THE ROLE AND SIGNIFICANCE OF DIGITAL MEDIA IN YOUTH EDUCATION

Soliev Ikromjon Komiljonovich
NamPI researcher

Abstract: : In the information society, the purpose of education is different. At present, the person who is the object of knowledge is his soul, soul, conscience, collective unconscious, super ego, etc. It is important to understand the objective value system and develop yourself creatively. A necessary condition for achieving the goals of the teacher and the receiver in the information society is their internal motivation. The system of science and education in Uzbekistan can achieve its goal only if it is based on the ideology and philosophy of the information society.

Keywords: Information, values, information society, ideology, philosophical, smartphone, youth, mobile phone, Internet, media literacy, media education, Internet, social network.

Today, it is difficult to find a person who does not use a smartphone. The mobile phone, which is used by both young and old people, has completely changed our lives. Because with such devices we can determine our destination, control the number of steps taken. You can also find out about the news in the life of relatives and acquaintances through social networks. According to psychologists, the phone has become so ingrained in our minds that people now express their thoughts and feelings through stickers rather than words. This tendency is to increase the programming of people and therefore make them easier to control. Researchers warn that in the coming years, we will face illiteracy and various diseases. Here, let's analyze the causes and consequences of phone addiction in detail. Professor J. Yakhshilikov said, "As with all good and bad things, along with these conveniences, in addition to efficient and purposeful users of the Internet, there is also an increase in the number of people wasting time on it, using various entertainment and pornographic sites"[1. – B 503-504.].

According to experts, phone addiction is increasing among teenagers who are the future of the country. Based on the numbers, three out of five children in Uzbekistan spend all their time on a mobile phone. The fight against this disease has already started in the countries of the world. As a result, parents of teenagers worry about their child sitting on the phone for a long time. This is because mostly teenagers aged 10-18 face such addiction. And this period is the period of the main socialization for a teenager, the formation of his psyche and worldview.

According to statistics, 69.2% of young people check social networks every day, 26.7% once a week, and 4.1% once a month. These data are of concern not only to parents, but also to the attention of psychologists and teachers. Because any technology affects the social and psychological development of young people. Constantly looking at a mobile phone affects a person's physical health. For example, if a 15-year-old child sits in front of a screen for 4 hours a day, it seems like only 1 hour is spent on physical activity. "Currently, youth education remains an issue that will never lose its relevance and importance for us. Today's rapidly changing world opens up new and great opportunities for humanity and young people" [2].

The evolutionary path of digital technologies is changing at such an amazing speed that they have become an integral part of humanity. In particular, the entry of smartphones into the global digital market caused some changes in the situation. Because they are created with great dexterity and occupy the space of the human brain and resources.

In addition to speeding up the work process and making life easier, digital devices also affect the mental state of a person and cause stress. Being constantly distracted by the phone, trying to check social messengers, being distracted by the sound of incoming messages creates this technical stress. For example, in a survey conducted by the American Psychological Association, 20 percent of local residents said that daily use of digital technologies causes stress.

And according to an experiment conducted in Sweden, the constant use of mobile devices by young people and teenagers showed a higher level of depressive symptoms and stress, along with sleep disorders. 70% of the participants in the experiment looked at social networks before going to sleep, and 15% looked at their mobile phones for an hour or more. According to these studies, using gadgets at night, especially before bed, can lead to anxiety and insomnia, or a lack of restful sleep. In addition, it has been determined that the use of digital devices at the right time affects the increase in human weight. Researchers at the University of Pennsylvania say that the constant rotation of messengers such as Facebook and Instagram can make people feel uncomfortable. In this regard, the scientist Rahmon Kochkar approaches the issue as follows: "Today's sentence, which has given itself the name "information world", "informed society", is about one or another event in the world (whether it happened in history or yesterday). It doesn't matter) the more information, "instant news" that the mass media "finds" and distributes, the more abstract the real truth about that event becomes" [3. - B. 24.].

