

ARTICLE TOPIC: PSYCHOLOGICAL FEATURES OF THE INFLUENCE OF INFORMATION ON THE WORLDVIEW OF YOUTH

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1. Annotatsiya / Abstract

O'zbekcha: Ushbu maqolada axborotlashgan jamiyat sharoitida yoshlarning dunyoqarashi shakllanishiga axborot oqimlarining psixologik ta'sir xususiyatlari tahlil qilingan. Tadqiqotda axborot iste'moli jarayonida yoshlarda kuzatiladigan kognitiv o'zgarishlar, axborot manipulyatsiyasiga moyillik va psixologik himoya mexanizmlari yoritilgan. English: This article analyzes the psychological characteristics of the influence of information flows on the formation of the worldview of youth in an information society. The study highlights cognitive changes, susceptibility to information manipulation, and psychological defense mechanisms observed in young people during information consumption.

2. Kirish (Introduction)

Bugungi globallashuv davrida axborot nafaqat bilim manbai, balki inson ongini shakllantiruvchi qudratli psixologik vositaga aylandi. Ayniqsa, psixologik jihatdan hali to'liq shakllanmagan yoshlar qatlami axborot xurujlari va kognitiv manipulyatsiyalarning asosiy nishoni hisoblanadi. Yoshlar dunyoqarashining transformatsiyasi ko'p jihatdan ular iste'mol qilayotgan raqamli kontentning mazmuni va uning emotsional ta'sir kuchiga bog'liq.

In today's era of globalization, information has become more than just a source of knowledge; it has evolved into a powerful psychological tool that shapes human consciousness. Specifically, the youth, whose psychological development is not yet fully formed, are the primary targets of **information attacks** and **cognitive manipulations**. The transformation of their worldview depends largely on the content of the digital media they consume and its emotional impact.

3. Metodologiya (Methods)

Tadqiqot jarayonida tizimli tahlil, qiyosiy-psixologik kuzatuv va nazariy umumlashtirish metodlaridan foydalanildi. Yoshlarning axborotni qabul qilish jarayonidagi kognitiv jarayonlari (diqqat, xotira, idrok) va ularning ijtimoiy xulq-atvoriga ta'siri o'rganildi.

The research utilized methods of **systemic analysis**, **comparative-psychological observation**, and **theoretical generalization**. The cognitive processes (attention, memory, perception) of young people during information intake and their subsequent effects on social behavior were thoroughly examined.

4. Natijalar va tahlil (Results and Discussion)

Axborotlarning yoshlar dunyoqarashiga ta'sirini quyidagi psixologik komponentlar orqali klassifikatsiya qilish mumkin:

Kognitiv-psixologik ta'sir: Ma'lumotlarning haddan tashqari ko'pligi (information overload) yoshlarda tanqidiy fikrlashning susayishiga va "klipcha tafakkur" (clip thinking) shakllanishiga olib kelmoqda.

Affektiv (emotsional) ta'sir: Shov-shuvli va negativ xabarlar yoshlarda affektiv reaksiyalarni kuchaytirib, ularda doimiy xavotir yoki tajovuzkorlik fonini yaratadi.

Manipulyativ xususiyatlar: Virtual makondagi axborotlar ko‘pincha yoshlarning ehtiyojlari va qadriyatlarini sun‘iy shakllantirishga yo‘naltirilgan bo‘lib, bu ularning real dunyoqarashi va ijtimoiy pozitsiyasida ziddiyatlar keltirib chiqaradi.

Tadqiqotimiz shuni ko‘rsatadiki, axborot iste‘moli jarayonida yoshlarda "kognitiv filtr" sust rivojlanganligi sababli, ular verifikatsiya qilinmagan (yolg‘on) ma‘lumotlarni haqiqat sifatida qabul qilishga moyil bo‘ladilar.

Results and Discussion

The influence of information on the youth's worldview can be classified through the following psychological components:

- **Cognitive-Psychological Impact:** Information overload is leading to a decline in **critical thinking** and the formation of "**clip thinking**" (fragmented perception) among young people.
- **Affective (Emotional) Impact:** Sensationalist and negative news amplify affective reactions, creating a persistent background of anxiety or aggression.
- **Manipulative Characteristics:** Information in the virtual space is often designed to artificially shape the needs and values of youth, leading to conflicts in their real-world perspectives and social positions.

Our research indicates that due to an underdeveloped "**cognitive filter**," young individuals are highly susceptible to accepting unverified (fake) information as absolute truth.

5. Xulosa va tavsiyalar (Conclusion)

Yoshlar dunyoqarashiga axborotlarning salbiy psixologik ta‘sirini kamaytirish uchun quyidagilar taklif etiladi:

Ta‘lim muassasalarida "Media-psixologiya" va "Raqamli gigiyena" ko‘nikmalarini shakllantirish.

Yoshlarda axborotni tahlil qilishda tanqidiy fikrlash (critical thinking) mexanizmlarini psixologik treninglar orqali rivojlantirish.

Virtual makonda yoshlarning psixologik xavfsizligini ta‘minlovchi milliy kontentlar ko‘lamini kengaytirish.

Conclusion and Recommendations

To mitigate the negative psychological impact of information on the youth's worldview, the following measures are proposed:

1. Developing "**Media Psychology**" and "**Digital Hygiene**" skills within educational institutions.
2. Enhancing **critical thinking** mechanisms through psychological training to improve information analysis.
3. Expanding the scope of **national digital content** that ensures the psychological safety of youth in the virtual space.

Asosiy terminlar lug‘ati (Key Vocabulary):

- **Worldview** – Dunyoqarash
- **Information attack** – Axborot xuruji
- **Cognitive manipulation** – Kognitiv manipulyatsiya
- **Information overload** – Axborot ko‘pligi (yuklamasi)
- **Clip thinking** – Klipcha tafakkur
- **Unverified information** – Tasdiqlanmagan (yolg‘on) ma‘lumot
- **Digital hygiene** – Raqamli gigiyena

6. Foydalanilgan adabiyotlar (References)

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