



ACADEMIC SPECTRUM

3-Son (2026-yil, Mart)

Ilmiy-metodik jurnal
Научно методический журнал
Scientific and Methodical Journal

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Darhaqiqat, globallashuv va integrasiyalashuv sharoitida oltin, platina, javohirdan ko'ra ko'proq qiymatga ega bo'lgan axborot jahon bozoridan munosib joyoldi. “Kim axborotga egalik qilsa, u dunyoni boshqaradi” qabilidagi fikrlarning bot-botesga olina yotgani ham bejiz emas.

Bundan IV-V asr oldin jahonda yetakchilik qilish uchun qo'sh insoni, qurol-yarog' arsenali, hatto dengizdagi kemalar, umuman, harbiy salohiyatning ahamiyatli edi. Globallashuv jarayonining yirik namoyondalaridan biri Jorj Modelskining ta'biri bilan aytganda, moziyda moddiy-materialistik mezonlar bo'yicha gegemonlik darajasi ayni shu mamlakatning qudratini belgilar edi .

V.G. Grachevning so'zlariga ko'ra, dunyo bozorida axborotning eng qimmat tovarga aylanishida oynajahon va “o'rgimchak to'ri”-internet roli juda katta hisoblanadi. Aslini olganda, axborot tuchunchasi dunyoqarashni ifodalovchi barcha bilimlar sohasi qadimdan mavjud bo'lgan. Uning jadallik bilan o'sishi hamda kompyuter texnologiyalarining rivojlanishi esa, o'zi shundoq ham tezkorlik bilan o'sib borayotgan tig'iz axborotlashgan jamiyat nazariyasini maydonga keltirdi. Shunday qilib, yalpi axborotlashtirilgan tizimni dunyoga kelishi millatlar, xalqlar va butun insoniyat taqdirini bir-biriga uzviy bog'ladi. O'z navbatida, axborotlash, uni ishlash, saqlash va tarqatish texnologiyasining tasavvur qilib bo'lmaydigan darajadagi taraqqiyoti bugun jiddiy tashvish tug'dirayotganini ham alohida ta'kidlash joiz. Zero, eng so'nggi avlod kompyuterlari har soniyada ikki milliardgacha vazifani bajara oladi. Axborot texnologiyasining ana shunday mo'jizasi tufayli kishi yer yuzining xohlagan nuqtasidagi odam bilan soniyalar ichida aloqa o'rnatishi, o'zini qiziqtirgan savollarga bir zumda javob topishi mumkin. Ana shu holatning o'zi inson faoliyatini, tafakkur tarzini, axloq me'yorlarini, olamga munosabatlarini, yaxlit olganda yangi yuz yillikdagi insoniyat hayoti va taqdirini ifoda etadi. Boshqacha qilib aytganda, XXI asr sivilizatsiyasi axborot huruji, axborot-psixologik urushi qiyofasida o'zini namoyon etmoqda. Agressivlik noma'lum xavfni his qilish, ehtiyotkorlik va taranglik hissi, noma'lum bezovtalik, psixik stressga kuchli ta'sir ko'rsatuvchi mexanizm hisoblanadi. Agressiv o'smirlarda destruktiv axborotlarni yuzaga kelishida hissiy holatlarning alohida o'rni mavjud.

Agressivlik hissi so'rovnomlari natijalari (Kraskal-Uollis kriteriyasi bo'yicha)

1-jadval

Shkalalar	Yosh			H	P
	11-12 N=77	13-14 N=175	14-15 N=250		
Agressivlik	38	40	34	39	0,006*
Emotsional holatlarda o'zini nazorat qilish	7	6	9	8	0,009
Faoliyatda o'zini nazorat qilish	8	7	8	8	0,012
Ijtimoiylashuvda o'zini nazorat qilish	6	5	9	7	0,004**

O'smirlarda agressivlik hissi shakllanishining psixologik xususiyatlaridan olingan natijalar agressivlik hissi sifatlarining so'rovnomasi bo'yicha ularning ko'rsatgan natijalari agressivlik hissi namoyon bo'lishi va baholari mezonlariga muvofiq holda aniqlanadigan, mavjud vaziyat shart-sharoitlarini qayta o'zgartirish natijasida erishish lozim bo'lgan faoliyat maqsadining ma'lum vaziyatda namoyon bo'lishini anglatadi. Sinaluvchilarning so'rovnomasi bo'yicha to'plagan natijalari o'zaro o'rtacha darajadagi qiymatni qayd etgan. Shuningdek, Kraskal-Uollis mezoniga ko'ra, birinchi shkala agressivlik 11-12 yoshli o'smirlarda 38, 12-13 yoshli o'smirlarda 40 va 14-15 yoshli o'smirlarda 34 natija bilan o'rtacha farqni namoyon qilgan. ($h=39$, $*=p \leq 0,05$). Emotsional holatlarda o'zini nazorat qilish shkalasi 11-12 yoshli o'smirlarda 7, 12-13 yoshli o'smirlarda 6 va 14-15 yoshli o'smirlarda 9 natijalarni namoyon qilgan.

