

THE ROLE OF THE INTERNET IN THE LIVES OF YOUNG PEOPLE**Umirzoqov Sharofiddin***JDPU, Jizzakh, Uzbekistan*

Annotation. *The article presents a philosophical analysis of young people in an informed society, targeted use of the Internet by young people, Internet addiction, its negative consequences, the possibility of getting rid of this disease through human thinking.*

Key words: *information society, youth, Internet addiction, Internet addiction, human thinking, information, globalization, gambling addiction.*

Today is a fast paced period. In an age of urgency, data and information take center stage. The information sphere is rapidly developing, the Internet and related technologies are penetrating many aspects of our lives, and we can no longer imagine our life without them.

As a result of such a rapid development of the information world and gadgets adapted to it, its role in the population of the world, the entire nation and state, its use in all spheres of life, people have entered a new era, the era of the information society.

Increased flow of information, direct use of Internet sites, short-term awareness of the world, the inability to prevent it, getting information from blocked sites through proxy servers in people, especially young people, is formed on the basis of information received on the Internet. Now such young people are becoming people who think they are aware of the processes taking place in the world, who have their own personal conclusions based on their own analysis and observations.

In the era of globalization, when information technologies are developing day by day, the education of young people, the information they receive from the Internet, the knowledge they study, the videos they watch, the games they play, is an urgent problem today. Not only parents, but also teachers, coaches and the general public are concerned about the fact that young people are overly connected to computers and the Internet, cannot live a day without mobile phones, social networks and are addicted to computer games. The spread of such vices will gradually have a negative impact on society, eroding it from the inside and destroying the positive qualities of young people, the formation of philosophical thinking.

So what do we see today thanks to the Internet? The high level of development of technology and technology, on the one hand, with its wonderful conveniences, makes our weight lighter and closer, and on the other hand, poses the problems associated with it for humanity. We say this because social media has not only become popular, but has led to mass addiction. It's no secret that most people today cannot get up in the morning without going into their personal account, without checking telegram or instagram, without viewing photos and "posts" of virtual friends. If at first social networks were

tasked with finding people who really existed, but for some reason lost contact, today more than 80% of the friends of the owners of social network pages are virtual, that is, do they really exist, who they really are in life, what is their purpose, people who do not know.

Yes, we can no longer imagine our daily life without information technology, gadgets, mobile devices and, of course, the Internet. In fact, when used correctly and locally, the possibilities of computers and the Internet are endless, with which you can connect to any part of the world, solve your own problems, conduct business, trade and gain knowledge.

The other side of the coin: excessive use of computers and the Internet, its purposeful and surfing use, addiction to social networks, the inability to stop playing computer games among young people lead to diseases such as "Internet addiction", "virtual addiction" and illness.

Although addiction to social networks and computer games on the Internet is not included in the official registry of the World Health Organization as a disease, today millions of people around the world suffer from this disease, and most of them are young people. Computer games and social networks, which at first glance seem safe, negatively affect the human psyche, linking it like a drug, a person cannot live without them, stress, insomnia and nervous disorders begin to develop.

The lack of a serious approach to the upbringing of young people in adolescence, indifference to the behavior of children in many cases leads to the loss of a child. Excessive computer use and addiction to computer games can lead not only to addiction, but also to the development of various diseases. That is, dozens of other diseases can be named, such as Internet-related brain dysfunction, stroke, gambling addiction, mental illness, suicide, and heart failure. This has a very detrimental effect on the future of the youth of our country, whose philosophical ideas are developing day by day, developing information and communication technologies.

In the modern information-intensive information society, it is necessary to take into account the following important factors that ensure the formation and development of innovative thinking of young people in the information world of Uzbekistan, the emergence of Internet addiction and virtual addiction:

- Deep understanding of the information policy, regulatory norms of Uzbekistan and the content and essence of ongoing reforms and processes in this area;
- Carrying out propaganda and explanatory work among young people about social networks and their negative consequences;
- prevent the formation of negative aspects of the information presence in the field of education, production, the Internet;
- Development and implementation of innovative ways of obtaining, storing and disseminating information of socio-philosophical significance;

- an increase in the number of TV shows, games that increase the intelligence of young people, combine ideas and show very good results as a result of self-improvement, allocation of funds by the state and sponsors;
- Regular medical examinations of young people and the organization of special courses for the treatment of Internet addiction;
- Creation of hospitals for the treatment of Internet addiction and virtual addiction in Uzbekistan, using foreign experience;
- mastering modern sciences, creating new ideas and attracting more and more young people to them by mastering the latest achievements of science and technology, the scale and content of which is increasing due to the information society, innovative achievements of foreign countries.

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