ADVANTAGES AND DISADVANTAGES OF THE INFLUENCE OF TECHNOLOGY ON THE MINDS OF YOUNG PEOPLE

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Annotation: Technology has become an integral part of young people's life, impacting cognitive, emotional, and social development. This article examines the beneficial and bad impacts of technology on young people's minds, using both academic literature and direct survey data. The benefits include improved learning, cognitive ability, and more social connectedness, while the drawbacks include addiction, mental health issues, and less face-to-face contacts. This study offers both qualitative and quantitative data, which are supported by tables that provide a full summary of the research.

Key words: technology, social connection, mental health, cognitive development, online classes, interactive applications.

Annotatsiya: Bugungi kunda texnologiya yoshlar hayotining ajralmas qismiga aylandi, va u ularning aqliy, hissiy va ijtimoiy rivojlanishga ta'sir qiladi. Ushbu maqola ilmiy adabiyotlar va yuzma-yuz o'tkazilgan so'rovnoma ma'lumotlaridan foydalangan holda texnologiyaning yoshlar ongiga yaxshi va yomon ta'sirini o'rganadi. Uning turli afzalliklarini ta'limni yaxshilash, aqliy qobiliyati va ko'proq ijtimoiy aloqadorligini o'rganadi, shuningdek giyohvandlik, ruhiy salomatlik muammolari va kamroq yuzma-yuz suhbat kabi kamchiliklarni o'z ichiga oladi. Ushbu tadqiqot ham sifat, ham miqdoriy ma'lumotlarni taqdim etadi, ular tadqiqotning to'liq xulosasini taqdim etadigan jadvallar ham keltiriladi.

Kalit so'zlar: texnologiya, ijtimoiy aloqa, ruhiy salomatlik, kognitiv rivojlanish, onlayn darslar, interaktiv ilovalar.

Аннотация: Технологии стали неотъемлемой частью жизни молодых людей, влияя на когнитивное, эмоциональное и социальное развитие. В этой статье рассматриваются благотворное и вредное влияние технологий на сознание молодых людей, используя как научную литературу, так и данные прямых опросов. Преимущества включают улучшение обучаемости, когнитивных способностей и большую социальную связь, в то время как недостатки включают зависимость, проблемы с психическим здоровьем и меньше личных контактов. Это исследование предлагает как качественные, так и количественные данные, которые подкреплены таблицами, дающими полное резюме исследования.

Ключевые слова: технологии, социальные связи, психическое здоровье, когнитивное развитие, онлайн-классы, интерактивные приложения.

Introduction

In recent years, technology, particularly the internet, cellphones, and social media platforms, has altered how young people study, communicate, and interact with the world. While technology has many potential benefits, such as improved access to information and more social connection, there have been worries regarding its influence on mental health and cognitive development. According to research, while technology can promote learning and communication, it can also cause screen addiction, anxiety, sadness, and social isolation (Smith, 2022; Davis & Lee, 2023). This article addresses the beneficial and bad impacts of technology on young people's minds, as well as strategies for mitigating its negative consequences.

Methods

This study took a mixed-methods approach, combining a literature review with primary data collecting via a survey. The following strategies were utilised:

1.   **Literature Review:** Examine relevant studies on the cognitive and emotional impact of technology on young people.

2.   **Survey:** 500 young people aged 12-24 years were surveyed to evaluate their technology usage and its influence on mental health and cognitive ability.

3.   **Data Analysis:** We used descriptive statistics to analyse survey responses. The findings were presented as tables and charts to graphically demonstrate the influence of technology on young people's thoughts.

Results

Positive Effects of Technology

1.   Technology enables young people to easily access educational materials, such as online classes and interactive applications. According to the poll, 76% of respondents said technology helped them grasp complicated academic topics better (Brown, 2021).

2.   Improved Cognitive Skills: Educational games and applications that encourage problem-solving and critical thinking have been linked to enhanced cognitive ability. According to Williams and Brown (2022), 72% of participants said these technologies improved their memory and attention span.

3.   Improved Social Connectivity: Technology allows young people to stay connected with peers and family, regardless of their location. According to the poll, 80% of respondents said technology helped them retain ties with friends and family (Davis & Lee, 2023).

Negative Effects of Technology

1.   Addiction and Screen Time: Excessive use of technology, particularly smartphones and social media, can cause addiction. According to the poll, 55% of respondents spent more than four hours per day on their gadgets, and 48% considered their screen time excessive (Smith, 2022).

2.   Excessive technology usage, especially on social media, has been associated with mental health issues like anxiety and depression. According to the poll, 30% of

participants reported feeling nervous or sad as a result of their social media use (Davis & Lee, 2023).

3.   Reduced Face-to-Face Interactions: The advent of internet communication has resulted in social isolation. According to the poll, 62% of young people preferred online contact to in-person talks, with some experiencing loneliness (Williams & Brown, 2022).

Table 1: Survey Results on Technology Usage and its Effects

Effect	Percentage of Participants (%)
Technology enhances learning	78%
Cognitive skills improvement	65%
Technology improves communication	70%
Excessive screen time (over 4 hours)	55%
Preference for online communication	50%
Anxiety linked to social media use	30%
Negative impact on self-esteem	25%

Table 2: Positive Effects of Technology on Young People

Positive Effect	Percentage of Respondents (%)
Enhanced learning opportunities	76%
Improved cognitive skills (memory, focus)	72%
Improved social connectivity	80%

Table 3: Negative Effects of Technology on Young People

Negative Effect	Percentage of Respondents (%)
Excessive screen time (more than 4 hours/day)	55%
Anxiety or depression due to technology use	30%
Preference for online communication	62%

Discussion

The findings of this study emphasize both the advantages and disadvantages that technology provides to young people. On the bright side, technology is an effective instrument for learning and cognitive growth. The proliferation of internet materials and educational applications has made learning more accessible, and many young people believe that these technologies have improved their academic performance (Brown,

2021). Games and applications that promote memory, attention, and problem-solving abilities can also help with cognitive growth.

Another significant advantage of technology is the ability for young people to keep in touch with friends and family members across long distances. This is especially crucial at a period when physical movement is frequently restricted, like as during the COVID-19 epidemic. However, although technology makes virtual communication easier, it also reduces face-to-face encounters, which are necessary for developing good social skills. According to the poll, many young people prefer to text or speak online rather than meet in person, which can contribute to feelings of isolation and loneliness (Davis & Lee, 2023).

On the bad side, technology addiction is a huge issue. Prolonged screen usage, particularly on social media sites, might have a negative impact on mental health. Many survey respondents reported experiencing anxiety and despair as a result of the demands of social media and the comparison culture it fosters (Smith, 2022). Furthermore, excessive screen usage has been related to sleep disturbances and other health problems.

Recommendations

1.   Encourage healthy technology use by limiting screen time to minimise addiction and bad impacts.

2.   Priorities Mental Health: Educate young people on the harms of social media and encourage good online behavior.

3.   Foster Real-Life Interactions: Promote in-person contact to improve social relationships and interpersonal abilities.

Conclusion

Technology influences young people's thinking in both positive and harmful ways. It provides substantial advantages in terms of learning, cognitive abilities, and social connectedness. However, its disadvantages, which include addiction, mental health issues, and decreased face-to-face connection, must be addressed. Educators, parents, and young people must collaborate to develop a balanced approach to digital use. Encouraging moderation and developing digital literacy can assist to avoid negative consequences while maximising advantages.

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