

**THE IMPACT OF TECHNOLOGY ON THE MINDS OF YOUTH AND CHILDREN,  
CHANGES IN THE SOCIO-CULTURAL ENVIRONMENT**

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**Annotation:** In the context of modern global technological development, the impact of technology on the minds of youth and children is steadily increasing. Computers, tablets, mobile devices, and social networks significantly influence children's learning processes, communication skills, and moral-ethical values. At the same time, the socio-cultural environment is changing, forming new cultural models, which directly affects children's psychological and social development.

**Keywords:** Impact of technology on youth and children's minds, Child development, Socio-cultural environment, Moral and ethical values, Digital technologies, Social adaptation, Education and upbringing.

**ВЛИЯНИЕ ТЕХНОЛОГИЙ НА СОЗНАНИЕ МОЛОДЕЖИ И ДЕТЕЙ, ИЗМЕНЕНИЯ  
В СОЦИАЛЬНО-КУЛЬТУРНОЙ СРЕДЕ.**

**Аннотация:** В современных условиях глобального технологического прогресса влияние технологий на сознание молодежи и детей становится все более значительным. Компьютеры, планшеты, мобильные устройства и социальные сети существенно влияют на процесс обучения, коммуникативные навыки и морально-этические ценности детей. Вместе с этим социально-культурная среда меняется, формируются новые модели культуры, что напрямую влияет на психическое и социальное развитие ребенка.

**Ключевые слова:** Влияние технологий на сознание молодежи, Развитие детей, Социально-культурная среда, Моральные и духовные ценности, Цифровые технологии, Социальная адаптация, Образование и воспитание.

**YOSHLAR VA BOLALAR ONGIGA TEXNOLOGIYA TA'SIRI, IJTIMOY-MADANIY  
MUHITDA O'ZGARISHLAR**

**Annotatsiya:** Bugungi global texnologik taraqqiyot sharoitida yoshlar va bolalarning ongiga texnologiyaning ta'siri tobora ortib bormoqda. Kompyuterlar, planshetlar, mobil qurilmalar va ijtimoiy tarmoqlar bolalarning bilim olish jarayoni, kommunikatsiya ko'nikmalari va axloqiy-ijtimoiy qadriyatlariga sezilarli ta'sir ko'rsatmoqda. Shu bilan birga, ijtimoiy-madaniy muhit ham o'zgarib, yangi madaniyat shakllanmoqda, bu esa bolalarning ruhiy va ijtimoiy rivojlanishiga bevosita ta'sir qiladi.

**Kalit so'zlar:** Yoshlar ongiga texnologiya ta'siri, Bolalar rivojlanishi, Ijtimoiy-madaniy muhit, Axloqiy va ma'naviy qadriyatlar, Raqamli texnologiyalar, Ijtimoiy moslashuv, Ta'lim va tarbiya.

**Introduction.** In today's rapidly advancing technological era, the impact of technology on the minds of youth and children has become a critical subject of study. Modern tools such as computers, tablets, mobile devices, and social media platforms significantly influence the way children acquire knowledge, communicate, and develop moral and ethical values. At the same time, the socio-cultural environment is undergoing profound changes, shaping new behavioral norms, cultural patterns, and social expectations. These changes directly affect children's psychological development, social adaptability, and their ability to interact effectively within society.

Research indicates that conscious and purposeful use of technology can enhance creative thinking, problem-solving skills, and moral awareness among young people. However, excessive and unregulated exposure to digital devices may lead to social isolation, reduced interpersonal communication skills, and a weakening of traditional values. Therefore, families, educational institutions, and society as a whole must focus on creating a balanced environment where technological benefits are harnessed while ensuring that children's social, cultural, and ethical development is nurtured.

Understanding the dual impact of technology-both its opportunities and challenges-is essential for fostering a generation that is not only technologically competent but also socially responsible and morally aware. In this context, examining the interaction between technology and socio-cultural changes is crucial to ensure the holistic development of youth and children.

