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DIGITAL EDUCATIONAL TECHNOLOGIES IN SHAPING YOUTH'S MINDSET: OPPORTUNITIES AND CHALLENGES

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Abstract: This article analyzes the impact of digital technologies on the minds of a new generation - the digital generation - which is being formed as a result of the development of digital technologies. It also highlights the positive and negative aspects of social networks and the Internet on the thinking, worldview and behavior of young people. The issue of conscious use is put forward as a solution to the problem.

Keywords: Digital generation, technology, internet, social networks, consciousness, information, globalization, virtual life, psychological impact.

Login. In a context of deepening digital transformation processes in the modern education system, the concept of "digital education" is becoming one of the central categories of scientific research. This concept is multifaceted and is interpreted in different ways based on philosophical, pedagogical and psychological approaches. The 21st century , as the century of information and technology, has ushered in a new stage in the development of humanity. Today, the Internet and digital devices have become an integral part of human life. The role of technology in the lives of young people, in particular, is incomparable. The current generation is not called the digital generation for nothing. Because they have been growing up in direct contact with phones, computers, and the Internet since childhood. This has a significant impact on their way of thinking, views , and consciousness [1]. From a socio-psychological point of view, the digital environment directly affects the attention processes and decision-making mechanisms of young people. Digital technologies are creating wide opportunities for young people. First of all, the process of acquiring knowledge through them is much easier. Online courses, e-books , and various educational platforms are helping to expand the scope of knowledge of young people. Also, young people have the opportunity to connect with the world through the Internet. There is an opportunity to communicate with peers from different countries, exchange experiences , and get new ideas. In addition, technologies also play an important role in developing creativity. Activities such as blogging, video production, and programming help young people showcase their talents. However, there are also negative effects of technology. One of the most pressing problems is the excessive dependence of young people on technology , which leads to their ineffective use of time [2].

Analysis of literature on the topic. As a result of immersion in virtual life, young people can become distant from real life. Live communication with friends decreases, and social ties between people weaken. Another important problem is the widespread spread of misinformation . There is any information on the Internet , and not all of it is reliable. This can lead to the formation of misconceptions in the minds of young people. This process is also explained by concepts such as “digital socialization” and “information pressure”. Digital technologies also have a significant impact on the psychological state of young people. Seeing the perfect lives of others on social networks can

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lead to a feeling of dissatisfaction with one's own life. This leads to a decrease in self-esteem, stress and depression. In some cases, it is not uncommon for young people to choose various wrong paths to achieve popularity. Today, digital technologies affect not only an individual, but also the entire society . Through the Internet, different cultures are mixing with each other, forming a global culture. This process also has a significant impact on the minds of young people. Young people are rapidly adopting foreign culture, lifestyles , and values. While this may broaden their worldview on the one hand, it may also lead to the forgetting of national values on the other . In particular, mass culture, which is coming through social networks, has a strong impact on the minds of young people. As a result, some young people are at risk of losing their national identity. Therefore, preserving national culture within the global information flow is becoming an important task [3].

Research methodology : The study used observation, survey , and statistical methods.

Analysis and results . Another modern problem is digital addiction. Many young people spend a large part of their time on their phones and social networks. This situation leads to the following negative consequences:

– Decreased attention span

– Sleep disturbance

– Decreased interest in reading

– Health problems

Especially short videos [Tik Tok, Reels] lead to young people getting used to thinking, which reduces their ability to analyze in depth. According to some studies, today, young people spend an average of 4-6 hours a day on digital devices. This shows that a large part of the day is occupied by the virtual environment . For example, many students use their phones even during classes. As a result, their level of mastery of the lesson decreases. Or young people who are too addicted to social media have difficulty solving real-life problems. It is also possible to see some young people achieving success through the Internet . For example, bloggers, programmers or freelancers are earning money using technology. This proves that technology is useful when used correctly . To solve this problem, the following measures should be taken :

➢ Limit the time you use technology

➢ Use only useful and reliable sources

➢ Promoting reading among young people

➢ Strengthening supervision by parents and teachers

➢ Digital culture formation

Conclusions and suggestions. In Uzbekistan, various solutions are being found to this problem. Today, many parents are involving their children from a young age in reading various books, not playing with phones. This method has been very useful , and at the same time, many of our young people are becoming more interested in learning. It can be noted that technologies themselves are not dangerous. Not completely restricting technologies, but their conscious management is the most important factor in shaping the minds of young people. The main issue is how to use it. If humans control technology, it will evolve. Otherwise, technology can control the human mind. Therefore,

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every young person needs to learn how to properly allocate their time, choose useful information, and maintain a balance between virtual and real life [4].

In conclusion, digital technologies play a big role in the lives of young people. When used correctly , they create great opportunities, there are many easy ways to learn, but when used incorrectly, they can lead to negative consequences. This can even be dangerous for human life . Therefore, every young person should learn to use technologies consciously and purposefully. Then this process will not lead to negative consequences.

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