PROTECTIVE FACTORS OF THE MIND AND SPIRITUALITY OF YOUNG PEOPLE FROM THE EFFECTS OF THE INTERNET AND SOCIAL NETWORKS

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Abstract: The Internet and social networks are developing rapidly. In the context of a rapidly developing information flow, it is important to protect spirituality from various ideological influences and harmful ideas, and to educate young people in their right mind. The article examines the influence of the Internet and social networks on the mind and spirituality of young people, as well as the factors protecting young people from this.

Key words: Internet, information flow, various ideological influences, youth consciousness, spirituality, ideological polygon, education.

Today, the interaction between the countries of the world has become so strong that there is not a single country that is completely protected from this process. All this is done via the internet.

The popularization of the Internet has led to the discovery of a number of conveniences, the acceleration of the pace of life, the emergence and dissemination of unique news of various importance. Nowadays, it is very difficult to imagine our life without the Internet. Especially in the lives of young people, the role of the global network is increasing.

In other words, as the first President I. Karimov said, "Today our young people receive various information not only in educational institutions, but also through media such as radio, television, press, and the Internet. In such a situation when the global information space is expanding more and more, not only distracting the minds of our children, in order not just to surround the consciousness of our children, but to give them a one-sided upbringing, saying that they should not read it, not see it and surround them with an iron wall, undoubtedly meets the requirements of the time and our noble goals.

Because the Internet has greatly facilitated communication and information exchange between people living in different parts of the world.

The convenient and popular nature of searching, receiving and transmitting information through the network ensures the increase in the number of its users.

According to the data of January 2023, the number of Internet users in our country (including mobile Internet users) was more than 27 million. It is clear that the possibilities of obtaining and distributing information in our country are increasing, and this is a requirement of the time.

Current pace of the development of Internet has led to a dramatic increase in the scale and scope of ideological influence on young people.

Through such networks, you can be aware of the events happening in the world, recieve news about the status of your friends, or share photos, videos and other types of information that reflect the important moments of your life. Still, it is important not to forget that globalization has its positive and negative aspects, as well as social networks. Of course, the global network is a huge resource. However, who uses this resource and for what purposes is also a serious question.

In short, virtual life has become an integral part of our daily life. Because communication on social networks, which are now widely used around the world, has no boundaries. The virtual world is also causing a person to come out of his shell and look at the world with lie and fake eyes. Relationships on social networks are crossing the line of decency. It's a strange world that distracts people from work, but it is also sad that fake love and friendships lead to the destruction of many families. This trap penetrates deeply into the lives of not only the young people, but also adults and middle-aged people who have not yet realized themselves. Too many people are abandoning the reality in favor of the virtual communication. People who are facing various difficulties and problems in life are very active in social networks. Here is one thing. Social media seems to mostly bring together people who are unhappy with their lives.

What do strangers often talk about? People who spend time on dating sites seem to be having interesting conversations. Unfortunately, such cases are especially common among young people. This should worry every countryman. At that moment, President Shavkat Mirziyoyev said, "Today, world is changing rapidly. Young people are the ones who feel these changes the most. Let the youth be in harmony with the demands of their time only without losing their 'they'. It is true that the call of who we are as the descendants of great people should always resonate in their hearts and encourage them to stay true to themselves."

The virtual world manipulate people. Manipulation means subjugation through mental dependence. According to experts, in the virtual world, a person's system of time perception is disturbed, social activity decreases. The most terrifying thing is that in this process, the negative effects of virtual tools are not limited to spiritual-behavioural and moral decline, but also cause many diseases...

The American doctors Gwenn and Clarke analyzed the scientific basis of this information in their research and stated that "frequent use of social networks leads addictionto them and, as a result, getting away from it leads to depression, isolation, feeling unhappiness ,and these problems also cause physical diseases."

According to experts, the Internet is creating a pathway to a new type of crime called "cybercrime". Crimes such as virus and other malicious programs, preparation and distribution of illegal information, mass distribution of e-mails, hacking, illegal access to websites, fraud, copyright infringement, theft of credit card numbers and bank details are included. Those who aim for such destruction are skillfully using information and communication technologies, causing material and moral damage to society and many individuals.

In general, young people who do not yet have enough life experience, independent opinion and own point of view fall under ideological influences. That is why it is important to form a healthy ideology in the minds og young people. The first president of Uzbekistan, Islam Karimov, who was well aware of this at the time, said that "ideological polygons are more dangerous than nuclear ones " and today humanity is witnessing these words with its own eyes. Because today, there is also an increasing number of political forces and movements seeking to expand their sphere of influence through the influence of false ideas and destructive ideologies. Information in various formats spread through social networks tries to attract anyone. People who do not understand what reality is, especially the youth, believe what they see on the net, and, as a result, they fall under the influence of malicious forces.

Based on the above, we believe that it is necessary to pay attention to the following factors in order to protect our youth from Internet threats.

Firstly, the education starts from the family, therefore, parents should seriously monitor the upbringing of children in families, and when their minor child commits an offense at school or in public, parents should be brought to administrative responsibility and subjected to appropriate fines in strict order.

Secondly, it is necessary to ensure that the school, family and community work systematically in harmony. In this case, it is necessary to organize a systematic discussion of poorly educated children in the district with the participation of their parents.

Currently, one class supervisor and one school psychologist are not considered enough in schools. Their work is also filled with paperwork, and the time and effort spent on the education of teenagers cannot be considered satisfactory. Therefore, thirdly, it is necessary to increase the number of deputy principals for teaching children in schools.

Fourthly, it is necessary to develop the operation of sports and science clubs in educational institutions. Most of the young people, being provided with everything and having plenty of free time, are falling under the influence of virtual threats.

Fifthly, in educational institutions, the emphasis on exact sciences, natural sciences and languages has increased, wheas that decreased on social and humanitarian sciences, which affects the worldview and life imagination of young people. Majority of young people today are changing their minds towards making quick and easy money. This causes youth and society to live comfortably, to assess the value of humanity with money and to forget national values. Therefore, it is necessary to increase the type and volume of hours of social and humanitarian sciences.

It is necessary to take into account that adequate training in history, social studies, sociology, and spiritual studies will give effective results in understanding and analyzing various virtual political tricks and threats through the Internet, which are happening in modern world.

Sixthly, our youth should properly allocate their time and pay special attention to reading books. Unfortunately, the life concepts and worldview of the majority of young people who spend a lot of time on the Internet and social networks remain shallow and weak. They are living in the vortex of the virtual reality.

At the end of our opinion, it is worth noting that, without forgetting the great influence of social networks on spirituality, every young person should act for a certain noble purpose and regularly enriching their knowledge, having a healthy spirit is considered an important steps towards a real goal.

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