THE NEGATIVE IMPACT OF INTERNET COMMUNICATIONS ON YOUTH MENTALITY

Nodira Nurullayeva[1], Bakhtiniso Sapayeva[2]

[1]PhD, Associate Professor of the University-Administrator of the NOU, Khiva
[2]A first-year student of the Faculty of Philology, University-Mamuna, NOU, Khiva

ABSTRACT
The article deals with modern globalization processes that have a positive and negative impact on the national values, customs and traditions of the people; the problems of the negative impact of Internet communications on the mentality of modern youth and ways to resolve are analyzed in this article.
KEYWORDS: *globalization, Internet communications, mentality, intercivilizational communication.*

INTRODUCTION
The XXI century has entered the history of mankind as the century of intercivilizational communication, the century of unprecedented improvement of technologies and information communication systems. The speed in the process of transmitting, exchanging and receiving information, ensuring the accuracy, quality and impact of information throughout the world of the "world Wide Web"-the Internet in creating the possibility of expansion is of great importance.

The globalization of communication leads to the era of information technology. K. Chase-Dunn believes: "Social space has acquired a new quality with the development of electronic communication. Accessibility, cost, and speed of communication have made local content universally relevant. The rapid reduction in the cost of communications has qualitatively changed relations between states and people's minds, and this can become the basis for the formation of a more powerful and global civil society" [1]. So, by the beginning of the century, the interaction between the countries of the world had become so strong that there was not a single country completely isolated from this process. The impact of globalization on different countries is also different. This situation is connected with the economic, informational, spiritual potential and politics of the countries of the world.

Information threats – sometimes called information attacks – confuse a person, throw him into a whirlpool of problems. As a result, the public consciousness of citizens is poisoned, and a social situation arises in society.

THE DEGREE OF KNOWLEDGE OF THE TOPIC AND METHODS.
A significant contribution to the study of the problem of interpersonal relations between Internet communication users was made by foreign and domestic scientists who proposed the positive impact of Internet communication on the self-disclosure and attractiveness of communicators as opposed to face-to-face interactions. The article uses theoretical methods: analysis of socio-psychological literature on the problem of research.

THE RESULTS OF THE STUDY
Today, in an era when there is a struggle for the human mind and heart and in an era when spiritual threats aimed at devaluing national spiritual values have intensified, the task of educating a free-thinking, self-conscious, fully mature person who understands the goals and interests of society has become a priority area of state policy. Its implementation requires, first of all, the enrichment of students' inner spirituality and the formation of an independent worldview.

The process of globalization and modernization in the world covers not only economic, social, cultural and political life, but also has an impact on the spirituality of the nation and its future prospects. It is no secret that various alien ideas and currents affect the centuries-old culture and values of the peoples of the world, and under the guise of "mass culture" unspiritual and immoral ideas penetrate into the life of society. Of course, this process has not been spared by independent Uzbekistan, which is increasingly integrating.

The present time is characterized by the transformation of the entire economic and social life, where information acquires the greatest value. The era of global informatization is connected, first of all, with the formation of the World Wide Web. "The enormous possibilities of information processing, accumulation and transmission that have arisen as a result of the merger of information and communication technologies are a key aspect of globalization. These technologies are a kind of building foundation of globalization, largely ensuring the emergence and further development of the economic, political and cultural trends under consideration" [3].

President of the Republic of Uzbekistan Shavkat Mirziyoyev signed a decree "On the approval of the Digital Uzbekistan 2030 strategy and measures for its effective implementation." "Uzbekistan is now open, now it is impossible to close as before. Now we will not close borders, we will not turn off the Internet. I want to thank the media once again. Executives who don't communicate with them have no future. We are going through great trials now. Some do not stand up to media questions, do not want to create an atmosphere for the media, to hear the voice of justice. But they will have to, or we will say goodbye to them."[4]

The Internet has entered and taken its place in the daily life of modern youth in Uzbekistan. Instagram Facebook (Meta) - 5.6 million, Instagram - 4.5 million, V-Kontakt - 2.6 million, LinkedIn - 432 thousand and in our country, according to statistics, there are 18 million users in Telegram Messenger, 16.7 million in Odnoklassniki, 5.6 million in Facebook (Meta), 4.5 million in Instagram, 2.6 million in Contact, 432 thousand in LinkedIn and "Twitter" - 51.6 thousand. The analyses confirm that the majority of social media users are young people, and their safe use of this space is an extremely important task"[5]. Users spend the most time on the Internet using a computer, laptop or tablet.

Users "go online" at work, at home, in transport, and in a nightclub. At the same time, the presence of acquaintances and friends nearby does not matter. There are the following different types of Internet communications. They can contain both a text message and a video or photo message. Messages can be divided into instant (online - real-time communication) and non-instant (offline - delayed communication). And also, video chats are used using a webcam in real time (online), participants see and hear each other. It is implemented on a computer, laptop, smartphone, tablet through Scype, FaceTime, etc. programs[6].

The positive side of the Internet's influence on the socialization of people, including young people, is quite significant. People have received new Internet platforms and opportunities for communication and information exchange, which can facilitate or accelerate their socialization. "It is the youth who are naturally at ease in establishing intercultural contacts, therefore, attention is focused on revealing the main features of the Internet in the intercultural communication of young people.

On the Internet, as in real life, intercultural communication is an attribute of the socio-cultural life of society, in the social space of which there is interaction and interrelation between different cultures in spatial and temporal dimensions" [7].

