

THE USE OF INFORMATION TECHNOLOGY IN PROFESSIONAL ACTIVITIES

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Abstract: This article highlights the role and importance of information technology in modern professional activities. It discusses how technologies are applied in various fields such as education, healthcare, engineering, and finance, and their contribution to improving work efficiency. The article also outlines the advantages of modern conveniences such as remote work, electronic document circulation, and cloud technologies. It substantiates the need for the effective use of ICT in professional development and encourages specialists to continuously learn and upgrade their qualifications.

Keywords: information technologies, professional activity, digital transformation, remote work, electronic documents, cloud technologies, ICT in education, artificial intelligence, technological competence, information security.

INTRODUCTION. It is difficult to imagine today's world without information technology. In all aspects of life — education, healthcare, industry, agriculture, finance, public administration, and other sectors — information and communication technologies (ICT) are widely used. Their role in professional activities is especially invaluable.

In modern workplaces, most professionals work with computers, the internet, and specialized software. For example, engineers draw up projects using AutoCAD software, accountants use programs like 1C or Excel, and doctors work with electronic medical records. These technologies not only speed up work but also reduce errors and enable accurate data storage.

MAIN PART. The introduction of information technologies has brought about conveniences such as remote work, online meetings, electronic document circulation, and file sharing through cloud services. This helps save time and resources. Especially during the pandemic, many organizations and educational institutions shifted to remote operations, once again highlighting the importance of technology.

To remain competitive in their profession, every specialist must constantly learn new technologies. Those without knowledge of information technologies cannot keep pace with the times.

In today's era of globalization and digital transformation, information technology (IT) has become an integral tool for every professional. It simplifies daily tasks, increases labor productivity, and creates broad opportunities for professional growth.

Previously, many tasks were done manually or by traditional methods, but now they are being replaced by automated systems. For instance, documents are now maintained electronically instead of on paper; rapid information exchange is done via email, messengers, or special software. This saves time and increases work efficiency.

Information technology manifests itself uniquely in every field. For example, in education, distance learning, online tests, and electronic libraries have become widespread. In industry,

production processes are monitored through automated systems. In the banking sector, many customer service processes are now conducted online.

In addition, information technology plays a major role in professional development and training. Employees can take part in online courses, develop their knowledge and skills through webinars and virtual seminars.

In conclusion, the integration of information technologies into professional activities is a vital requirement of the modern labor market. Every professional must learn to use these technologies effectively and apply them in practice. Because the future will develop on the basis of digital knowledge and technologies.

In the modern world, information and communication technologies (ICT) have deeply penetrated almost every aspect of human life. They have become a fundamental tool not only in everyday life but also in professional activities. Specialists in any field rely on technology to organize their work efficiently, manage data, and save time and resources.

First and foremost, it should be noted that information technology automates work processes. Tasks such as accounting, document management, database maintenance, communication, and information exchange, which previously required a lot of time, can now be performed quickly and with fewer errors. For example, in accounting, calculations that were once done manually are now performed using software like 1C, Excel, or other digital tools.

In the field of **education**, the role of ICT is invaluable. Teachers are now organizing the learning process using electronic grade books and distance learning platforms such as Zoom, Google Classroom, Microsoft Teams, and others. In addition, students' knowledge levels are being assessed automatically through test systems. This not only saves time but also improves the quality of education.

In **healthcare**, patient information is maintained in electronic records, and artificial intelligence is being used in diagnostics and treatment processes. Specifically, software that automatically analyzes X-ray and MRI images is helping doctors improve diagnostic accuracy.

Information technologies are especially important for **remote work and collaboration**. Thanks to cloud technologies, online conferences, and electronic document circulation systems, employees located in different regions can work together effectively. This allows companies to increase productivity, reduce costs, and ensure greater flexibility.

Moreover, IT plays a key role in ensuring the **competitiveness of the workforce**. Every modern specialist must learn new software relevant to their profession, improve their qualifications, and take advantage of online education opportunities. Today, online courses, webinars, and training programs are accessible and convenient for everyone.

Another critical aspect of information technology is **security**. Data protection, cybersecurity, and the safeguarding of personal information have become top priorities for every organization. As a result, the demand for cybersecurity specialists in the IT field is growing rapidly.

Conclusion:

The use of information technology in professional activities is a vital factor for success in today's labor market. Any professional who masters these technologies and applies them effectively in practice can become a leader in their field and achieve continuous development. Technology is not only a convenience—it is the foundation of modern professional activity and the key to productivity. The integration of IT into the workplace is no longer optional but a fundamental requirement. Every specialist must learn to use these technologies effectively and

incorporate them into their daily work. After all, the future will develop on the basis of digital knowledge and technologies.

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