

THE IMPACT OF ARTIFICIAL INTELLIGENCE ON THE MINDS OF YOUNG PEOPLE

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Annotation

This article analyzes the role of rapidly developing digital technologies, particularly artificial intelligence, in modern human life. It focuses on the impact of excessive use of the Internet and digital gadgets on young people's thinking abilities, learning motivation, and psychological activity. The advantages and disadvantages of using artificial intelligence in the education system are discussed based on foreign experiences. In addition, the article examines the competition between artificial intelligence and human intelligence, as well as its influence on the labor market. The study emphasizes the importance of maintaining a balance between technological development and natural intelligence, highlighting the need for conscious and purposeful use of digital technologies to ensure intellectual growth and professional development in the digital era.

Keywords: artificial intelligence, digital technologies, Internet and gadgets, youth psychology, education quality, technological dependence, human intelligence, digitalization, knowledge and skills

Annotatsiya

Mazkur maqolada bugungi kunda jadal rivojlanib borayotgan raqamli texnologiyalar, xususan sun'iy intellektning inson hayotidagi o'rni, uning imkoniyatlari va yuzaga kelayotgan muammolari tahlil qilinadi. Asosan yoshlar orasida gadjetlar va internetdan haddan tashqari foydalanish natijasida fikrlash faolligining pasayishi, bilimlarni tayyor holatda qabul qilishga moyillik kuchayib borayotgani yoritilgan. Ta'lim sohasida sun'iy intellektdan foydalanishning ijobiy va salbiy jihatlari, xorijiy tajribalar asosida muhokama qilinadi. Shuningdek, sun'iy intellektning inson intellekti bilan raqobati, mehnat bozoriga ta'siri va kelajakda kadrlar tayyorlash masalasidagi o'rni tahlil etiladi. Maqolada texnologiya va inson intellekti o'rtasidagi muvozanatni saqlash, yosh avlodni ongli va maqsadli foydalanishga yo'naltirish muhimligi ta'kidlanadi.

Kalit so'zlar: sun'iy intellekt, raqamli texnologiyalar, internet va gadjetlar, yoshlar psixologiyasi, ta'lim sifati, texnologik qaramlik, inson intellekti, raqamlashtirish, bilim va malaka.

Аннотация

В данной статье анализируется роль цифровых технологий, в частности искусственного интеллекта, в жизни человека, его возможности и возникающие проблемы. В статье в основном освещается снижение мыслительной активности среди молодежи в результате чрезмерного использования гаджетов и интернета, а также растущая тенденция воспринимать знания в готовом виде. Положительные и отрицательные аспекты использования искусственного интеллекта в образовании обсуждаются на основе зарубежного опыта. В статье также анализируется конкуренция искусственного интеллекта с человеческим интеллектом, его влияние на рынок труда и его роль в будущей подготовке кадров. В статье подчеркивается важность поддержания баланса между технологией и человеческим интеллектом, а также направления молодого поколения к осознанному и целенаправленному использованию.

Ключевые слова: искусственный интеллект, цифровые технологии, интернет и гаджеты, молодежь, психология, качество образования, технологическая зависимость, человеческий интеллект, цифровизация, знания и навыки.

Introduction

It is no secret that digital technologies are developing rapidly in the world today and their capabilities are expanding. Indeed, the Internet, gadgets in our hands, and devices that we always use have made our lives much easier and saved us time. Also, the coefficient of useful work is increasing with less effort. The events in films shot in the fantasy genre are now reflected in real life. As a result, the development of technologies has ceased to surprise humanity. On the contrary, instead of being amazed by them, people are worried. One of the technologies that is causing such concerns is artificial intelligence. So, the question “Is the artificial intelligence system created by humanity itself stronger than natural intelligence?” remains an abstract one for all of us?

Firstly, let's find an answer to the question: *what is artificial intelligence?* Artificial intelligence is a field of science and technology aimed at creating machines that can imitate human intelligence. We all know that self-driving cars, robots serving in stores or public catering establishments, and even the programs on our mobile devices are created based on artificial intelligence and make our lives easier. This article will not talk about how artificial intelligence technologies were created or the stages of development, but rather about how we use them, how much they are changing our lives, and to what extent they can compete with human intelligence.

Secondly, artificial intelligence (AI) has entered almost every sphere of our lives in recent years. It also affects the minds of young people in various ways. AI makes

