



Impact of the Internet in the Conditions of Global Processes on Spirituality and Health of Youth

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Annotation: The article provides information about the impact of the Internet on the spirituality and health of students in the context of globalization. The negative and positive aspects of the Internet for the future and education of students and youth were also studied, and the necessary recommendations for teachers, parents, students and youth were developed.

Keywords: Internet, globalization, student, youth, positive, negative, spirituality, health, information, "mass culture", mass information, source.

Introduction. Today, the use of the Internet is developing widely in the world. The Internet system first appeared in the 60s of the 20th century, and at the beginning, at the initiative of the US Department of Defense, computers began to connect to telephone networks. The development of the Internet information network is associated with Dr. Licklider and British scientist John Berners-Lee¹.

The word **Internet** is a global computer system that connects large (global) and small (local) computer networks. In it, regardless of geographical location, time and space, some computers and small networks in cooperation form a global information infrastructure. All derivative networks managed by the system of records allow consumers to store, publish, send, receive, and search and all known options for information (in the form of text, sound, video, photo, graphics, and music). enables information exchange.

This system, whose ranks are expanding and the number of users is increasing, is satisfying the information needs of the world community. It is necessary to radically update the sites of the Internet, which are considered as a resource that "brings the distant closer", which are visited by more young people. The reason is that the task of educating boys and girls on the basis of healthy lifestyle, high spirituality and pure morals is based on this.

Methods. It was originally conducted as part of the Advanced Projects Agency (AKRA) research. In addition to telephone wires, it became possible to access the Internet through optical fiber cables, radio network or satellite. For this, it was necessary to have Internet service providers - providers. Data services for connecting to the Internet in Uzbekistan began to be provided in 1997. First, Naytov (<http://www.naytov.com>), Uznet (<http://www.uznet.net>) (1999) among them. Computerization and automation, which is rapidly developing in Uzbekistan, allows for wide use of the communication function of the Internet.

According to statistics, more than half of Internet users live in Asia. The number of Internet users is 55 million in the USA, 55 million in China, 18 million in Japan. more than 12 million people in Uzbekistan.

Results. In today's conditions where it is difficult to imagine life without mass media, the Internet has become the main source of information for young people. What is the importance of the Internet

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for the future of our youth - spiritual life and healthy lifestyle? In this regard, we can understand how useful and harmful the Internet is when we consider a lot of well-founded, scientific evidence. The Internet is an incomparable resource for obtaining, transmitting and processing information or information quickly and cheaply. It would be better if young people use the Internet only for acquiring knowledge and information.

"ZiyoNet" public information and education network was established in our country in order to protect our youth from various biased information. They are provided with electronic educational resources and the Internet. This allows young people to enrich their worldview, acquire knowledge, and acquire modern knowledge. As the doctor of philology H. Dostmuhammad noted, "the flow of information has increased, and now it has no limits."²

Just as every innovation has positive and negative consequences, the Internet also has aspects that negatively affect the education of young people. There are some programs and sites related to Western culture that are completely against morality and have a negative impact on the behavior and worldview of our youth. A large body of ongoing research shows that beneficial social and emotional competence accompanies the best learning, while neglecting these skills leads to a variety of personal, social, and causes learning problems. Findings from many clinical and prevention studies of youth development have prompted the development of so-called impactful programs that encourage youth to pursue social and emotional intelligence (SEI) in these areas directed³.

It is a pity that the information and information given in the process of information dissemination are directly accepted by young people "without a filter", which poisons their minds and weakens their spiritual and moral world.

In order to prevent similar situations, it is appropriate to start spiritual education from the family, that is, from the period when the child's first ideas and concepts are formed.

The great scholar Abu Raikhan Beruni said: "Acquiring knowledge first requires moral purity. Also, education and upbringing show integrity, only students who follow this can reach maturity."

When it comes to cyber threat prevention, other researchers recommend going beyond Internet security conversations. The reason is that they are not as useful as one-time lectures on a specific topic, and they do not stay in the minds of young people forever. In contrast, they recommend that education should be strengthened to include awareness of life skills, the benefits of reading, social interactions, and emotional states (Finkelhor 2014, Gaiman 2013)⁴.

Debate. As can be seen from the above, the Internet has become something that can serve both good and evil. Our task is to use it for good and take measures to prevent it from becoming bad, to try to avoid its harm. Our young people are spending a lot of their precious time on the pretext of buying traffic with completely useless correspondence, exchanging words on Agent, Odnoklassniki, Facebook, Telegram, Instagram, etc. networks. It's a pity, of course. Dear parents, pay attention to your children's mobile phones, there are countless useless sites. If only we could manage to use them instead, we would eliminate many of our shortcomings.

