THE ROLE OF THE INTERNET IN HUMAN LIFE

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Abstract: *Through this article, you can see the good and bad effects of the internet in human life. In addition, you will be aware of some information about the Internet.*

Аннотация: *В этой статье вы можете увидеть хорошие и плохие последствия интернета в жизни человека. Кроме того, вы будете в курсе некоторой информации об интернете.*

Key words: *Internet, impact on human life, cyber crime, internet market, communication, online education.*

Ключевые слова: *Интернет, влияние на жизнь человека, киберпреступность, интернет-рынок, общение, онлайн-образование.*

As everyone knows, nowadays the internet is developing day by day. Even the internet has reached such a level that a person cannot imagine his life without it. Unbeknownst to us, the internet has been showing its effects, both good and bad. Let's focus on the bad side of the internet first. Currently, the number of social network users worldwide is 4.1 billion. Of course, this indicator will continue to increase. Therefore, most of our lives are spent on social networks. People are so addicted to the internet that from the time they wake up to the time they go to sleep, our days are spent on various social networks. For this reason, we are losing the meaning of our original life. If we pay close attention to our surroundings, live communication will be replaced by online chat and monitoring. This makes face-to-face meetings with our friends and relatives more distant. It's true, we can say that the Internet helps to keep track of time and clear some tasks easily in a short time. But lack of movement makes us prone to disease. Whenever we are using the internet, we often indulge in watching videos, images, and the like on the site. Because of this, we forget or cannot do some important things that we want to do. As a result, there is a high probability that our plans will not be fully realized. On the other hand, harmful information or videos from social networks can have a negative impact on the minds of young people. Next is lack of sleep due to internet exposure. One of the most important things in human life is sleep. If the sleep ration is less than the norm, first of all, it will affect human health, especially memory loss. This affects the deterioration of quality education among young people and makes it difficult to find creative ideas. The popularity of the Internet has become a necessary tool for the illegitimate purposes of evil vices. That is, the population is suffering due to the widespread cyber attacks. Not only the citizens, but also the government is disturbed by such crimes committed through the internet. We considered the harmful aspects of the social network. Now, if we pay attention to its good aspects, we can count

many useful aspects. We can communicate with our loved ones anywhere, anytime through the Internet. As long as they are far away. Internet is a good communication tool. You can make new friends thanks to it. It has almost all the information you are looking for. Another good thing about the internet is that it helps in learning. For example, if you want to learn a foreign language, you don't need to go to any educational centers. You can also learn about education online from the you obey channel. Or you can find and use the resource you need from a platform to further strengthen your learning. In addition, the social network gives you many opportunities to show off your skills.

Another advantage of using an internet service is that you don't have to go to stores to buy or sell something. Instead, you can complete your work through a platform focused on buying and selling. It can also be said that the internet is such a developing e-commerce market that it is expanding its network in all directions. Therefore, it seems that a person cannot escape from the world of the internet. In conclusion, above we have considered the bad and good aspects of the internet one by one. Now a question may arise. Should we use the Internet or not? No one can say that the internet is 100% bad or good. Therefore, it all depends on the user's intended use.

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