It was found that young children who lie on the phone at night have disturbed sleep and sleep less than other children. According to a scientific article published in the journal Child Development, children and adolescents who actively use digital devices on a daily basis are more likely to suffer from mental disorders. Among them are symptoms such as inability to control one's emotions and actions, inattention to others, and hyperactivity disorder.

Mobile phones have become so embedded in everyday life that people have become addicted to them. Constant users of digital devices reach the psychological and emotional limits of addiction and feel uncomfortable if they are out of control for a moment. It's no secret that we get distracted when our phones aren't in our hands or in our sight. Sometimes even "what was life like without a phone?" We think so. And the decrease of its energy is a great fear for

people. It has been beaten by world experts. Accordingly, new scientific terms and concepts related to these processes are entering the dictionary.

Nomophobia (fear of mobile phone) - fear of being without a mobile phone. Although this term appeared in 2008, it entered the Cambridge dictionary in 2018. A nomophobe gets very worried when his gadget runs out of power or gets stuck somewhere. If there is a risk of being without a phone, it is not surprising that the heart beats faster, the breath becomes shorter, and a person becomes angry. Researchers speculated that this syndrome "may be one of the most serious addictions of the 21st century." It was even recommended to register it for diagnostic treatment as a mental illness.

The next new term is phone rejection. Not being able to get off the phone during a meeting or meeting with friends. That is, during the conversation, the fabber pays more attention to the gadget in his hand than to the person next to him. You can browse social networks and even chat with other people. If one of two or more people in a meeting starts looking at their phone, the other will do the same. So it becomes normal. According to the University of Kent, this is considered a psychological problem and a bad habit.

Also, FoMO (feeling of missing out) is the fear of missing out on something important. In 2013, the word was officially registered as a term and entered the Oxford dictionary. The main symptoms of this syndrome are as follows. A phone user updates his feed on social networks, expects warm greetings and positive comments from others, wants to add his voice to every trend and appreciate it, if he is not online for a while, he feels like everyone feels deprived. interesting news. Also, a person with this syndrome is not satisfied with himself and his life, he is always interested in others and compares himself with them. This disease not only affects a person's psyche, but also causes depression and low mood. Excessive stress can lead to suicide.

Digital detox is one of the new buzzwords being thrown around a lot these days. That is, consciously abandoning digital technology for a certain period of time. It turns out that if "detoxification" is done to clean the body of harmful slag and toxins, it is possible to carry out a detox method to clean the brain and nervous system of unnecessary information. This method is designed for people who can't get away from their digital device all day (24/7) and feel anxious if they leave it for a moment. Now there are online applications and various detox courses for them. Even the term tourism has added a new type of travel called Digital Detox Holidays. During this tour, passengers will be accommodated in hotels without Wi-Fi. Even collecting phones while traveling is considered. In this way, travelers get away from the virtual world and breathe in nature.

In this regard, "What are the ways to get rid of the new syndromes of the 21st century, such as FoMO, nomophobia, fabbing?" there is no doubt that a legal question will arise. We tried to get information about not being addicted to gadgets from the gadget that has become our assistant.

The first is an electronic assistant. In the App Store and Play Market, there are mobile applications that track your activity in the digital world, set a special timer and remind you how much time you spent. You can download and use these apps. Also, darkening the background color of the cell phone screen and closing unused applications will prevent you from staring at

the phone for a long time.

For those who feel victimized by the digital device, the market offers a variety of offerings. Another way to get rid of addiction is to take special detox trips, singing and dancing clubs, meditation and yoga classes. Of course, this is paid. If you can't consciously limit the time you spend on the phone, you can go to such places, refresh your mind and body, and take a break from online life even for 1-2 hours.

The third information provided by the gadget is self-monitoring. It is up to you to choose the right or wrong decision. At the same time, the strength of one's inner strength is necessary. Here you always have to work on yourself. For example, don't use headphones on the way to and from work, let your thoughts flow through them, whether it's birdsong or street noise. Do not choose the first option of staying at home, looking at the phone and walking in the park or meeting friends. Instead of checking social media when you wake up in the morning, do 5-10 minutes of exercise and spend your evening break reading a book before bed. In this way, you can gradually get rid of addiction.