Expressions of love on phones that are completely foreign to our nation, obscene conversations for hours, sending obscene words from the above sites, copying immoral movies and clips from the Internet, etc. Different people are trying to make the internet world their main weapon with their foreign ideas. They are trying to deceive our young people, who have not yet learned to differentiate between black and white, to their side with various lies and misconceptions.

² Дўстмухаммад Х. Оммавий ахборот воситаларини ривожлантиришнинг демократик андозалари. –Т.: “Ўзбекистон”, 2005 йил. – Б. 25.

³ Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D. & Schellinger, K. B. (2011). The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions.

⁴ Finkelhor, D. (2014). *Child Development*, 82(1): 405–432 Commentary: Cause for alarm? Youth and internet risk research—a commentary on Livingstone and Smith (2014). *Journal of Child Psychology and Psychiatry* <http://onlinelibrary.wiley.com/doi/10.1111/jcpp.12260/full>

In order to protect the spiritual world of the young generation from destructive influences, parents, teachers and coaches should explain to young people the difference between thought and knowledge, teach them to compare and separate thoughts. "Popular culture" that is widely propagated through the Internet destroys the spirituality of a person, teaches him to be indifferent to spiritual values, creates a mood of light-hearted attitude to life, which makes a person lose his identity, deprives him of his nationality, destroys his ideological immunity. As a result, it becomes possible to manage this category of people with only one information space, without spending too much effort or money. "Popular culture" alienates a person from his family, the society he lives in, and his homeland. As a result, there is nothing sacred left for a person under its influence. He can give up anything for his narrow interests - his family, his country. The most dangerous part is that "popular culture" mainly affects young people. This is because its sponsors know very well that it is easier to capture the consciousness of young people than older people.

During the preparation of the article, we tried to directly study the opinions of young people on this issue. Do students - young people themselves consider the Internet harmful or useful?

As a result of a small survey conducted among students of the 1st stage of the Faculty of Pre-School Education, Kokan State Pedagogical Institute, we received various answers.

Respondents who took part in the survey stated that the Internet has both positive and negative aspects at the same time.

When the answers were analyzed, according to the opinion of the students, the positive and negative aspects of the Internet are reflected in the following table:

INTERNET	
Positive aspects	Negative aspects
<ul style="list-style-type: none"> • Receive instant messages • preparing for training, • the ability to find answers to all questions in subjects, • presence of interactivity, • useful information on various fields, • availability of textbooks, literature, e-books, • a convenient and inexpensive means of communication with friends and relatives • you can save extra time spent on daily work, • the opportunity to watch TV programs, movies and concerts at a convenient time, etc 	<ul style="list-style-type: none"> • quick and easy spread of fake news, • widespread dissemination of disruptive ideas, • a lot of pornographic propaganda, • unnecessary advertisements and videos can distract and take up time, • source of economic and political hacking, • social and personal problems, • economic problems, etc

It can be seen that students and young people have information about both effects of the Internet.

Conclusion. In order to fight against spiritual attacks, which are increasing in the process of globalization, a number of changes and additions have been made to the current legislation in our country, and new legal documents have been adopted. Naturally, such legal mechanisms serve as a powerful defense against the malicious goals of "popular culture" propagandists. But this is not a reason for complacency or indifference. When a person closes his eyes and opens them, he witnesses uncountable blessings (information). He should spend these blessings given by God in his place and at his time. It's no secret that news and discoveries happen every hour, or even minute, all over the world. And it pleases the eyes. Among these are the mobile devices that lighten our burden, and the Internet, where you can access the information you are looking for, is one of the above blessings. Appreciating a blessing is both a duty and a debt.

In conclusion, the Internet is ignorance for the ignorant, crime for the criminal, adultery for the fornicator, usury for the usurer, theft for the thief, righteousness for the righteous, A seeker is a source of knowledge for knowledge, a loss for a scholar, oppression for a tyrant, a call for a seeker, a blessing for a lost person, and a source of prophecy for an astrologer. It is up to us to draw a conclusion. We - adults, educators, parents - need to understand the two opposite sides of the Internet, i.e. its "black and white". in order to effectively use their world network, we will have to

establish the manners of using the Internet based on the general teachings of the spirituality of our people and our national values.

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