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Annotation: *This article analyzes the role of computers in human life, their advantages, and negative impacts. It examines how computers in modern society can simplify work processes, increase efficiency in education and healthcare, and facilitate communication. At the same time, it discusses how excessive screen time can negatively affect memory and thinking, how false information can increase distrust, and how computers can influence social relationships. The article emphasizes the necessity of conscious and moderate use of computers.*

Key words: *Computer, technology, education, healthcare, distance learning, Internet, communication, negative impact, memory, screen time, information, modern society.*

Anotatsiya: *Ushbu maqolada kompyuterlarning inson hayotidagi o‘rni, ularning afzalliklari va salbiy ta‘sirini tahlil qilingan. Kompyuterlar zamonaviy jamiyatda ish jarayonini yengillashtirishi, ta‘lim va tibbiyot sohalarida samaradorlikni oshirishi, muloqotni osonlashtirishi kabi jihatlari ko‘rib chiqilgan. Shu bilan birga, ekran vaqtining ortishi xotira va fikrlashga salbiy ta‘sir qilishi, yolg‘on axborotlar ishonchsizlikni kuchaytirishi va ijtimoiy munosabatlarga ta‘sir ko‘rsatishi haqida fikr yuritilgan. Maqola kompyuterlardan ongli va me‘yorida foydalanish zarurligini ta‘kidlaydi.*

Kalit so‘zlar: *Kompyuter, texnologiya, ta‘lim, tibbiyot, masofaviy ta‘lim, internet, muloqot, salbiy ta‘sir, xotira, ekran vaqti, axborot, zamonaviy jamiyat.*

Computers are developing so rapidly today that our people can hardly imagine carrying out any task without them. Indeed, in modern society, computers have already become an integral part of human life. The idea of human–computer collaboration was first proposed in 1960 by J. C. R. Licklider in his article Man-Computer Symbiosis, where he emphasized that in the future humans and technology would work together. Today, this idea has become a reality.

Computers serve as an important tool in our daily lives for exchanging information, simplifying work processes, and making quick decisions. Therefore, many people cannot imagine their professional activities without these technologies. Even in 2002, Bill Gates raised the issue of computer security and reliability as a global concern in his “Trustworthy Computing” memorandum, highlighting the already recognized importance of technology in society.

The advantages of computers are extensive. First, they allow people to work remotely from home, saving time and increasing efficiency. In particular, computers play an





MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC SOLUTIONS

invaluable role in education. In 2020, due to the pandemic, more than 1.6 billion students in over 190 countries were unable to attend school and switched to distance learning. Through computers and the internet, millions of young people were able to continue their education from home.

Today's youth enrich their knowledge through electronic books, dictionaries, and applications. Video lessons, e-books, and online platforms have made the educational process more convenient. In this regard, modern researchers, including Don Norman (2014), emphasize that technology can support human intelligence and make the learning process more effective.

Second, computer programs enable people to stay in constant communication. Platforms such as WhatsApp, Imo, and Instagram provide fast and convenient interaction. Citizens studying or working abroad can easily communicate with their families from a distance. This strengthens affection and bonds between loved ones.

Third, computers also play a significant role in the field of medicine. The storage of patient data, diagnosis, and rapid analysis of test results are carried out through modern information technologies. In 2010, Karsch and colleagues published a scientific study on the opportunities and real challenges of health information technology, emphasizing that electronic systems can improve the efficiency of medical services.

At the same time, computers also have negative aspects. They affect human brain activity, particularly memory processes. Manfred Spitzer, based on research conducted in South Korea, noted that increased screen time negatively affects students' academic performance. Moreover, in the modern era, people have become accustomed to storing large amounts of information in electronic devices, which may lead to a weakening of memory.

According to the World Health Organization (WHO), since the 2020s, increased screen time among children has been linked to sleep disorders. In addition, the rapid spread of harmful and false information may increase distrust among people. In 2014, Elon Musk described artificial intelligence as a potential threat to humanity, while Yuval Noah Harari (2016) warned that technology could fundamentally change human life in the future.

Excessive dependence on computers can lead to inefficient use of time, reduced face-to-face communication, and increased stress. This may negatively affect family and social relationships.

In conclusion, computers are powerful tools that simplify and enhance our lives. However, excessive use can lead to negative consequences. Therefore, it is essential to use technology consciously, purposefully, and responsibly.

To summarize, in today's technological era, computers have become an inseparable part of human life. They simplify work processes, contribute to the development of education, and increase efficiency in medicine and communication. They also help strengthen connections with loved ones. At the same time, their negative effects cannot





MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC SOLUTIONS

be ignored. Harmful information flows may increase distrust, narrow thinking, and lead to wasted time. Thus, it is important to use computers consciously and in moderation. Only then can we make proper use of technology and create a better and more meaningful life.

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