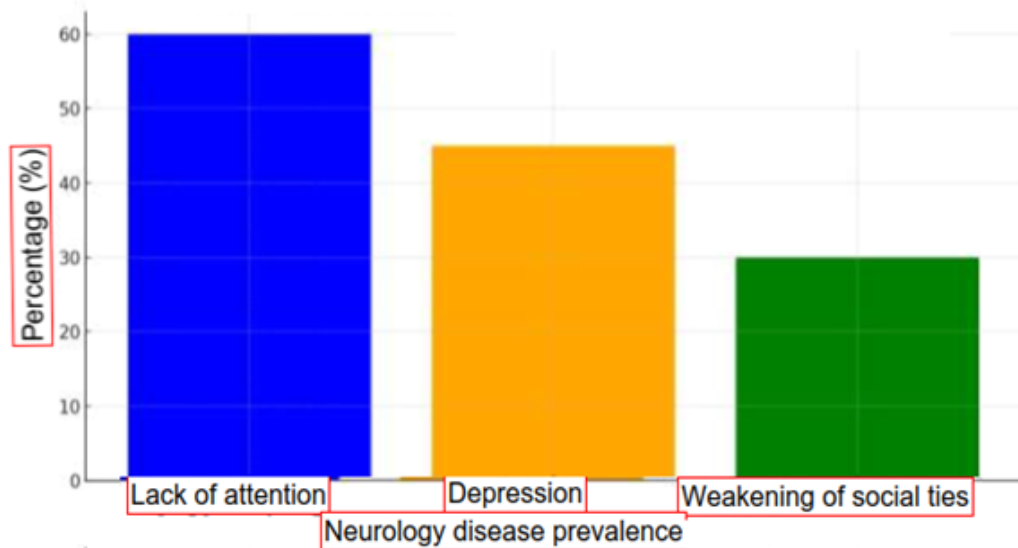


2. Diagram 2: Negative Effects of Computer Game Addiction

- ✓ **Attention deficit:** 60% (adolescents)
- ✓ **Symptoms of depression:** 45% (adolescents)
- ✓ **Weakening of social connections:** 30% (adolescents)

3. Prevalence of Neurological Diseases

Diseases such as neurosis, neurasthenia, and hysteria are widespread among middle-aged individuals (31–45 years). The following diagram visualizes this data:

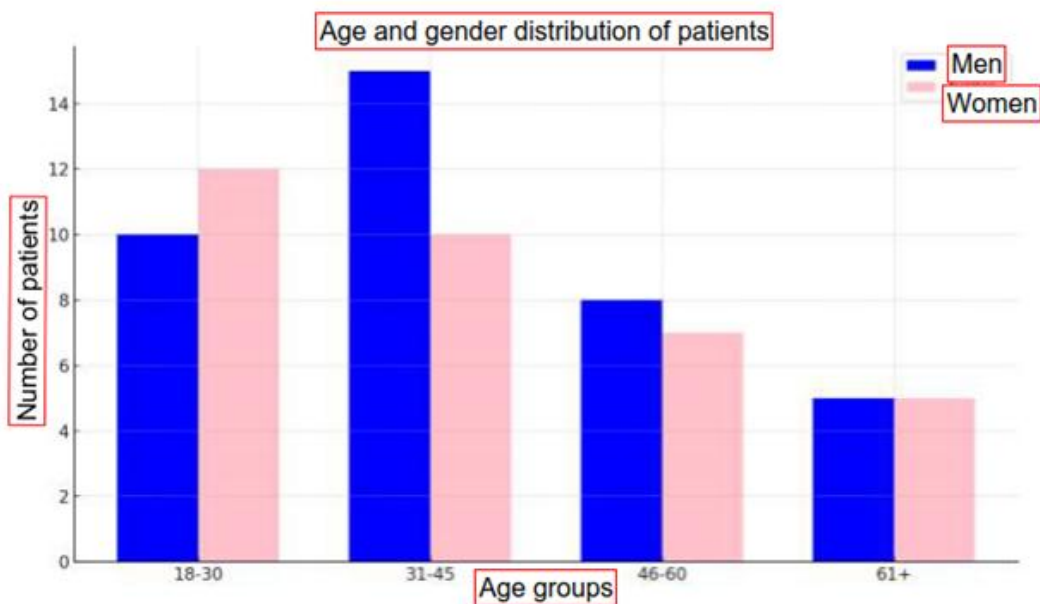


3. Diagram 3: Prevalence of Neurological Diseases

- ✓ **Neurosis:** 35% (25 patients)
- ✓ **Neurasthenia:** 25% (18 patients)
- ✓ **Hysteria:** 17% (12 patients)

4. Diseases Caused by Professional Factors in Adults

This category illustrates diseases related to working conditions. The data can be represented in a diagram to highlight the impact of occupational factors.



4. Diagram 4: Diseases Caused by Professional Factors

- ✓ **Occupational diseases in architecture:** 20% (10 or more patients)
- ✓ **Production-related diseases:** 25%
- ✓ **Work condition-related diseases:** 50%

CONCLUSION:

The research results allow for creating visual representations in the form of diagrams that help provide a comprehensive and quick understanding. Through these diagrams, one can gain a clear and accurate perception of which diseases and factors predominantly lead to changes and negative effects.

DISCUSSION:

One of the primary causes of neuropathological diseases is the improper organization of working conditions and the excessive use of modern technologies. The research findings indicate that by properly organizing professional and personal activities and limiting the use of technologies, these diseases can be prevented.

CONCLUSION:

To prevent neurological diseases, one of the pressing issues of modern times, the following measures are recommended:

- ✓ Properly organizing work and rest schedules.
- ✓ Moderating the use of computers and smartphones.
- ✓ Engaging adolescents in sports and creative activities.

This article aims to draw public attention to health problems caused by modern lifestyles.

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