Faoliyatda o'zini nazorat qilish shkalasi 11-12 yoshli o'smirlarda 8, 12-13 yoshli o'smirlarda 7 va 14-15 yoshli o'smirlarda 8 kabi darajalar bilan o'zaro yuqori farqlarni qayd etgan. Keyingi shkala, ijtimoiylashuvda o'zini nazorat qilish bo'yicha 11-12 yoshli o'smirlarda 6, 12-13 yoshli o'smirlarda 5 va 14-15 yoshli o'smirlarda 9 kabi natijalarni aks ettirgan va farqlar yuqori darajada kuzatilgan.

Har qanday agressivlik, ayniqsa, besamar ketgan harakatlar inson organizmida qaytarib bo'lmaydigan fizologik o'zgarishlarni hosil qiladi, ularning to'planishi esa nerv hujayralarda zo'riqish jarayonini keltirib chiqaradi. Miya va asab hujayralarining patologiyasi, ayniqsa, og'ir natijalarga olib keladi. Lekin samarali faoliyat, u qanday bo'lishidan qat'iy nazar, inson qarishining oldini oladi. Samarali psixik moslashish mikroijtimoiy ta'sirlar bilan uzviy bog'liqdir. Shuningdek, muayyan muhit yoki sharoit omillarining tahlili ham moslashish hodisasi bilan uzviy bog'liqdir.

Har bir shaxs butun hayoti davomida ijtimoiy muhit ta'sirida ijtimoiylashib boradi va o'z faolligini namoyon qiladi. Inson faolligining o'ziga xosligi shundaki, u muttasil boshqa odamlar yoki o'zi yaratgan narsalar bilan o'zaro munosabatda bo'ladi. Ular o'rtasidagi bu munosabatlarni muvofiqlashtiruvchi tabiiy qonunlardan tashqari, ijtimoiy hayotda tez-tez uchrab turuvchi axloqiy normalarning qat'iy qoidalar shaklidagi qonunlari ham mavjud. U agressiyaga emotsiya, motiv yoki ko'rsatma sifatida emas, balki fe'l-atvor modeli sifatida qarashni taqozo etadi.

Ma'lumki, har bir fuqaro o'z shaxsiy nuqtai nazari, qarashlari, ma'naviy-ma'rifiy, axloqiy-ruhiy imkoniyatlari doirasidagina faoliyat ko'rsatadi, o'z olami hududida yashaydi va tashqi olamga o'z aqli doirasida munosabat bildiradi. Har bir individ mustaqil inson sifatida tabiiy-biologik kamolotidan va ruhiy ehtiyojidan kelib chiqib, o'ziga mos axborotni qabul qiladi, tahlil etadi. Mushohada va tahlillar asosida shaxsiy xulosasiga ega bo'ladi. Natijada mazkur shaxs u yoki bu tarzda nuqtai nazarini shakllantiradi.

Demak, har qanday axborotning mazmuni, mohiyati, ta'sir etish darajasi, jamiyatga foydali yoki zararliligi, kishini ezgulikka yoki yovuzlikka da'vat etishi bilan shaxs, jamiyat, davlat mutanosibligiga ijobiy yoki salbiy ta'sir etadi. Ana shu jihatdan qaraganda, voyaga etmagan yoshlarni axborot xurujlaridan asrashishlarida psixologik xavfsizlikning roli yana ham oshadi.

Foydalanilgan adabiyotlar ro'yxati

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THE ROLE OF ARTIFICIAL INTELLIGENCE IN THE STUDY OF SOCIO-PSYCHOLOGICAL CHARACTERISTICS OF MODERN YOUTH

Abstract. This article explores the intersection of artificial intelligence and the study of social and psychological characteristics of modern youth. It delves into the potential benefits and challenges of AI technology in understanding and shaping adolescent development in the digital age. The article offers practical insights and strategies for leveraging AI technology to support positive mental health outcomes and address the unique challenges of youth behavior in a technology-driven world. It also discusses AI-driven interventions and strategies for promoting the well-being of young people in the digital era. .

Key words: power, control, adolescent perception, behavior, motive, intellect, development, mental health, technology, social.

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РОЛЬ ИСКУССТВЕННОГО ИНТЕЛЛЕКТА В ИЗУЧЕНИИ СОЦИАЛЬНО-ПСИХОЛОГИЧЕСКИХ ХАРАКТЕРИСТИК СОВРЕМЕННОЙ МОЛОДЕЖИ

Аннотация. В данной статье исследуются социальные и психологические особенности искусственного интеллекта современной молодежи. Исследует потенциальные преимущества и проблемы технологии искусственного интеллекта в понимании и формировании развития подростков в эпоху цифровых технологий. В статье предлагаются практические идеи и стратегии использования технологий искусственного интеллекта для поддержки положительных результатов в области психического здоровья и решения уникальных проблем поведения молодежи в мире, управляемом технологиями. В нем также обсуждаются меры и стратегии на основе искусственного интеллекта, направленные на повышение благополучия молодежи в эпоху цифровых технологий.

