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## Ways to Improve the Culture of Using the Internet and Social Networks among Young People in Uzbekistan

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### Annotation

The article analyzes the ways of developing youth culture using the Internet and social networks. At the same time, the article developed proposals aimed at preventing information attacks that threaten the consciousness and lifestyle of young people via the Internet.

**Keywords:** Youth, information, informed society, Internet, social networks, digital technologies, culture.

### Introduction

In the modern information space, the deep penetration of the Internet and social networks into every sphere of society, as well as a significant level of influence on people's lifestyles, encourage us to be on our guard. Indeed, the press and mass media today are introducing the most effective means of delivering information to readers with intensity and speed via the Internet. Thus, everyone gets freedom of self-expression, developing their social, political, and philosophical thinking. At the moment, with the formation of a new way of thinking, concepts in people, timely knowledge of everyday information, expansion of the sphere of observation, the emergence of monadic and pragmatic skills in the development of socio-philosophical events in them and the development of criteria for an unbiased assessment of events, changes in society are manifested in real realities. There is another aspect of the problem, which in this case is related to information attacks that threaten the consciousness and lives of young people via the Internet.

The relevance of the issue of protecting young people from various information attacks lies in the fact that today about 60 percent of the population of our republic are citizens under the age of 30.

For example, according to statistics for 2021, among Internet users, people aged 15-24 years accounted for 71% of the world's population. In our republic, this indicator is manifested as follows: Telegram has 18 million, Odnoklassniki has 16.7 million, Facebook has 4.7 million, Instagram has 3.7 million, V Kontakte has 2.6 million, LinkedIn has 288 thousand, Twitter has 51.6 thousand Uzbek users, many of whom are young people.

As of the beginning of 2023, 68% of the world's population uses social media via mobile phones, which is 5.44 billion people. Currently, a number of games played by most young people in computer clubs form the vices of cruelty and aggression in children. And constant mental stress at the time of the game negatively affects the functioning of the brain and heart. The emergence of the opportunity to play computer games

online using mobile phones has further increased the risk that children will be diagnosed with gaming syndrome.

The sluggish culture of information consumption among young people, the lack of knowledge, skills and abilities to distinguish the need from the flow of various messages, also contribute to the fact that some fall under the influence of selfish trends, become ill with Internet addiction [2, 3, 4, 5].

To this end, in order to protect young people, especially children, from harmful information and regulate relations in this area, the law of the Republic of Uzbekistan "On the protection of children from information harmful to their health" was adopted on September 8, 2017 [1].

The law established the issue of classifying information products by age categories and distributing any information by placing the appropriate age category at the time of distribution on the territory of the Republic of Uzbekistan.

According to him, the age classification of an information product implies the distribution of an information product by age categories of children, taking into account its subject matter, genre, content and decoration, the peculiarities of perception of the information contained in it by children of a certain age category, the possibility of harm to health. The health of children is determined by the information contained in it.

At the same time, children's health means that they are physically, mentally and socially healthy; while information harmful to children's health implies that distribution to children is a prohibited or restricted information product in accordance with this law.

According to the law, an information product is a media product intended for distribution on the territory of the Republic of Uzbekistan, printed products, audiovisual products on any kind of media, information distributed using software, placed in telecommunications networks, including the worldwide Internet information network, computer games, as well as information distributed through spectator events.

Article 5 of this law provides for "the main directions of State policy in the field of protecting children from information harmful to their health," which are as follows:

creation of legal, socio-economic, organizational and technical conditions that ensure the protection of children from information harmful to their health, as well as the development of scientific and applied research in this area;

prevention of illegal informational and mental effects on the consciousness of children, the use of tricks against them, the dissemination of information products that encourage children to antisocial actions, as well as the prevention of violations in this area;

to support the activities of citizens' self-government bodies, NGOs, other civil society institutions, individuals and legal entities in the field of protecting children from information harmful to their health;

development and improvement of criteria, mechanisms and methods for classifying information harmful to children's health, implementation of software, hardware and technical means to ensure children's information security.

Today, most young people are busy with a variety of information in the Internet space, colorful social media content, instead of effective time management and personal development. In order for the information received from them to distinguish the useful from the useless, the right from the wrong, they are obliged to form a stable immunity. Therefore, world experience shows that young people should pay special attention to the formation of logical and critical thinking skills from an early age [6, 9, 10, 11, 12]. It is the growth of logical and critical thinking that determines the analysis of various human data, including young people who

do not even fall under the influence of cybersecurity. A person who lacks knowledge and skills in the modern information space will continue to trust any information disseminated on social networks, without thinking about what is right and what is not. He does not understand what purpose is "hidden" behind him.

In order to protect young people, especially children, from harmful information and regulate relations in this area, in our opinion, it is worth paying special attention to the following:

qualified adaptation of the information space to life, youth, their daily worries, problems of a renewed society by changing the language, style and way of self-expression, which have so far been formed in the mass media;

Let the word spoken on the path of universal human rights enter the heart of every citizen and be absorbed into his consciousness by further improving the activities of the Youth Union of Uzbekistan, increasing the effectiveness of their words and thoughts. Let him encourage, encourage, and call for national unity and national cohesion;

not giving in to passions, responding in a timely manner to any offensive and destructive idea, clearly setting a goal, political restraint and pressure, at the same time mastering methods of strong influence, not allowing unnecessary noise;

It is necessary to study in depth the nature of these attacks, their sources, and development factors at a time when an information attack in the information industry is in full swing [7, 8, 13, 14]. The more correctly the purpose of subversive and offensive information and the underlying interests are studied, the more accurate and reliable a strike against them will be possible.

It should be noted that Uzbekistan's experience in ensuring national security in the information sphere is being improved. In the midst of an information attack, as information dissemination technologies are increasingly being improved, and methods and techniques are being updated, Uzbekistan is gaining opportunities for even wider use of the most effective, most humane methods of this civilizational process. Undoubtedly, national information resources created on the Internet will contribute to strengthening the ideological immunity of our youth against any offensive and subversive ideas, ultimately strengthening their role in the Internet world, choosing the right time and proper treatment of users, as well as developing skills for the correct analysis of information in the virtual world with a sense of inviolability.

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