

## ADVANTAGES AND DISADVANTAGES OF NEW TECHNOLOGIES IN UPBRINGING

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**Abstract:** *In recent times, usage of new technologies has been increasingly common for people around the world. With benefits of these, there are a slippery slope of challenges, which is related to mental, psychological well-being issues and finding it difficult to make friends, especially for youngs it has detrimental effects on the future generation's overall well-being and academic success due to excessive screen time. Sometimes children can be excluded from their peer groups due to health issues, such as obesity.*

**Key words:** *digital devices, cutting-edge technologies, poor posture, eye strain, material possession*

The advent of technologies, people glorify opulent lifestyle and it plays an instrumental role shaping individual's perceptions and desires. This relentless exposure leads to debilitating feelings of inadequacy and self-esteem and demand on the acquisition of material wealth.

Nowadays creeping ubiquity of digital devices and screens can pose raising concerns over and potential negative impacts on young's physical health, cognitive development and social interactions.

From an historical standpoint, technologies such as TV, light bulb and other digitals were created to build easier and more comfortable lifestyle. But at present cutting-edge technologies can pose materialistic possessions, especially among pupils in academic settings. Excessive digital usage leads to more and more health challenges included poor posture, eye strain, chronic sleep deprivation. In spite of visible affects, children perform well spending their time on the internet instead of complete assignments, score highly in school subjects, perform well in extra-curricular activities. Apart from those, they feel obligated to present a curated and idealized version of themselves and have a long-lasting emotional challenges, excel and achieve in order to be considered successful and valuable. To navigate challenges in this way, first and foremost, parents and co-parents are responsible for this, they should provide support and guidance to build resilience in the face of adversity against experiencing challenges. As well as all of these, because of dysfunctional family structures, the breakdown family units children can experience debilitating feelings, such as a lack of value, low self-esteem. Moreover, they can face formidable challenges named terrorism, substance abuse for many years. Prolonged use of digital devices can cause the breaking of attention spans sustained effort and concentration, disruptions in sleep deprivation, increased risk of mental health problems. Furthermore, the pressure to conform to unrealistic standards of beauty, success

and popularity can distort children's perceptions of reality. Glued to electronic devices can pose a deficiency essential interpersonal skills.

By investing in programs that promote equity, access and empowerment for all children policymakers, government can mitigate the impact of devices. Navigating the digital landscape responsibly people can foster a balanced approach to technology usage.

Glued to reaching cutting-edge technologies is a symbol of materialism. Materialistic possession vary from culture to culture. The deep-rooted causes of acquisition of material possessions cultivate a mentality based on materialistic tendency. By creating a wide range of modern technologies, fashion styles people can perpetuate a cycle of comparison and competition. As a consequence of this trajectory the erosion of traditional values will going to happen. The shift towards materialism can destroy easily interpersonal relationship, conventional values.

#### Conclusion

From beneficial point of view, modern technologies can help to do something easier, to spend time more effectively. In a short, by creating a healthy and safe digital environment, society can reach sustainable increasing of holistic healthy future generations.

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