IMPACT OF COMPUTERS AND MOBILE PHONES ON STUDENTS' LEARNING

Baxarbaeva Nilufar

Abstract: *The article analyzes the influence of computers and mobile phones on the educational process. Technology makes remote learning and academic tasks easier, but overuse can negatively affect concentration, eye health, and spinal development. And effective use will help students succeed.*

Key words: *Technology in education, Online learning tools, Distance education, Digital learning resources, Internet and education, COVID-19 and online education, Concentration issues in students, Eye strain from screen time, Misleading internet information,*

The 21st century is often referred to as the "Age of Technology", and we have now come to a point where it is difficult to imagine our lives without mobile devices. They have provided us with such opportunities that there is now hardly anything that cannot be accomplished. New technologies have made our tasks easier, lighter, and more manageable. For students, they offer quick, convenient communication, access to valuable information, and the exchange of various experiences. The significance of computers and mobile devices is immense, as they play a crucial role in helping students complete tasks quickly and successfully. Computers and mobile phones connect to the internet effortlessly, providing quality information delivery.

Mobile devices provide many conveniences to students. In addition to online classes, they are also widely used for entertainment purposes such as watching movies, playing games, and using social media. Today, thanks to mobile phones, the world is getting smaller and people are becoming more connected. More than 95% of students have a smartphone, and 75% of these devices have the ability to access the Internet and use various applications. [1]

In today's educational landscape, both online and offline learning programs rely heavily on these devices. This is particularly evident in distance learning, which became essential during the COVID-19 pandemic, when school closures and the suspension of in-person classes made online education necessary. During this period, computers and mobile phones created significant opportunities for students, as they have been instrumental in accessing online courses, video lectures, and e-books, which continue to support students in their online learning journey. [2]

Indeed, there are numerous advantages to using mobile devices. However, this does not imply that they are without their drawbacks. Excessive use of computers and mobile devices can lead to significant problems. Spending an excessive amount of time on a computer can result in issues such as an inability to concentrate and maintain focus. A notable example can be drawn from Roberts, Yaya, and Manolis (2014), who provided an in-depth analysis of how mobile phones negatively impact students' academic performance. They elaborated that excessive use of mobile phones diminishes students' curiosity and engagement in lessons, disrupts their concentration, and ultimately causes them to lose focus and become distracted during class. Prolonged use of computers and mobile phones can also cause eye strain and other vision-related problems. Furthermore, consistently sitting too close to the screen can lead to improper development of the spine and back. [3]

As mentioned earlier, students often rely on computers and mobile devices to obtain the information they need. It is important to note that not all information found on the internet is reliable, credible, or beneficial. This can, in turn, mislead students and guide them down the wrong path.

If students use computers and mobile phones effectively without wasting their time, these tools can prove to be highly beneficial with no adverse effects on their learning process. Such technologies enable students to better grasp their lessons, explore innovative methods of learning, and stay in tune with the modern world. In today's education system, the demand for mobile devices is

exceptionally high, as computers and mobile phones have become indispensable tools for students' learning and academic growth. However, it is crucial to remember that excessive and purposeless use of these devices can lead to negative consequences. If students utilize these tools strategically to achieve their goals, they can undoubtedly pave the way for greater success in their educational pursuits.

RESOURCES:

1. The Asian School

https://www.theasianschool.net/blog/impact-of-mobile-phone-on-students-life/

(Impact of Mobile Phone on Students Life)

2. National Institutes of Health (NIH)

https://pmc.ncbi.nlm.nih.gov

(The impact of smartphone use on learning effectiveness: A case study of primary school students)

3. ScienceDirect.com

https://www.sciencedirect.com/science/article/pii/S2451958821000622   (The effects of smartphone addiction on learning: A meta-analysis)