

**MODERN TECHNOLOGIES AND HUMAN VALUES: A BALANCE
OF OPPORTUNITIES AND RISKS**

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Abstract: *This article analyzes the impact of 21st-century technologies on human life, especially their influence on psychological and moral values. It explores how technological progress has provided convenience while simultaneously causing emotional distance, weakening family bonds, and reducing human communication.*

Keywords: *technological revolution, digital era, human values, psychology, communication.*

Introduction

The 21st century is known as the age of technological revolution. Today, people from any corner of the world can communicate within seconds. Technologies have made human life easier, opening up opportunities that were once impossible. However, as technology becomes integrated into nearly every aspect of life, human values, mental states, and social relationships are also undergoing significant change. The rapid development of technology has shaped a new lifestyle characterized by digital communication, online education, remote work, and social media interaction. Yet, these achievements have also led to a decline in genuine human relationships. Therefore, finding a balance between technology and humanity has become one of the main challenges of modern society.

Main Part

Professor Sherry Turkle of the Massachusetts Institute of Technology has studied the relationship between technology and human psychology in depth. In her book “Alone Together,” she writes: “We are lonely but fearful of intimacy; digital connections offer the illusion of companionship without the demands of friendship.” This statement reveals a modern paradox: while technologies seem to bring people



closer, they actually distance them emotionally. Even when family members sit together in the same room, each is often absorbed in their own phone, losing real communication. As a result, emotional warmth within families is being replaced by silence. However, the problem lies not in technology itself but in how it is used. In Uzbekistan, positive initiatives are being implemented to harmonize digital technologies with spirituality and education. President Sh. M. Mirziyoyev (2021) emphasized the importance of integrating moral values with modern progress in his works. Similarly, the UNESCO (2020) report stresses that wise use of technology is essential for maintaining family stability and preserving human values.

Conclusion

Technology is one of humanity's greatest achievements, yet it must remain under human control. The rational use of technical tools, preservation of moral values, strengthening of family communication, and protection of humanity are key responsibilities of modern society.

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