Technological progress is changing the state of mentality, primarily youth mentality. Young people are more involved in transnational flows of information and goods than other demographic groups. The vast majority of Internet users are young people who have a change in consciousness and behavior under the influence of this source of information.

In modern conditions, social networks have become a means of mass communication, since you can quickly share your own news with your friends. At the same time, this information will spread at lightning speed. In addition, you can share photos, greeting cards, videos by making two mouse clicks. This is the expression of progress in communication through new media.

Today, higher education is the most important tool for introducing new ideas into the minds of young people. Ensuring the successful functioning of education serves as a guarantee of the harmonious functioning of society as a whole. The Internet is increasingly becoming a library of knowledge not only for teenagers, but also for other people who need information.

The negative side of the issue is that today, some young people are characterized by indifference to ideals and one can say to some extent a disdainful attitude towards life and others, to generally accepted norms of morality, morality.

People who are absorbed in their online activities tend to forget that there are real people in their environment who need their attention, they cannot interact normally with their family, friends and colleagues, let alone meet strangers.

Social networks have the following dangerous consequences: attachment to Internet sites; an easy attitude to study and learning (not independently performing lesson tasks due to an easy search on the Internet for ready-made answers and solutions to various tasks); the risk of a negative impact on physical development, that is, the child has to sit in front of the monitor for a long time without active movement, etc.

"The consequences of prolonged online existence are learning problems, decreased mental activity, frequent and gratuitous mood swings, inadequate reaction to criticism, emotional alienation, increasing opposition and negative attitude towards others demanding to turn off the computer, abandonment of other interests and hobbies, bouts of fear, aggression, anxiety, the appearance of phobias, resourcefulness, deceitfulness, isolation, previously uncharacteristic personalities"[8].

The achievements of science and technology, of course, should serve the interests of humanity and noble goals. However, it is also true that some forces use the virtual world for their malicious purposes. According to psychologists, only 15-25 percent of the population are able to perceive information from a critical point of view, and the remaining 75 percent of people are so influenced by the information received. As a result, modern media means and methods ensure control over society.

Because of social media, people attach more importance to virtual friends than real ones. Online games can be addictive for children, young people, and even adults. This takes up valuable time that could be used for something more productive, such as communicating with peers and acquiring communication skills. In addition, one of the family members may be so passionate about online games that they end up completely moving away from their family.

Nevertheless, Internet communication is a very important type of communication for a modern person and is becoming more widespread every day. Communicating on the Internet, people use those communication skills that they have developed since childhood and serve them in ordinary communication.

It should be noted that in our country, the state pays great attention to young people. Thus, the press service of the head of state notes that measures have been implemented in seven areas over the past period. 396 thousand young people who need special attention from the state are assigned to responsible managers, 331 thousand of them have been assisted in realizing their potential through individual work.

In particular, 94 thousand people have been employed, 56 thousand have been trained in professions, and in 2024 measures will be taken to increase the number of young people studying foreign languages under the Ibrat Farzandlari project to 1 million, and the number of young readers under the Mutolaa program to 1.5 million. To do this, additional infrastructure will be built in the regions[9].

Children and teenagers who use the Internet should not be ignored, i.e. the computer and telephone equipment they use should be under constant control. Because they can find out about various sites that distribute malware from friends or acquaintances anywhere and use them.

Games played by young people on the Internet or on the computer should enlighten the mind and cultivate good manners. In order for their time not to be wasted, parents need to constantly act. If a parent constantly teaches a child how to use the Internet and controls it, then there will be no problems not only in the family, but also in society.

President of the Republic of Uzbekistan Sh.M.Mirziyoyev emphasizes that the biggest investments in the future are investments in knowledge and education. This suggests that the head of state looks at youth as a factor determining the fate of the country, ensuring the future of the country, which can be regarded as a reasonable and deeply thought-out policy. In addition, the proposed Sh.Mirziyoyev's 5 important initiatives to systematically establish efforts in the social, spiritual and educational spheres have created a new strategy for the upbringing and education of young people in the history of Uzbekistan[10].

CONCLUSIONS

The world discovers the whole of Uzbekistan through its national and cultural heritage, rich history, language, culture, customs and traditions, as well as its achievements in the field of art and architecture, science and spirituality. Thus, in the process of globalization, we can become active supporters, not passive recipients.

Information and communication technology can also have a positive impact. For example, the availability of scientific and educational Internet sites and web blogs contributes to the academic performance of modern youth, and in general, has a positive effect on the level of knowledge, worldview and skills and abilities.

At a time when huge processes of globalization are taking place all over the world, the study of the national mentality of Uzbeks allows us to see how compatible it is with universal values. In addition, combined with the ancient traditions, age-old customs and rituals of our people, it shows that they are a people with a unique and appropriate national mentality.

It is extremely important for modern youth to be critical of information received from the Internet, to expand their worldview based on its useful sources, and the ability to deny biased information. Every young person should have certain skills and knowledge, the ability to understand the essence of religious and secular sciences, and should not be indifferent to current trends in the world.

In conclusion, it should be emphasized that in order to preserve our spirituality and identity in the conditions of the current intensive integration and globalization processes, we need to stop wasting our time on harmful sites, clear our worldview of negative information alien to our mentality and start living consciously.

It is advisable to internationalize the samples of our national culture, raise them to the level of samples of world culture, create an opportunity to increase the respect of our youth for these samples of culture. Only then will our youth follow the example of our national mentality, and not someone else's culture. It is necessary to educate the younger generation on the basis of national values, strengthen the sense of loyalty to their Homeland and people, warn them against information threats, and ensure proper protection.

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