

yuzaki muloqot ustunlik qiladi va tizimli o‘rganishdan chalg‘itadi. Yuzaki o‘rganish: Ijtimoiy tarmoqlar chuqur tahlil va tizimli o‘rganishni talab qilmaydi, ko‘pincha qiziqish uchun faqat yengil kontent iste‘mol qilinadi, bu esa tilni fundamental darajada o‘zlashtirishga to‘sqinlik qiladi. Vaqt isrofi va chalg‘ish: Til o‘rganish uchun kirilgan bo‘lsa-da, tarmoqlardagi boshqa kontentlar asosiy maqsaddan chalg‘itib, vaqtni bekorga sarflanishini ta‘minlaydi. Yaroqsiz va sifatsiz ma‘lumotlar: Tarmoqlarda har kim kontent yaratishi sababli, grammatikasi buzilgan, noo‘rin yoki keraksiz til namunalarini o‘rganib qo‘yish xavfi yuqori.

Umuman olganda, XXI asrda har kim zamonaviy texnologiyalardan istalgan maqsadda foydalanib kelmoqda asosan yoshlar va o‘rta yoshli vaqti bor yoki vaqti tig‘iz kishilar til kurslariga qatnash o‘rniga onlayn til o‘rganish, millatlar qadriyatlarini almashishni afzal bilishadi, Shunday ekan, Har ne‘matdan unumli foydalanish zarur.

Foydalangan adabiyotlar:

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THE IMPACT OF DIGITAL TECHNOLOGIES ON MODERN EDUCATION: OPPORTUNITIES, CHALLENGES, AND BALANCED INTEGRATION

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Abstract: This article explores the influence of digital technologies on contemporary education by analyzing both their advantages and limitations. In recent years, rapid technological advancement has transformed traditional educational practices, introducing innovative teaching and learning approaches. On the one hand, digital tools enhance accessibility, flexibility, and student engagement, enabling learners to access global knowledge resources and personalized learning environments. On the other hand, the growing reliance on technology has led to several challenges, including decreased attention span, digital inequality, and health-related concerns. The article critically examines these aspects and highlights the necessity of a balanced and responsible approach to technology integration in education. It argues that effective

use of digital tools requires not only infrastructure development but also pedagogical adaptation and awareness among educators and learners.

Keywords: technology, digital learning, online education, educational inequality, student engagement

Аннотация: В данной статье рассматривается влияние цифровых технологий на современное образование с акцентом на их преимущества и недостатки. В последние годы стремительное развитие технологий существенно изменило традиционные методы обучения, внедрив инновационные подходы к преподаванию и усвоению знаний. С одной стороны, цифровые инструменты повышают доступность образования, обеспечивают гибкость учебного процесса и способствуют вовлечённости студентов, предоставляя доступ к глобальным образовательным ресурсам и персонализированным формам обучения. С другой стороны, чрезмерное использование технологий приводит к таким проблемам, как снижение концентрации внимания, цифровое неравенство и риски для здоровья. В статье проводится комплексный анализ этих аспектов и подчеркивается необходимость сбалансированного и ответственного использования технологий в образовательной среде. Делается вывод о том, что эффективная интеграция технологий требует не только технической базы, но и педагогической адаптации и повышения цифровой грамотности участников образовательного процесса.

Ключевые слова: технологии, цифровое обучение, онлайн-образование, образовательное неравенство, вовлечённость студентов

Annotatsiya : Ushbu maqolada raqamli texnologiyalarning zamonaviy ta’lim tizimiga ta’siri ularning ijobiy va salbiy jihatlari asosida tahlil qilinadi. So‘nggi yillarda texnologiyalarning jadal rivojlanishi an’anaviy ta’lim usullarini tubdan o‘zgartirib, yangi pedagogik yondashuvlarni yuzaga keltirdi. Bir tomondan, raqamli vositalar ta’limning qulayligi, moslashuvchanligi va o‘quvchilarning faolligini oshirib, ularga global bilim manbalaridan foydalanish hamda individual o‘rganish imkoniyatini yaratadi. Boshqa tomondan esa, texnologiyalarga ortiqcha tayanish diqqatning pasayishi, raqamli tengsizlik va sog‘liq bilan bog‘liq muammolarni keltirib chiqaradi. Maqolada ushbu jihatlari chuqur tahlil qilinib, ta’lim jarayonida texnologiyalardan samarali foydalanish uchun muvozanatli va mas’uliyatli yondashuv zarurligi ta’kidlanadi. Shuningdek, texnologiyalarni samarali joriy etish nafaqat texnik infratuzilmani, balki pedagogik yondashuvlarni ham rivojlantirishni talab qilishi asoslab beriladi.

Kalit so‘zlar: texnologiya, raqamli ta’lim, onlayn ta’lim, ta’limdagi tengsizlik, o‘quvchi faolligi

In the contemporary world, the rapid development of digital technologies has become one of the most influential factors shaping modern education systems. Over the past few decades, the integration of computers, mobile devices, and internet-based platforms into educational environments has significantly transformed traditional methods of teaching and learning. Educational institutions are no longer limited to physical classrooms, as virtual learning environments and online resources have expanded the boundaries of knowledge acquisition. This transformation has created both opportunities and challenges, making it essential to critically examine the role of technology in education. While digital tools have the potential to enhance learning outcomes and accessibility, their excessive or unbalanced use may lead to negative consequences that affect students' academic performance and overall well-being.