the process of learning much easier. Young people can access the information they need quickly and conveniently. Understanding complex topics in a simple and visual way increases the effectiveness of their learning. Moreover, artificial intelligence plays an important role in developing the creative abilities of young people. For example, it allows them to create digital art, musical works, stories, or programming projects. This encourages creative thinking and provides opportunities to experiment with new ideas. AI also enables individualized learning. Educational programs tailored to the abilities and needs of each student improve learning efficiency. Based on the results of tests and exercises, personal development strategies can also be designed. In addition, artificial intelligence helps save time by automating homework and research tasks, allowing young people to use their time more effectively. Furthermore, AI contributes to technological literacy and enhances problem-solving and analytical skills. However, AI also has negative effects. Rapid information flow and games may reduce young people's ability to concentrate for long periods. Excessive interaction with AI can weaken face-to-face social relationships and limit the development of empathy. Sometimes, young people rely too heavily on AI recommendations and may forget to think independently. Overdependence on AI can also expose young people to misinformation or lead to poor time management. In addition, there is a risk related to the privacy of personal data. Therefore, while artificial intelligence offers great opportunities to develop the minds of young people, it must be used responsibly and consciously. Parents, educational institutions, and society should guide young people to use AI in a beneficial way while ensuring that their social and critical thinking skills are preserved. Artificial intelligence (AI) has entered almost every sphere of our lives in recent years. It also affects the minds of young people in various ways. AI makes the process of learning much easier. Young people can access the information they need quickly and conveniently. Understanding complex topics in a simple and visual way increases the effectiveness of their learning. Moreover, artificial intelligence plays an important role in developing the creative abilities of young people. For example, it allows them to create digital art, musical works, stories, or programming projects. This encourages creative thinking and provides opportunities to experiment with new ideas. AI also enables individualized learning. Educational programs tailored to the abilities and needs of each student improve learning efficiency. Based on the results of tests and exercises, personal development strategies can also be designed. In addition, artificial intelligence helps save time by automating homework and research tasks, allowing young people to use their time more effectively. Furthermore, AI contributes to technological literacy and enhances problem-solving and analytical skills. However, AI also has negative effects. Rapid information flow and games may reduce young people's ability to concentrate for long periods. Excessive interaction with AI can weaken face-to-face social relationships and limit the development of empathy.

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Thirdly, in an article published on the TechXplore website, some teachers in the United States are proposing to ban artificial neural networks in educational institutions. They argue that the regular use of artificial intelligence by students is pushing back the quality of education for years. In particular, scientists have noted that students are completing midterm exams, exams, independent work, and scientific work through artificial intelligence, and the materials presented are more perfect than human intelligence. Teachers and professors are also proposing to ban computer-based tests and assignments and return to paper-based exams, arguing that artificial intelligence cannot distinguish from the real work of students, and that digital systems should be abandoned in education. An experiment was conducted by a group of teachers in the USA. The main goal of the experiment was to determine the level of students' mastery of the lessons. Before the lesson, the mobile phones of the students in the auditorium were collected. After that, the students were asked about the topic of the homework assignment in the lesson. As a result, it turned out that 95% of the students were not ready for the lesson. In the usual learning process, the opposite is true, that is, 95% of the students actively participated in the lesson.

According to the results of the experiment, the following conclusion was made: when students have phones, before the first student answers the homework assignment, others in the auditorium try to find the topic on the Internet, and the next ones answer the question on the topic at a satisfactory, sometimes excellent, level. This shows that there is laziness in the thinking and perception of information of young students. They have the opportunity to get the necessary information or information ready-made from the Internet. This situation disrupts their work on themselves. As a result, they receive ready-made information and become active students.

Fourthly, let's return to the question above. "Is artificial intelligence stronger than natural intelligence?" Can an invention created by humanity be stronger than itself?

The amount of data in the artificial intelligence database has expanded to an incredible level today. And the world's population uses it for their daily services. The above data is a clear example of this. It is clear that artificial intelligence is working better than human intelligence in some aspects of our lives. Previously,

people spent hours on simple tasks, but today the same task can be completed with the click of a button. As technology continues to improve, some people are increasingly afraid of losing their jobs and being replaced by artificial intelligence. The use of artificial intelligence is expanding in industries ranging from agriculture to services. How justified is this concern? In some ways, researchers emphasize that it is justified. The reason is that today we are witnessing a dependence on the Internet and gadgets that is even higher than indicated in statistical figures. This leads to wasting time on useless things, reducing the desire to acquire new knowledge and research. This then creates the basis for the above concerns. If we look at the statistical figures. According to the data provided by the Statistical Agency under the President of the Republic of Uzbekistan, in January-December 2023, the share of mobile Internet users among the population aged 10 and older will be 50.1%. The number of users in the indicated figures is increasing every day. Digitalization and the development of the industry are creating new jobs. According to experts, artificial intelligence will not replace human work. However, the demand for personnel who are aware of this technology and are real experts in their field will increase. The following conclusions can be drawn from these considerations. Today, if the young generation continues to use the network and gadgets without using their full potential and purpose, it will become a second-rate cadre in the digital world. Such cadres can be replaced by the technologies listed above. On the contrary, if they are aware of modern knowledge and technologies, as well as use them to improve their knowledge and experience, the door to new opportunities will always open for them. In today's era of opportunities, no artificial intelligence can replace those who have worked on themselves, have a profession and skills. However, in harmony with technology and natural intelligence, it is possible to achieve high goals.

In conclusion, it is worth noting that the person who created technology is capable of creating intelligences that are even higher than it. But in order to achieve this result, he must make the most of the opportunities, resources, and time given to him. A person with high intelligence and knowledge will have his place in society and in any work. It is unlikely that artificial intelligence will replace him. When you are in research, learning, and development, no technology can replace you.

So, don't stop trying!

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