Ключевые слова: власть, контроль, познание подростков, поведение, мотивация, интеллект, технология, психическое здоровье, технология, социальное.

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ZAMONAVIY YOSHLARNING IJTIMOYIY-PSIXOLOGIK XUSUSIYATLARINI O'RGANISHDA SUN'IY INTELLEKTNING ROLI

Annotatsiya. Ushbu maqolada sun'iy intellektning zamonaviy yoshlar ijtimoiy va psixologik xususiyatlarini o'rganadi. Raqamli asrda o'smirlar rivojlanishini tushunish va shakllantirishda AI texnologiyasining mumkin bo'lgan afzalliklari va muammolarini o'rganadi. Maqolada aqliy salomatlikning ijobiy natijalarini qo'llab-quvvatlash va texnologiyaga asoslangan dunyoda yoshlarning xatti-harakatlaridagi noyob muammolarni hal qilish uchun AI texnologiyasidan foydalanish bo'yicha amaliy tushunchalar va strategiyalar taklif etiladi. Shuningdek, u raqamli davrda yoshlar farovonligini oshirish uchun sun'iy intellektga asoslangan aralashuvlar va strategiyalarni muhokama qiladi.

Kalit so'zlar: kuch, nazorat, o'smir idroki, xulq-atvor, motiv, intellekt, rivojlanish, ruhiy salomatlik, texnologiya, sotsial.

Artificial intelligence (AI) has revolutionized the study of modern youth psychology by providing researchers with powerful tools to understand and address the unique psychological challenges facing today's youth. Through AI technologies such as natural language processing and machine learning, researchers can analyze large volumes of data from social media, online forums,

and other digital platforms to gain insights into the thoughts, emotions, and behaviors of young people.

In addition to data analysis, AI-powered chatbots and virtual assistants have been developed to provide mental health support and interventions for youth experiencing psychological distress. These AI-driven tools offer a new avenue for young people to access support and guidance in a convenient and non-judgmental manner.

However, the use of AI in youth psychology research and practice also raises important ethical considerations. It is crucial for psychologists and AI experts to collaborate in order to ensure the responsible and effective use of these technologies in supporting the mental well-being of young people.

The role of artificial intelligence in the study of modern youth psychology holds great potential for advancing our understanding of youth mental health and providing innovative approaches to support their well-being. Continued collaboration and ethical oversight are essential to harnessing the full benefits of AI in this field.

In an era dominated by technology, the study of social and psychological characteristics of modern youth has evolved, thanks to the integration of artificial intelligence (AI). This article delves into the multifaceted role AI plays in understanding, analyzing, and addressing the complexities of the youth demographic.

Data Analysis and Pattern Recognition: AI algorithms excel at processing vast amounts of data, enabling researchers to uncover patterns and trends in the behavior of modern youth. From social media interactions to online activities, AI aids in identifying behavioral nuances that contribute to a deeper understanding of their social and psychological profiles.

Sentiment Analysis: With the ability to analyze language patterns, AI facilitates sentiment analysis on a large scale. Researchers can gauge the emotional tone of youth communication, providing valuable insights into prevalent sentiments, concerns, and issues. This information proves invaluable for designing targeted interventions and support systems.

Personalized Learning and Mental Health Support: AI-driven educational platforms adapt to individual learning styles, tailoring educational content to meet the unique needs of each student. Additionally, AI applications in mental health offer personalized support by identifying potential mental health concerns based on online activities, enabling early intervention and support.

Social Network Analysis: AI algorithms analyze social networks to map connections, influence, and information flow among modern youth. This assists researchers in understanding the dynamics of peer relationships, the impact of social media, and the formation of cultural trends within youth communities.

Predictive Modeling for Risk Behaviors: By leveraging predictive modeling, AI helps anticipate and identify risk behaviors among modern youth. Whether it's predicting substance abuse, academic challenges, or mental health issues, AI contributes to proactive interventions and targeted preventive measures.

Ethical Considerations and Bias Mitigation: As AI becomes more ingrained in social and psychological studies, addressing ethical concerns and mitigating biases is paramount. Researchers must be vigilant in ensuring that AI applications are designed and utilized responsibly to avoid reinforcing stereotypes or perpetuating social inequalities.

In the practice of psychology, artificial intelligence (AI) chatbots can make therapy more accessible and affordable. AI tools can also improve interventions, automate administrative tasks, and help train new clinicians. On the research side, synthetic intelligence is offering new ways to understand human intelligence, while machine learning is enabling researchers to draw insights from large amounts of data. Currently, teachers are exploring ways to use ChatGPT in the classroom. There are some scholarships perceptions are given:

“A lot of people get resistant, but this is something we can’t control. It’s happening whether we want it to or not,” said Jessica Jackson, PhD, a licensed psychologist and equitable technology advocate based in Texas. “If we’re thoughtful and strategic about how we integrate AI, we can have a real impact on lives around the world.”

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