

## NEGATIVE IMPACT OF MOBILE DEVICES ON STUDENTS' EDUCATION

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**Abstract:** The article presents a scientific analysis of the negative impact of smartphones and gadgets on the education and upbringing of students in technical schools, and proposes proposals and recommendations for raising the level of education and upbringing in the increasingly globalized 21st century and protecting it from the dangers of various technological devices (mobile phones, iPads, artificial intelligence, etc.).

**Keywords:** Mobile phone, information technology, school, technical school, student, selfie, SMS.

**Introduction.** Mobile phones have entered our lives relatively recently (only 20-25 years ago, only wealthy people in our country could afford a mobile phone). However, today they have become so integrated into our daily lives that it is difficult to imagine life without them. Nowadays, having a mobile phone is not a luxury. Everyone, young and old, strives to buy this wonderful device and join the “always connected” crowd. According to data, smartphones are already used by more than a quarter of the world's population, and by 2018 this figure is projected to reach more than 2.56 billion people, or about a third of the population of our planet[1].

**Literature review.** The development of information technology has reached the point where almost every school, college, and university student has a smartphone. The various applications and functions available on smartphones attract teachers and students with their potential, but the unknown threats associated with modern mobile phones are a source of concern. Modern gadgets can cause conflicts, disrupt classroom activities, and compete with effective time management. They can be a distraction from studying and can exacerbate mobile addiction and other forms of mental health [2].

A mobile phone is a portable communication device designed primarily for voice communication. Currently, cellular communication is the most widespread of all types of mobile radio communications, which is why a mobile phone is often called a mobile phone. However, along with mobile phones, satellite phones, radiotelephones, and long-distance communication devices are also considered mobile [3].

Research shows that having a mobile phone, whether for adults or children, has a number of positive effects, such as the ability to establish and maintain positive relationships, and to stay in touch with parents and friends. However, excessive use of the device also has negative consequences, including anxiety, loss of sense of security, frequent mood swings, anxiety about using services, sleep disturbances, frequent awakenings to check for incoming messages or calls, and physical symptoms (neck pain, dry eyes, blurred vision, etc.) [4].

Data on mobile phone addiction in adolescence and young adulthood are very diverse. Rates can vary greatly, ranging from 5% to 60%, due to differences in the definition of the subject being assessed, the assessment methods used (surveys, interviews, online remote surveys, etc.), and the country in which the study is conducted. For example, in France, the use of mobile phones in schools is prohibited by law. In the UK, each school has the right to set its own restrictions on phone use, and these restrictions can vary depending on the age of the student. For example, a 10-year-old may be allowed to use a phone once a week, an 11-year-old three times, and so on. Such measures are aimed at fostering a sense of responsibility and combating mobile phone addiction. A study in the UK found that banning the use of phones in schools increased test scores by 6.4% among 16-year-olds[5].

Of course, in today's world, we cannot completely stop students from using mobile phones, as they have become an integral part of our lives. However, it is possible to identify several advantages of using smartphones in educational activities. Mobile phones and their capabilities allow you to organize learning using electronic textbooks, courses and files specially designed for various smartphone applications. The advantage of these applications is that children can not only complete the tasks given by the teacher, but also choose their own, as well as watch useful videos, listen to audio courses and listen to audiobooks, which allows them to understand the subject more deeply and get acquainted with additional materials[6].

Analyzing a number of studies, it can be concluded that currently almost every second student in schools or technical schools has a smartphone, and only a small part of children (1-2%) have phones without an operating system. In addition, according to data, most of the time spent on the phone is spent communicating on social networks, listening to music, searching for information unrelated to schoolwork, watching videos, and so on.

**Analysis and results.** Uzbekistan purchased 2.2 million mobile phones worth \$200.9 million from foreign manufacturers in January-July 2025, the Statistics Agency reports. In monetary terms, imports increased 1.5 times over the year.

According to the agency, China became the main supplier of phones - 1.7 million phones. Next in line are Vietnam and India - 339.4 thousand and 59.4 thousand, respectively. 19.8 thousand phones were imported from Hong Kong, 3.3 thousand from the UAE.

How many residents of Uzbekistan use mobile phones today? The Statistics Agency has calculated what percentage of the population of Uzbekistan aged ten and older use mobile phones today, a Podrobno.uz correspondent reports.

According to the agency, in 2023, the share of the population aged 10 and older in Uzbekistan using phones was 99.1 percent.

The number of mobile phone users in Uzbekistan is increasing every year. In 2022, this figure was 97.8 percent, and in 2021 - 95.7 percent.

