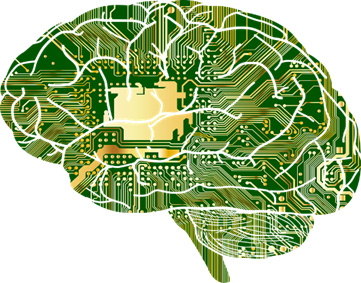
Cyber diseases: an information aid for pedagogues

If digital users allow these new media to take absolute control of their lives, they will become cybernecks. Adopting modern digital technologies can lead to different types of illness that were not common in the past. In connection with this phenomenon, we can talk about so-called cyber-diseases.

Cyber-diseases are related to both physical and mental health, and almost every active digital technology user is meeting with them.

## The most well-known cyber-diseases include:

1. **Nomophobia and FOMO Syndrome** - Nomophobia is a fear that we cannot use the mobile phone for some reason (temporary loss of signal, battery discharge). Nomophobia is a product of interactions between people, information and communication technologies and affects a large part of the population of young people. FOMO (fear of missing-out) is a kind of behavioural dependence, which is manifested by the fact that users want to keep an eye on what is going on, trying to control events in social networking environments, and users are basically online at all times.

See: <https://en.wikipedia.org/wiki/Nomophobia>, <https://en.wikipedia.org/wiki/Fear_of_missing_out>

1. **The Shoulder-Hand Syndrome** - This is a specific pain caused by an unnatural position (crouched) over a tablet, smartphone, etc. The tablet is often used by users to put them on their legs, in their lap or hold them in their hands, and in this position there is a large the bow and the cranial spine at the head. The result is overload of shoulder muscles and consequent headaches, arms, forearms and hands as well as degenerative changes in the spine.

See: e.g. <https://medical-dictionary.thefreedictionary.com/shoulder-hand+syndrome>

1. **The SMS Neck Syndrome** - The sms syndrome is caused by a poor, non-physiological body position when handling a smartphone when writing messages or surfing the Internet. Due to the poor non-physiological position of the body, its imbalance and congestion increase. In order to avoid the pain, it is important to have your head in a less leeway, not to look at the phone down but as far ahead as possible.

See: <https://www.nbcnews.com/better/health/4-neck-exercises-will-counteract-effects-texting-ncna840291>

1. **Phantom vibration** - This is a perceptual disorder that manifests a non-existent ringing or vibration of a mobile phone. We simply feel that the phone vibrates in silent mode even though it is not.

See: <https://en.wikipedia.org/wiki/Phantom_vibration_syndrome>

1. **Cyberchondria** - Closely related to hypochondria, it is a search for the symptoms of an internet disease that often leads to neuroses, anxiety and irrational concerns about one's own life. Cyberchondria stimulates hypochondria due to the readily available huge amount of information placed on the web. Information that is often out of context generates an increased concern among non-medical users who can not distinguish the severity and credibility of data obtained from the online search engine.

See: <https://en.wikipedia.org/wiki/Cyberchondria>

1. **Technoference** - By the term technoference, we mean the need to constantly interrupt common activities such as conversation, food, sport, or sex by checking mobile phones or other electronic devices. Technoference also affects partner and family relationships and has a negative impact on them.

See: <https://psycnet.apa.org/record/2014-52280-001>

1. **Digital Amnesia (Google Effect)** - The term digital amnesia indicates the tendency to quickly forget information that can be accessed through the Internet (primarily through Google, which is why we call it "Google Effect"). People affected by Google's effect do not need to remember the information that will be available later, and rather remember where to find the information.

See: <https://en.wikipedia.org/wiki/Digital_amnesia>

1. **Computer Mouse Syndrome** - The disease is caused by overloading the ligament structures and muscles of the hand, wrist, forearms, and even the elbow when using a computer mouse.

See: <https://healthnwellness.co.uk/computer-mouse-syndrome/>

1. **Disturbance of the Circadian Cycle through Blue Light** - If we look at the light that emanates from a cell phone or tablet before sleep, the biological processes occurring before sleep in the human brain can be broken. Blue light gives a signal to the brain that there is no time to sleep and rest and requires activity. This imbalance can weaken immunity in both children and adults. The possibility of cancer, sleep disorders, cardiovascular disease is increased.

See[: https://en.wikipedia.org/wiki/Effects\_of\_blue\_light\_technology](:%20https:/en.wikipedia.org/wiki/Effects_of_blue_light_technology)

## PREVENTION:

1. Be aware of these dangers and illnesses.
2. Establish some principles (for example, not to go to the Internet at a certain time of day or between certain day-to-day activities and activities). Grow self-discipline and regularly organize the days of "digital abstinence".
3. Avoid using your mobile or tablet while eating or talking and honoring the principles of good behaviour.
4. An important active impact on their children and pupils. Properly regulate their activities in the online environment and set an example.
5. Define a work environment in your home where digital technologies can be used.
6. Train and use your memory. Use custom but not digital memory! Obtain information organically from your brain, do not turn right on internet search engines. Sit down and concentrate.
7. Read books and other ways to employ the brain, such as learning a foreign language. Load the two hemispheres.
8. Regularly engage rehabilitation and relaxation exercises of unilaterally strained muscles and other parts of the human body.
9. In the case of ever-worsening conditions, seek medical advice.