

THE IMPACT OF THE INTERNET AND INFORMATION TECHNOLOGIES ON HUMAN SPIRITUALITY

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Annotation: This article comprehensively analyzes the impact of the Internet and information technologies on human spirituality. The article highlights the positive and negative impacts of technological progress on human life and emphasizes the need for their rational use. The emphasis is on the positive aspects of the Internet, such as expanding educational opportunities and developing intercultural dialogue. At the same time, negative consequences, such as misinformation, harmful content, and virtual addiction, are also discussed. The importance of developing information culture, moral education, and ensuring information security to eliminate problems is noted. It is emphasized that all segments of society, including parents, educational institutions, and government organizations, should work together. The article offers a balanced approach to the impact of the Internet and information technologies on human spirituality and justifies the importance of using technologies in a beneficial direction.

Keywords: Information Technology, Internet, Virtual World, Information Culture, Information Security, Mass Media (Mass Media), Media Literacy, Digital Technologies.

ВЛИЯНИЕ ИНТЕРНЕТА И ИНФОРМАЦИОННЫХ ТЕХНОЛОГИЙ НА ДУХОВНОСТЬ ЧЕЛОВЕКА

Аннотация: В данной статье всесторонне анализируется влияние Интернета и информационных технологий на духовность человека. В статье выделены положительные и отрицательные последствия технического прогресса на жизнь человека и подчеркнута необходимость их рационального использования. Акцент делается на положительных аспектах Интернета, таких как расширение образовательных возможностей и развитие межкультурного диалога. В то же время обсуждаются и негативные

последствия, такие как дезинформация, вредный контент и виртуальная зависимость. Отмечается важность развития информационной культуры, нравственного воспитания, обеспечения информационной безопасности для устранения проблем. Подчеркивается, что все слои общества, включая родителей, образовательные учреждения и государственные организации, должны работать вместе. В статье предлагается взвешенный подход к влиянию Интернета и информационных технологий на духовность человека и обосновывается важность использования технологий в благотворном направлении.

Ключевые слова: информационные технологии, Интернет, виртуальный мир, информационная культура, информационная безопасность, средства массовой информации (СМИ), медиаграмотность, цифровые технологии.

Introduction

Today, the Internet and information technologies have become an integral part of society. The development of digital technologies has a great impact on people's lifestyle, education, work and daily communication. At the same time, information technologies are also leaving a deep mark on human spirituality. Although their capabilities are unlimited, the culture of their use and adherence to ethical principles are of great importance. Through the Internet, it is possible to gain knowledge, expand one's worldview and be aware of the achievements of modern science. However, in the endless flow of information in the virtual world, there is also incorrect information, negatively affecting content and ideas. In such conditions, preserving the spirituality of young people and creating a healthy information environment for them is becoming an urgent issue. Therefore, it is important to study in more depth the impact of the Internet and information technologies on human spirituality. This article analyzes the positive and negative aspects of technological progress and reflects on their impact on human spirituality.

Literature analysis and method

Today, the world is changing rapidly. It has become necessary to obtain and convey information in all areas, to form an influential public opinion. In such complex conditions, life is constantly setting new demands and tasks for us. The mass media are the most basic, powerful and influential ideological tool. Because the mass media serve as a kind of educator of the masses, an organizer of important events, and an effective tool for solving urgent problems. It is through the mass media that our national values and universal human values, national ideas and democratic principles are promoted. The mass media have always been a unique measure and indicator of democracy and freedom of speech. Free and independent mass media encourage and strengthen democratic development. There is another important aspect of instilling the idea of national independence through the mass media. This aspect is related to adequately responding to information terrorism and ideological threats, rooting out attempts to subjugate our people in a spiritual and ideological sense, and forming ideological immunity among citizens of Uzbekistan.

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Through the Internet, one can gain knowledge, broaden one's horizons, and keep abreast of modern scientific achievements. However, in the endless flow of information in the virtual world, there is also incorrect information, content, and ideas that have a negative impact. In such conditions, preserving the spirituality of young people and creating a healthy information environment for them is becoming an urgent issue. The rapid development of information technologies and the Internet has a profound impact on all aspects of modern society. This process

also widely covers the spheres of social relations, education, culture and spirituality. It is important to study in more depth the impact of the Internet and information technologies on human spirituality. This article analyzes the positive and negative aspects of technological progress and reflects on their impact on human spirituality.