At the current stage of world development, the social network is leading. Today, many people devote half of their time to social networks. The number of networks is increasing every year: Instagram, Vkontakte, WhatsApp, Facebook, Twitter, Odnoklassniki, Viber and others.

Today, social networks are used for various purposes: advertising, business, following the lives of stars, motivational blogs, etc. Today, social networks are used by everyone from working children to bent over elderly people. One is sharing his life, another is showing his knowledge, and another is developing his business through networks. But despite all these advantages, social networks have enough disadvantages. First of all, many people are addicted to the Internet, work for the public and create a virtual image of themselves, which is wrong. Second, many fraudsters use the Internet and create fake pages. Because of this, people are often deceived. Another disadvantage of social networks is that not all information can be filtered. Therefore, there is no need for young people to open pages on social networks.

Social networks, of course, make our life easier, save time, save our morale, allow us to communicate with people we are interested in, and work as a source of information. But we must not forget the damage they can do to us. Social networks will continue to develop - many desirable features will appear. But no network can replace real human relationships, smiles and warm eyes.

The power of digital technologies is now being used very effectively by the rulers of liberal democratic and repressive autocratic regimes. Because, in a political sense, the introduction of digital technologies into political processes allows the political electorate to share a large amount of information at the same time, as well as the spread of false information and the control of citizens by digital technologies. The main reason for the widespread spread of political populism and the polarization of democratic society in the world is the use of digital technologies as a political tool. According to A. Erkayev: "Mass communication means - the emergence of radio, cinema (later television, Internet, etc.), comics, entertainment works, gramophone records (later video and audio discs) and other cultural consumer goods in an industrial way Due to the "wholesale" production, there was a standardization of spiritual products as well as material goods. Spiritual and cultural products have become consumer

goods. Their form and content began to lose their local, regional and national features and characteristics" [4. – B.13.].

According to the results of a 2020 study conducted by the American Pew Research Center in 70 countries of the world, 44% of respondents stated that the active use of digital technologies in political processes has a positive effect, while 28% did not support the active use of digital technologies. believes. technologies in political processes have a negative impact on democratic values. "The struggle to capture the human heart and mind is becoming the main goal of ideologies armed with different ideas and fed from different sources" [5. - B. 22.].

The widespread use of digital technologies in the spheres of social life has expanded the types of information for citizens of all ages, and has had a positive impact on citizens' activity in political processes. However, the digitization of political processes has not only created information consciousness, but has also come with some obstacles. In both liberal democracies and autocratic repressive countries, the widespread use of digital technologies brings both rewards and criticism. First, let's talk about the basics of introducing digital technologies to a democratic society. In a democratic society, the separation of powers, an independent judicial system, and an independent mass media are the main mechanisms that prevent a democratic system from turning into authoritarianism.

Widespread use of digital technologies in political processes has led to easy manipulation of citizens by politicians and brought traditional institutions into crisis. Currently, social networks and information platforms based on digital technologies have become a favorite weapon not only of democratic countries, but also of autocratic leaders. For example, Philippine President Rodrigo Duterte engaged more than 500 citizens on social networks alone during his election campaign. "Information policy can be viewed as a tool of political influence and a means of achieving political goals: the subjects of information policy can influence people's minds, psyche, morals and activities within the framework of the interests of the state and civil society and personal interests with the help of information." [6. - S. 38.]

In our opinion, in the case of the Republic of Uzbekistan, it is very important to take into account two principles in the public use of digital technologies in political processes by the institution of power. First of all, as a country where the institutions of parliament, presidency and civil society are not fully formed, to maintain the position of the people as the main object of the political decision-making system. Secondly, the protection of the digital space by the state based on democratic principles in forming the immunity of the political culture of the people. These two positions directly help the formation of political institutions of Uzbekistan on a democratic basis.

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