

Digital education and its impact on health in the professional activity of teachers

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Abstract: This article discusses the issues of pedagogical activity, the use of innovative technologies in the pedagogical process and the impact of professional activity on the health of teachers.

Keywords: teacher, pedagogical activity, profession, professional disease, influence, computer technology, physical load, mental load.

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We often write about natural, energy and industrial resources that play a big role in human life. However, human resources play a dominant role in the development of civilization. Since the creator of material and spiritual wealth is human resources.

Human resources are the potential capabilities of a person in terms of labor, mental or physical activity. Human resources are a certain set of qualities and characteristics of a person, which characterizes his ability to perform a certain kind of activity.

Human resources include the number of people (human resources) + potential (competencies, experience, intelligence, ability for continuous improvement and development).

Human resources create a favorable climate at the enterprise (innovative, team, entrepreneurial), which contributes to the continuous improvement of products and business processes, which in turn determines the stability and long-term competitive advantages of the enterprise.¹

The resource state of a person is the fullness of energy, the desire and opportunity to live, work, study, create.

In psychology, there is no generally accepted definition for a resource state. To be in a resource means to feel good physically and psychologically.² Speaking about different types of human resources, we should not forget that health is the most important resource for the human body. Its productivity, ability to build social connections, reproductive functions and mental state depend on it.

The most valuable thing, human health, is associated with the potential, physical and mental activity of the individual. In professional activity, a person, thanks to health, shows his professional competence. As they say in the East, "A healthy body is a healthy mind"

A healthy lifestyle helps us fulfill our goals and objectives, successfully implement our plans, cope with difficulties, and if necessary, with colossal overload. Good health, maintained and strengthened by the person himself, will allow him to live a long and joyful life.

Health is an invaluable wealth of each person individually, and the whole society as a whole.

This article reflects on digital education, which we consider to be a new stage of civilization in the field of education, and its impact on the health of human resources in professional activities.

The twenty-first century is the era of science and technology. Digital technology covers sectors of the economy as well as continuing education sectors. The term digital educational technology

enriches the vocabulary wealth of the people. Professional pedagogical competence has expanded its range.

In modern life, digital educational technologies are an innovative way of organizing the educational process, based on the use of electronic systems that provide visibility to improve the quality and efficiency of the educational process. A modern computer is an indispensable tool that provides ample opportunities for learning, work, entertainment, and the formation of horizons.

Today, it is difficult to imagine at least one social structure without this smart device, thanks to which many areas of activity have become more optimized in the field of accounting, storing documents, finding the necessary information and improving their knowledge.

In a word, we can say that with the use of the computer, a great step in civilization was made. Positive results of computer use are manifested in all spheres of society: in economics, education, medicine, agriculture, etc.

Nowadays, the computer has become an integral part of a person's daily life. Computers have been fully introduced in the republic's education system. A computer helps a person to find solutions to various problems more quickly and accurately, allows you to store and receive the necessary information. Owning a computer has become an urgent necessity for every person. We can say more, today computer technology is organic with the latest phenomenon - artificial intelligence. The digitalization of the republic's education system has widely covered all stages of education from preschool to higher education.

The information system for higher education management contains various types of data (number of students and teachers, curriculum, finances), which generally relate to the conditions and activities of higher education institutions. ³The program has been implemented by Xemis in the universities of the republic for several years, in the secondary schools "Kundalik Kom", which have become the object of professional activity of teachers.

The problem of ensuring life safety is directly related to the national education system.

It is known that pedagogical activity is the most important in preparing a student for life in society and the formation of his personality. The teacher provides the necessary knowledge and educates the younger generation in order to quickly and successfully enter social and working life.

Today, everyone knows that the computer as a means of learning plays a huge role both in the management of society and in the development of the individual. However, few people think about its impact on the health of professional teachers, because it is known that working with a computer leads to professional diseases of teachers, which can be evidenced by the experience of teaching in foreign countries. First of all, let's ask ourselves the question, what is an occupational disease? An occupational disease is a disease that occurs as a result of exposure to a harmful production factor. It is necessary to understand that when working on a computer, you should take certain precautions so as not to harm your health. Physiologists and doctors often remind that the most valuable resource is health. In pedagogical activity, the following most common groups of occupational diseases are distinguished:

diseases associated with physical overload, lung diseases, hypertension, hypertension and ischemic disease, hearing impairment, occupational skin diseases. In this question, we did not find statistical data of the republic and relied on the statistics of Russia, given that this issue concerns the general pedagogical professional activities of workers in this field, regardless of their citizenship.