**Research methodology.** A purposive sampling method will be applied to select participants from various schools and households, ensuring a representative sample of children and youth across different socio-cultural backgrounds. Approximately 200–250 respondents will participate in the study. Quantitative data will be analyzed using statistical tools to identify patterns, correlations, and trends in technology usage and its effects. Qualitative data from interviews and observations will be examined using thematic analysis to extract recurring themes, opinions, and insights regarding socio-cultural and moral impacts. The study will strictly adhere to ethical standards, ensuring informed consent, confidentiality, and voluntary participation of all respondents. Special attention will be given to the privacy and protection of minors involved in the research.

The research is expected to provide valuable insights into the dual impact of technology on youth and children: promoting cognitive growth and creativity on one hand, while potentially challenging social skills and ethical values on the other. The findings will contribute to developing strategies for balanced technology integration in educational and family settings, fostering a healthy socio-cultural environment.

In contemporary societies, digital technologies increasingly shape how children and youth think, learn, and communicate. Devices such as smartphones, tablets, personal computers, as well as social media platforms and online environments, form an everyday reality for growing generations. This technological immersion influences cognitive development, social behaviour, emotional well-being and cultural identity.

On the positive side, interactive digital tools offer unprecedented access to information and educational resources. Educational applications, multimedia content, and online learning environments can facilitate personalized and engaging learning, stimulate creativity, and support cognitive growth. Social media and digital communication platforms allow young people to

express themselves, maintain social connections beyond physical boundaries, and explore diverse viewpoints and cultures -potentially enriching their social and cultural horizons.

Furthermore, as the socio-cultural environment transforms under the pressure of globalization and digitalization, youth are exposed to new cultural patterns, lifestyles and social norms. In this regard, technology can serve as a bridge: enabling cross-cultural exchange, access to global knowledge, and fostering adaptability in a rapidly changing world. This global exposure can help young people become more open-minded, tolerant, and culturally aware.

Nevertheless, research highlights significant risks associated with excessive or unbalanced use of technology among children and adolescents. A comprehensive systematic review of digital media's impact on child development warns that overuse may impair cognitive and emotional regulation abilities, reduce attention span, and negatively influence memory, executive functioning, and decision-making skills

Specifically, excessive engagement with social media correlates with increased distraction, difficulties in sustaining attention, and decreased ability to concentrate on academic tasks or real-world interactions. Working memory and executive functions -important for planning, self-control, and problem solving -also show signs of decline among heavy users of digital devices. Moreover, virtual communication and entertainment sometimes replace face-to-face interactions, which may hinder the development of social skills, empathy, and emotional intelligence.

From a socio-cultural perspective, the rapid and widespread exposure of children and young people to global digital culture can have profound implications for the preservation of local traditions, community values, and cultural identity. As youth increasingly engage with online content, social media, and virtual communities from around the world, they may be influenced by norms, behaviors, and value systems that differ significantly from those upheld by their families or local communities. This process can lead to the adoption of attitudes, lifestyles, or priorities that diverge from established cultural expectations, creating generational gaps and misunderstandings between parents and children, and even among peers.

Such a shift in values and behaviors can contribute to social disorientation, where young individuals may struggle to reconcile global cultural influences with local customs and moral teachings. Over time, this dynamic can weaken traditional bonds, diminish a sense of belonging within the community, and erode communal solidarity. The respect for heritage, customs, and collective memory - which historically serve as foundations for social cohesion, moral upbringing, and ethical behavior - may be undermined, resulting in a community where shared values are less reinforced and intergenerational connections are strained. Therefore, while global digital exposure offers access to knowledge, diverse perspectives, and opportunities for cultural exchange, it also presents challenges for preserving local identity, nurturing moral consciousness, and maintaining social harmony.

The nature and quality of the socio-cultural environment play a decisive role in shaping whether the influence of technology on children and youth will be constructive or potentially harmful. A supportive socio-cultural context-including families, schools, and community networks that emphasize stability, shared values, and guidance-can significantly mitigate the risks associated with digital engagement. In such environments, children are more likely to develop healthy habits, moral reasoning, and social competence while benefiting from technological tools.

Conscious and deliberate mediation of digital media use is essential in this regard. For instance, setting healthy and reasonable limits on screen time ensures that children are not excessively exposed to potentially harmful content or overstimulated by continuous online engagement. Encouraging balanced participation in offline activities-such as sports, artistic pursuits, reading, and face-to-face social interactions-helps children cultivate real-world skills, emotional intelligence, and meaningful social connections. Additionally, fostering open and reflective discussions about media consumption enables children to critically evaluate digital content, understand its impact, and make informed choices about their online behavior.