The positive impact of the Internet and information technologies creates many opportunities. Through online courses, electronic libraries and knowledge portals, anyone can improve their abilities and acquire new skills. Representatives of different nationalities and cultures are exchanging experiences through social networks and international forums. This process broadens the worldview and forms tolerance. There is an opportunity to demonstrate national values, traditions and cultural wealth to the world through the Internet. Virtual museums, electronic books and digital archives play a major role in this.

At the same time, there is also a negative impact of the Internet and information technologies. Some content on the Internet contradicts moral standards and can have a negative impact on the minds of young people. Materials that promote violence, immorality or a wrong worldview are a vivid example of this. The abundance of fake information and false messages on the Internet can mislead people and cause them to make wrong decisions. Computer games, social networks and online platforms can connect many young people to the virtual world. This leads to a weakening of communication skills in real life. The protection of personal information on the Internet can be weak, which causes security and privacy problems. To overcome these problems, it is important to develop the skills of young people to select and analyze information sources. Moral education should play an important role in the family, educational institutions and society. Spiritual values should be promoted. Strong passwords, two-factor authentication, and antivirus software should be used to protect privacy and security. Filters and monitoring programs can be installed to create a safe Internet environment for young people. The Internet and information technologies can make life easier and

expand opportunities for learning. At the same time, they can also cause moral and spiritual problems when used incorrectly. All segments of society, in particular, parents, teachers, and government organizations, should actively participate in this process. Effective use of the capabilities of technologies and promotion of their use in a morally and spiritually beneficial direction are of great importance.

Discussion

The impact of the Internet and information technologies on human spirituality is a complex and multifaceted issue, the results of which have both positive and negative aspects at the same time. While these technologies, on the one hand, make a significant contribution to the intellectual and cultural development of humanity, on the other hand, they can also lead to the erosion of spiritual values and have a detrimental effect on the minds of young people.

Firstly, the expansion of opportunities for obtaining knowledge via the Internet has created the basis for a new stage of enlightenment. Any person, regardless of age and place of residence, has the opportunity to obtain knowledge through electronic libraries, online courses and scientific resources. This situation, in particular, serves the development of the education system and the increase in intellectual potential. However, at the same time, the presence of false, incorrect or harmful content in the endless flow of information can have a negative impact on the human mind. Information culture and moral standards play a great role in this process.

Secondly, the facilitation of interpersonal communication by information technologies has accelerated important social processes. Through social networks, contacts have been established between different cultures and peoples, international dialogue has developed. At the same time, the increase in virtual communication can lead to a weakening of social skills in real life. Problems such as virtual dependence, social isolation and self-doubt are observed among young people and children.

Thirdly, the possibilities for preserving and promoting cultural heritage via the Internet have expanded. Virtual museums, e-books, and cultural content are spreading worldwide. However, in some cases, under the harmful influence of mass culture, national and religious values can be forgotten. There is a risk of indifference to one's own culture and history among young people.

Fourth, misinformation, fake news, and manipulative content on the Internet negatively affect people's worldview and decision-making processes. To solve these problems, it is necessary to develop information security, media literacy, and critical thinking skills. In general, the impact of the Internet and information technologies on human spirituality is related to how society uses them and what values it promotes in this process. Through the correct and targeted use of information technologies, a healthy information environment can be formed in society. This serves the moral, spiritual, and intellectual development of people.

Conclusion

The Internet and information technologies have become deeply embedded in human life, and their positive and negative effects are manifested simultaneously. Technologies are expanding the possibilities of obtaining knowledge and making a huge contribution to cultural and scientific progress. Virtual communication, online education, information exchange and digital services have changed people's lifestyles. At the same time, due to improper use, problems such as the weakening of spiritual values, virtual addiction, false information and moral crisis are observed among young people. When considering the impact of the Internet on human spirituality, it is important to use its positive potential wisely and protect against harmful effects. These problems can be eliminated by developing information culture, moral education of the younger generation, ensuring information security and creating a healthy information environment. All layers of society - parents, teachers, state and public organizations - need to work together. Thus, the impact of the Internet and information technologies on human spirituality requires a balanced approach. Using their capabilities, preserving national and

universal values, leading the younger generation to moral maturity is the need of the time

References

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