

Alekbarev I.

Baku State University, Baku, Azerbaijan, teacher

ВЛИЯНИЕ ТЕХНОЛОГИЙ НА ЖИЗНЬ ЧЕЛОВЕКА

Алекперов И.Н.

Бакинский Государственный Университет, Баку, Азербайджан, преподаватель

<https://doi.org/10.5281/zenodo.15879902>**Abstract**

This article discusses the positive and negative aspects of technology in human life. In modern times, technology makes human work easier in many areas. People use modern technical means and establish long-distance relationships through social networks. It is well known that artificial intelligence reduces the burden of human thinking. Through technology, people achieve great achievements in education, healthcare, and business life. By ensuring the rapid development of these areas, modern technology provides people with great opportunities to plan their future lives. Although technology improves human life in terms of quality, its excessive use can also destroy human life. As a result, the appropriate use of technology can correctly direct human life and its future plans.

Аннотация

В данной статье рассматриваются положительные и отрицательные стороны влияния технологий на жизнь человека. В наше время технологии облегчают работу человека во многих областях. Люди используют современные технические средства и устанавливают отношения на расстоянии через социальные сети. Хорошо известно, что искусственный интеллект снижает нагрузку на мышление человека. Благодаря технологиям люди достигают больших успехов в образовании, здравоохранении и деловой жизни. Обеспечивая стремительное развитие этих сфер, современные технологии предоставляют людям большие возможности для планирования своей будущей жизни. Хотя технологии улучшают качество жизни человека, их чрезмерное использование может также разрушить её. В результате, правильное использование технологий может правильно направить жизнь человека и его планы на будущее.

Keywords: technology, artificial intelligence, education, healthcare, work life**Ключевые слова:** технология, искусственный интеллект, образование, здравоохранение, трудовая жизнь

Technology is an integral part of people's daily lives. The rapid development of technology and the close relationship with technology have a very strong impact on the human brain. In this regard, it should be noted that technology has both positive and negative effects on human life. Continuous use of these tools can disrupt the electrical activity of the human brain and its overall working mechanism.

Modern technologies, while increasing people's learning abilities, can also lead to social isolation and internet addiction. In order to succeed in this era of brain evolution, it is necessary to move away from possible obstacles and create conditions that will allow adaptation to this evolution. In the modern era, along with technological development, the human brain is also evolving at a speed never seen before [4]. In addition, people who use the internet and play video games absorb and understand visual content and symbols faster than people who are not interested in these things. This can be considered a benefit of technology for the brain.

It is also known that the rays and radiations emitted by digital technology into the surrounding world damage brain cells. As a result, this factor causes a number of permanent diseases in humans.

Technological tools also damage human neural pathways and cause us to remember less of the information we read. It should be noted that using mobile phones and large-capacity technological tools exposes us to a greater flow of information throughout the day. This causes people to lose focus quickly. Technology also changes the physical structure of the human brain every passing year. This factor, when the time comes, causes great harm to emotions and human qualities [5].

One of the main places where the influence of technology is felt in human life is the family. The main factor that causes changes in communication and relationships within the family is modern information media. It should be noted that family relationships, which have changed over time, are increasingly under the influence of digital communication tools, social media and technological tools in modern times. Family members, and most importantly, social relations between people of different ages, are regulated in different ways today. Family members use various social networks and technical tools when communicating with each other. This speeds up and facilitates communication between family members, but weakens the living relationships that play the role

of the foundation of the family. At the same time, communication between young people and the older generation is becoming more difficult due to the technological gap [1]. In previous times, the main form of communication within the family was family conversations, advice, and spending time together with family members. In modern times, this communication is through messaging applications, social networking systems, and video connections or calls. The proper use of technology can have a positive impact on family relationships and strengthen them. Most importantly, it is easier to keep in touch with family members living or working in foreign countries with technology. However, if the role of this factor is exaggerated too much, family values may weaken.

Along with all the possibilities, technological tools also weaken the natural and emotional ties of family communication. The concentration of family members' attention on various technical devices leads to the weakening of real communication. In such cases, family relationships are formal in nature, and deep emotional ties remain in the background. One of the main issues to be noted in this regard is the aspects of technology's impact on the younger generation. While the rapid development of technology has changed the worldview and communication habits of young people, the older generation has difficulty adapting to these changes. This leads to difficulties in understanding each other between generations. The younger generation prefers instant messaging, social media, and a way of thinking expressed in digital language. However, older people prefer face-to-face conversations, physical meetings, and emotional ties and gestures. In order to properly solve this issue and eliminate the existing problem, the younger and older generations should work together. By teaching the older generation how to use technology correctly, young people can attract them to the information society and introduce them to the positive aspects of technology.

The role of technology in human life is also reflected in the education system. In the modern era, technology and innovations fundamentally change the educational process, leading to the reshaping of teaching methods, teacher-student relationships and ways of acquiring knowledge [2]. Technology is at the heart of the modern educational process, making teaching and learning easier, more efficient and accessible. Technologies such as online educational platforms, digital textbooks, virtual reality and artificial intelligence are expanding the boundaries of education.

Technology and innovation are driving forces in education, not only making existing learning more accessible, but also preparing students for the future world of work. In the future, many professions and jobs will require technological skills, language skills, and innovative thinking. Technology is also promoting international integration in education. Students can now attend classes in different countries around the world, join global education programs, and learn from different cultures. Technology and innovation are the driving forces in modern education. They connect the education system, enabling new teaching methods, personalized approaches, and global knowledge exchange. Globally integrated education with technology is of great importance in the development of society.

In modern times, artificial intelligence has become an integral part of our lives. Artificial intelligence, unlike the intelligence of humans and animals, is considered the intelligence of machines and software. The main factor that distinguishes artificial intelligence from other popular technological tools is its ability to imitate human intelligence. The impact of artificial intelligence on our lives is quite large, and this technology is already used in most areas. It should be noted that in a number of workplaces and educational institutions, even humans are replaced by robots. Unlike human intelligence, although artificial intelligence is a robot, when it feels any external influence or threat to itself, it can behave differently, deceive or confuse people with certain false information.

As a result, modern technology is of great importance in every aspect of human life. However, if a person uses technological tools properly and appropriately, he can make his life easier and gain efficient and convenient ways.

References:

1. H. Robert Malinowsky (1991). *Best Science and Technology Reference books for Young People*, Oryx Press, 216 pages.
2. Y.H. Hui (2005). *Dairy science and technology handbook*. Wiley India, Vol 3.
3. Князев, Владимир Николаевич (1990). *Человек и технология*. Лыбидь, 173 с.
4. Christian Montag, Raian Ali (2024). *The impact of artificial intelligence on societies*. Springer, 186 pages.
5. Elena G. Popkova, Bruno S. Sergi (2024). *Artificial Intelligence: Anthropogenic Nature vs. Social Origin*. Springer, 95 pages.