Through these strategies, technology can be integrated into children's daily lives in a way that maximizes cognitive, social, and creative benefits while safeguarding emotional well-being, cultural identity, and ethical development. When guided by a structured, value-oriented, and attentive socio-cultural framework, children are better equipped to navigate the digital landscape responsibly, developing the ability to utilize technological resources effectively without compromising their personal growth, social relationships, or cultural heritage.

Empirical studies indicate that during early childhood, the thoughtful and guided use of digital media can play a significant role in supporting social and emotional development. When children engage with educational applications, interactive learning tools, or age-appropriate multimedia content in moderation and under proper supervision, they often demonstrate enhanced empathy, improved understanding of others' emotions, and increased capacity for cooperative and positive social behavior. Moreover, such controlled exposure encourages active engagement, curiosity, and motivation to learn, fostering critical thinking and problem-solving skills. These benefits highlight the potential of technology to act as a supplementary educational and social resource when integrated thoughtfully into a child's daily routine.

Conversely, unregulated or excessive exposure to digital devices can have negative consequences on a child's emotional and psychological well-being. Research shows that children who spend extended periods on unsupervised digital activities may experience emotional dysregulation, increased irritability, or difficulty managing stress. They may also show tendencies toward social withdrawal, reduced interpersonal skills, and a weakened ability to form meaningful face-to-face relationships. In more severe cases, prolonged and uncontrolled exposure has been associated with mental health issues such as anxiety, depression, and heightened stress levels. These findings underscore the importance of balancing digital engagement with guided support, social interaction, and offline activities to ensure holistic development of children's cognitive, social, and emotional capacities.

Thus, a balanced and culturally-conscious socio-cultural environment becomes essential: one that preserves local values, encourages critical thinking, nurturing communication skills, and cultivates both moral and intellectual development. Only then can technology serve as a tool for enrichment rather than becoming a factor of alienation or fragmentation.

Given the dual nature of technology's impact, several implications arise for parents, educators, policymakers, and community leaders:

1. **Promote balanced media literacy:** Teach children and youth to use technology purposefully -for learning, creativity, positive communication -rather than passive entertainment.
2. **Limit and monitor screen time** to avoid excessive usage that can impair cognitive or emotional development.

3. **Strengthen socio-cultural grounding:** Families and schools should emphasize moral education, cultural heritage, local traditions, and ethical values to maintain identity and social cohesion.

4. **Foster real-world social interactions:** Encourage offline activities, interpersonal communication, and community engagement to build social skills and emotional resilience.

5. **Design and support healthy technology integration:** Policymakers and developers should create digital environments -education platforms, social media tools -that prioritize user well-being, data privacy, and constructive interactions.

This balanced, integrated approach can help ensure that technology becomes a resource for children's cognitive, social, and moral development -while preserving their emotional health, cultural identity, and capacity for meaningful interpersonal relationships.

**In conclusion,** In conclusion, the impact of technology on the minds of youth and children is both profound and multifaceted. On one hand, digital tools and interactive platforms offer unprecedented opportunities for learning, creativity, social connection, and exposure to diverse cultural perspectives. These tools can enhance cognitive development, problem-solving skills, and global awareness, helping children and young people adapt effectively to a rapidly changing world.

On the other hand, excessive or unregulated use of technology can pose significant risks. It may affect attention spans, emotional regulation, interpersonal skills, and moral development, while also challenging the preservation of local cultural values and traditions. The socio-cultural environment, including family, school, and community support, plays a critical role in mediating these effects. A nurturing environment that balances technological use with ethical guidance, cultural education, and social interaction can maximize the benefits of technology while minimizing potential harms.

Therefore, it is essential for parents, educators, policymakers, and society at large to implement strategies that encourage responsible, purposeful, and balanced engagement with technology. By fostering both digital literacy and socio-cultural awareness, we can ensure that technology serves as a tool for holistic development -supporting the cognitive, social, and moral growth of children and youth, while preserving their cultural identity and contributing to the well-being of the broader community.

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