According to Russian statistics, according to the study, the following prevail in the structure of teachers' morbidity: respiratory diseases (26.1%), diseases of the circulatory system (17.9%),

diseases of the digestive system (15.3%), diseases of the nervous system and sensory organs (12.1%), infectious and parasitic diseases (11.9%).⁴

The main occupational diseases of teachers include: – myopia (myopia); – laryngitis; – chronic fatigue syndrome; – hypodynamia; – osteochondrosis.

Naturally, teachers experience increased strain on the eyes. These people must not only write and read a lot, but also understand all types of handwriting of their students. As a result, the eyes are overstrained, as a result of which visual acuity decreases.

A long stay in front of a computer screen is not harmless to human health. Electromagnetic radiation from various parts of the computer, primarily from the monitor, is dangerous. Due to the flickering of the screen and the difference in the intensity of the screen glow and the lighting in the room, there is a strong strain on the eyes. There is an additional load on the spine due to the immobility of the posture of the person working at the computer and improper preparation of the workplace.

As an example, here are the most common complaints from users of a personal computer:

1. musculoskeletal diseases;
2. Rapid eye fatigue;
3. headache;
4. Veil in front of the eyes;
5. Dizziness;
6. Nausea;
7. Reduced ability to work;
8. Sleep disorders.

In terms of intensity, the teacher's work belongs to the most intense category. The intensity of work is determined by the degree of complexity of the task, the nature of the emotional load, the high degree of sensory load on the organs of vision and hearing, the density of the working day and other indicators. The work of a teacher places great demands on his attention, working with a large number of students, he must keep in view and distribute attention to all students, and the requirement of constant observation and quick switching of the teacher's attention is also important.

A modern teacher is an educator and social activist, as he takes part in all social events, informal communications and leads various circles and sections.

With the development of science and technology, the innovation process also covers education. Electronic whiteboards, the Internet, educational programs have become the means of the educational process. Training according to a centralized program, the acceptance of intermediate and final control, attendance checking, content resources, independent work have been carried out with the help of a computer for several years. It is no secret that there are often interruptions in the Internet or disconnection of electricity, as a result, stress is created for teaching staff.

The digital e-education platform, which serves to automate the activities of universities, has been used in practice for several years. To use the system, the Hemis Mobile application and the <http://hemis.uz> website were created. Students can receive information about class schedules and grades through the website and application, have access to electronic resources of textbooks and teaching aids, and can download and upload documents. There are also a number of conveniences for teachers, for example: the ability to create curricula and schedules for different groups of students, control the learning process, online logs of attendance and classes, the ability to provide students with electronic resources and assignments.

However, in the rapid development of digital technology in the field of education, the professional activity of a teacher in modern conditions does not contribute to the preservation and strengthening of his health, as evidenced by the following data, for example, in Russia: 60% of teachers constantly experience psychological discomfort during work; 85% are in a constant state of stress: for 85% of female teachers, their activities are a factor that negatively affects family life.

As a result, more than 35% of teachers have disorders in neuro-mental health after 10 years of work, 40% after 15 years of work experience and more than 50% of teachers after 20 years of work.

A high degree of intensity of sensory load on the organs of vision is a large amount of intensive visual work: checking notebooks, working on curricula, notes and teaching aids of the disciplines taught

on paper and electronic media. This factor causes an occupational decrease in vision (myopia), which develops with a complex of various dangerous eye diseases.

Noise is a harmful factor in the teacher's working environment. The human ear perceives noise (sound wave) in the frequency range of 16 Hz and above, and sound pressure from 2.10 and higher Pa. The minimum value of sound pressure is called the "threshold of hearing", and the maximum "threshold of pain sensation". With constant exposure to noise with these characteristics close to the maximum values, an occupational disease develops - hearing loss. Human exposure to infrasound (frequency of sound vibrations less than 16 Hz) can cause disorders of the cardiovascular system, diseases of the nervous system and internal organs.

The high density of epidemic contacts is associated with a large number of contacts with sick or not fully recovered pupils and students, which leads to frequent diseases associated with viral infection. The impact of a computer on a person can be both positive and negative. Undoubtedly, the benefits of the device prevail over the harmful effects on the human body. And if you correctly distribute work, entertainment and recreation, use all kinds of methods to facilitate work and take into account the characteristics of age and health, technology will become a very useful addition. This applies not only to PCs, but also to other gadgets, without which it is difficult to imagine modern life. Today, a huge army of teachers of the Republic of Uzbekistan works in the system of continuous education. For the implementation of further fruitful activities of the teaching staff of our country, it is worth thinking about the negative impact of modern innovative computer technologies on the physical and psychological health of teachers and lecturers, since the volume of pedagogical work in digital education is growing in various types of pedagogical activity.

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