

**DANGER OF DIGITAL AUTISM***Makiienko D. Yu., Skrypnyk N. S.**Kharkiv National Automobile and Highway University*

Now day every people used modern different gadgets to get new information. It is computers, telephones, smart watches, TV, digitals billboards and others. It makes life easier and more convenient, makes it easy to get the information you need, the latest news, articles and videos, scientific facts, and news from around the world. Modern life requires quick and easy problem solving. We are looking for easy ways to get information. This problem arises due to the fast pace of life.

Modern people do not want to waste time looking for the information they need, so corporations create convenient conditions for us to use different types of information platforms. For example, the transnational corporation "GOOGLE" specially creates comfortable conditions and limits us in unnecessary information on the results of our search queries. There is so-called "Filter Bubble". Search terms and websites determine what we like and what we are interested in, all information is sorted for us. Internet resources adapt to the location, and find a more convenient route, adapt to voice requests, and show the desired advertising based on overheard conversations. This limits us in obtaining deeper information, Internet resources provide surface resources. You can skip important articles and news. Internet algorithms cleanse you of other views and opinions, so it is worth keeping an eye on other source.

Therefore, open access to simple information and a fast pace of life makes you spend a lot of time on the Internet, so the simpler the information, the more we want to be saturated. Internet addiction or «Digital autism» is a global problem of the 21st century. This problem concerns every modern person and it is very difficult to solve this problem. "Digital autism" is addiction to the Internet and gadgets. A person spends every minute of his or her free time on social networks, we consume different content every day, and our brain does not receive a load on thinking and analysis. The human brain degrades and stops analyzing something.

People think in a formulaic way. After work or study, we want to relax and get entertaining information quickly, but we litter our brain with unnecessary content. Every day we spend a lot of time in gadgets, on average 6-8 hours. It is about news, social networks, TV series, films, entertainment videos, games. Gadgets make it difficult for us to concentrate and complete normal tasks. We are losing our live communication skills under the influence of digital technologies. We hang out with friends and communicate with family less. Psychologist Andrey Kurpatov described examples in the book "Halls of the Mind. Kill the idiot in yourself". One of the paragraphs is devoted to the problem of digital autism in all segments of the population. Modern people do not need to seek knowledge and education. Excessive use of gadgets negatively affects the psychological state of a person, increases stress, low self-esteem, sadness, apathy, and laziness. Very active Internet users showed increased anxiety, impulsivity, impaired attention function.

We stopped straining our brains and coping with different tasks. This problem causes problems with thinking and motivation disappears. Scientists conducted an experiment on humans to find out how the Internet affects. 78% of people were stressed and unwell. With each new user, the symptoms were repeated; the easy flow of information forms simple connections in the brain and does not strain important parts of the brain. We are hostages of digital discoveries, and so far no one can resist this war. But without social media, we feel lonely and boring, so we try to block our empty minds with something interesting and fun. We often lack live communication due to the fast pace of life.

Let's establish a couple of rules on how to properly relax after a hard day. So, we need to properly remove the load from the brain. Then we have to concentrate on the spiritual and psychological part of our state. We can do some light exercise, yoga, or meditation. This will help consciously choose between the necessary and unnecessary information and avoid the danger of digital autism.

### **Література:**

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