One of the most significant contributions of technology to education is the increased access to information and global learning opportunities. In the past, students relied heavily on textbooks and limited library resources, but today they can access vast amounts of information through online platforms, academic databases, and digital libraries. This shift has democratized education by making knowledge available to a wider audience, regardless of geographical location. Students from remote or underdeveloped regions can now participate in online courses and gain access to high-quality educational content. As a result, technology has played a crucial role in promoting lifelong learning and equal educational opportunities. Moreover, the availability of diverse learning materials allows students to explore subjects in greater depth and develop independent learning skills.

Another important advantage of technology is its ability to enhance student engagement through interactive and multimedia-based learning. Traditional lecture-based teaching methods often fail to capture students' attention, whereas digital tools such as videos, animations, and simulations make learning more dynamic and engaging. Interactive platforms encourage students to actively participate in the learning process, which improves their understanding and retention of information. Furthermore, gamification and virtual learning environments have introduced innovative ways to motivate learners and make education more enjoyable. These methods not only improve academic performance but also foster creativity and critical thinking skills, which are essential in the modern world.

Flexibility is another key benefit associated with the use of technology in education. Online learning platforms allow students to study at their own pace and according to their individual schedules. This

is particularly beneficial for those who combine education with work or other responsibilities. Distance learning has become increasingly popular, especially after global events such as the COVID-19 pandemic, which highlighted the importance of digital education. In addition, adaptive learning systems have made it possible to personalize the educational experience based on individual needs and abilities. These systems analyze students' performance and provide tailored content that helps them focus on their weaknesses and improve their overall learning outcomes. Such personalized approaches contribute to more effective and inclusive education.

Despite these advantages, the use of technology in education also presents several significant challenges. One of the most common issues is the problem of distraction and decreased attention span among students. With easy access to social media, entertainment platforms, and online communication tools, students often find it difficult to concentrate on their academic tasks. Multitasking, which is common in digital environments, can reduce the quality of learning and limit deep understanding of the material. As a result, excessive use of digital devices may negatively affect students' academic performance and cognitive development. This issue highlights the need for proper guidance and monitoring of technology use in educational settings.

Another major concern is the issue of digital inequality, often referred to as the digital divide. Not all students have equal access to technological resources such as computers, smartphones, and stable internet connections. This disparity is particularly evident in rural and low-income areas, where students may struggle to participate in online learning. As a result, technology, which is intended to promote equality, may actually widen the gap between different social groups. Addressing this issue requires significant investment in infrastructure and policies aimed at ensuring equal access to digital resources for all learners. Without such efforts, the benefits of technology in education cannot be fully realized.

Health-related concerns also represent an important drawback of technology use in education. Prolonged screen time can lead to various physical problems, including eye strain, poor posture, and sleep disturbances. In addition, excessive use of digital devices may contribute to reduced physical activity, which can negatively impact students' overall health. Psychological effects, such as increased stress, anxiety, and social isolation, have also been associated with overreliance on digital learning environments. These issues emphasize the importance of maintaining a healthy balance between online and offline activities in students' daily lives.

Furthermore, overdependence on technology can limit students' ability to think critically and solve problems independently. When learners rely too heavily on digital tools for information and solutions, they may become less capable of analyzing situations and making decisions on their own. This dependence can weaken essential cognitive skills and reduce the effectiveness of the learning process. Therefore, it is important to integrate technology in a way that supports, rather than replaces, traditional learning methods and critical thinking practices.

The discussion of technology in education clearly demonstrates that its role is complex and multifaceted. It is neither entirely beneficial nor entirely harmful; rather, its impact depends on how it is used. A balanced approach that combines traditional teaching methods with modern technological tools is essential for achieving optimal learning outcomes. Teachers play a crucial role in guiding students and helping them use technology responsibly and effectively. At the same time, policymakers and educational institutions must develop strategies that address the challenges associated with digital learning, including inequality and health concerns.

In conclusion, technology has fundamentally transformed modern education by improving access to information, increasing student engagement, and providing flexible learning opportunities. However, it also introduces challenges such as distraction, inequality, health risks, and overdependence. To maximize the benefits of digital technologies, it is necessary to adopt a balanced and strategic approach that considers both their advantages and limitations. By promoting responsible use and ensuring equal access to resources, educational systems can create a more effective and inclusive learning environment that meets the demands of the 21st century.

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BO‘LAJAK INGLIZ TILI O‘QITUVCHILARIDA AVTOMETODIK KOMPETENSIYANI SHAKLLANTIRISH

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Annotatsiya: Ushbu maqolada bo‘lajak ingliz tili o‘qituvchilarida avtometodik kompetensiyani shakllantirish masalalari yoritilgan. Kompetensiya, metodik kompetensiya va avtometodik kompetensiya tushunchalarining mazmuni hamda ularning rivojlanish tarixi qisqacha tahlil qilingan. Shuningdek, o‘qituvchilarning mustaqil o‘z ustida ishlashi orqali ushbu kompetensiyani rivojlantirish yo‘llari ko‘rsatib berilgan.

Kalit so‘zlar: avtometodik kompetensiya, metodik kompetensiya, kompetensiya, ingliz tili, pedagogik texnologiyalar

Аннотация: В данной статье рассматриваются вопросы формирования автотетодической компетенции у будущих учителей английского языка. Кратко анализируется содержание понятий компетенции, методической компетенции и автотетодической