Surprisingly, progress did not bypass the student community. In addition, as the most socially oriented stratum of society, students are the most active users of mobile phones. According to Jeson & Partners Consulting, the majority of smartphone users (about 40%) are young people aged 18 to 24, mainly university students. When choosing a phone, they base their choice on both the functionality of the device and the reputation of the brand. This is due to the important role that the phone plays in the lives of young people, and due to its modern features, this gadget is truly multifunctional: it is designed to replace many other devices, including a camera, video camera, music player, radio, compass and Internet connection. Recently, a trend has emerged, mainly among adolescents and young people aged 12 to 30, to use the phone constantly. According to statistics, more than 66% of respondents never leave home without a smartphone, which indicates a high level of dependence on gadgets. This has become a kind of addiction - people simply cannot imagine life without a phone and cannot live a single day without using it. In especially severe cases, this addiction turns into a real disease called nomophobia, which is characterized by the fear of losing their mobile phone. When such people find out that their phone is lost or its battery is dead, they begin to feel psychological discomfort, are unable to adequately respond to their surroundings, and in the most severe cases, even panic. Often, the average smartphone owner becomes so dependent on it that they experience a reflexive desire to work with the device. Today, 18- to 24-year-olds in Uzbekistan admit that they use their smartphones a lot. This is due to the wide range of entertainment opportunities available - news, social networks, games. Thanks to the phone, other so-called "mainstream" media are emerging, and their number is increasing. Thus, the global obsession with "selfies" is already turning into an addiction.

Naturally, such frequent and prolonged use of a mobile phone has a negative impact on human health. According to studies, the electromagnetic field of a mobile device communicating with the station significantly affects the total dose of electromagnetic radiation, which subsequently increases the risk of harm to public health. Numerous experiments show that exposure to high levels of radiation leads to a number of negative consequences: fatigue, nausea, headaches, and if the regulatory limits are exceeded, damage to the heart, brain, and central nervous system is possible. Radiation can also affect the psyche: irritability appears and a person has difficulty controlling himself. In addition, the development of diseases that are difficult to treat, such as cancer, is possible [7]. For example, correlation analysis has revealed a direct relationship between the occurrence of malignant brain tumors at maximum electromagnetic radiation exposure and the use of even low-power sources such as mobile radiotelephones [8]. However, despite the much-discussed health risks of mobile phones, most people do not want to lag behind the latest developments and, ignoring all the warnings of scientists and doctors, continue to actively use these devices. In addition, global trends show that in addition to the negative impact of mobile devices on health, they also negatively affect human productivity and are a major factor in reducing concentration. As a rule, in many places, such as theaters and cinemas, visitors are always asked to turn off their mobile phones at the beginning of a performance, as they can distract the owner of the ringing phone, as well as those around them and even the actors themselves from fully immersing themselves in the performance.

Against the background of the already known facts described above, the image of a modern student emerges. Most of them are owners of modern gadgets. When you walk through the corridors of a school, college or university, you see students glued to their phones, reading necessary or unnecessary information from them.

Naturally, this connection also affects the lessons with professors, be it lectures, seminars, or practical lessons. Of course, students are different, and some, out of respect for the professor, turn off their phones or at least the ringer. But, unfortunately, such students are rare. And students sitting in a large lecture hall, and even the professor, are constantly distracted by the sounds of phone calls and SMS messages coming from all sides. Of course, there are also cases when a student comes to class simply out of interest and does not intend to use mobile devices. However, they leave their phones on their desks in plain sight in case of emergency. Usually, such truly emergency calls are very rare. However, they have access to notifications from social media or other messaging apps. It is not uncommon for a student to be distracted by a completely useless notification that flashes on their screen and does not provide any relevant information. Although such situations are hardly considered emergencies, their previous focus is lost. Although the student may not respond to such a message at that moment, they may need additional time to return to the topic of the lesson. In addition, by focusing on their phone, they may inadvertently distract their classmates. This is especially a problem for students who do not use their phones excessively or do not have a phone at all, which is very rare. In any case, they are surrounded by peers who use their mobile phones frequently, and this is unavoidable nowadays. People who only use their phones occasionally may be already accustomed to it and have difficulty understanding these social trends.

**Conclusion.** Thus, the impact of phones on the educational outcomes of children and adolescents cannot be assessed in isolation: there are not only positive factors, but also negative ones. Based on the above, it can be concluded that problematic phone use by children, which interferes with their academic achievements and reduces their academic performance, is the result of habitual addiction. For school or technical school students, mobile phones serve as a means of solving typical problems of adolescence, thereby performing a psychological protective function. During adolescence, such problematic mobile phone use is much more limited, and as children grow older, smartphones achieve their true functional purpose.

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