

Children's Psychology In The Digital World

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Abstract: This scientific article comprehensively analyzes the impact of digital technologies in modern society on the psychology and development of children. In addition to negative effects such as screen dependence, concentration problems, changes in socio-emotional development, the article also examines the positive aspects of digital resources in educational and creative capacity building. The change in the effect of gadgets according to the age characteristics of children has been studied in depth and practical recommendations aimed at solving the problem have been developed, including tips for parents and teachers. The article shows the importance of a psychological approach to raising children in modern conditions.

Keywords: Digital technology, Child Psychology, gadget addiction, screen time, online education, social networks, mental development, emotional state, cyberbullying, parental control, digital literacy, virtual communication, d, concentration, security rules, self-confidence, emotion management.

Introduction: Today's world is going through a period of digital revolution. The ability to connect to smartphones, tablets and the internet has become an integral part of everyone's daily life from age to the elderly. This process is especially seriously affecting the lives of children. Now it is not uncommon for preschoolers to also watch a cartoon on a smartphone, and elementary school students take part in online games. Introduction. Today's world is going through a period of digital revolution. The ability to connect to smartphones, tablets and the internet has become an integral part of everyone's daily life from age to the elderly. This process is especially seriously affecting the lives of children. Now it is not uncommon for preschoolers to also watch a cartoon on a smartphone, and elementary school students take part in online games. This raises the question of how this situation affects children's psychology, their mental, emotional, and cognitive development.

The main purpose of this article is to scientifically study the impact of digital technologies on child psychology, analyze its capabilities and risks, and offer effective solutions to eliminate problems in this regard.

The positive impact of digital technology: a world of opportunities

It would be wrong to evaluate digital technologies only in a negative way. They open up a wide range of

opportunities for children.

In education: online platforms, educational apps and interactive games make the learning process of children interesting and effective. For example, virtual trips to study geography, 3D models for understanding physics are of great help.

Development of creative and cognitive skills: the digital environment develops critical thinking, problem solving skills and logical thinking in children. In education: online platforms, educational apps and interactive games make the learning process of children interesting and effective. For example, virtual trips to study geography, 3D models for understanding physics are of great help.

Development of creative and cognitive skills: the digital environment develops critical thinking, problem solving skills and logical thinking in children. Many free resources for programming, graphic design, and video creation help them realize their creative potential.

Expanding social ties: the digital arena gives children the opportunity to communicate with peers around the world, to make new friends, which increases their cultural literacy.

Negative impact of the digital world: psychological risks

In addition to the bright aspects of technology, there are also its dangerous aspects. These risks can seriously harm the psyche of children.

Gadget addiction: this is one of the biggest problems today. Children over time come to a state where they cannot live without gadgets. Dependence negatively affects not only their mental, but also their physical development (for example, decreased vision, sleep disorders).

Problems of concentration: endless flow of information on the Internet, constant notifications on social networks weaken the ability of children to focus on one task for a long time. **gadget addiction:** this is one of the biggest problems today. Children.

Barriers to socio-emotional development: virtual communication taking the place of real communication leads to a weakening of empathy, understanding of emotions and nonverbal (nonverbal) communication skills in children.

Cyberbullying (violence on the Internet): children can become victims of cyberbullying in an online environment or, conversely, show aggression towards others themselves. **arriers to socio-emotional development:** virtual communication taking the place of real communication leads to a weakening of empathy, understanding of emotions and nonverbal (nonverbal) communication skills in children.

Cyberbullying (violence on the Internet): children can become victims of cyberbullying in an online environment or, conversely, show aggression towards others themselves. This condition causes mental trauma, anxiety, and depression.

Features of the digital effect according to the age of children

Digital technologies have a different effect on a child of each age category. Understanding this effect is important in protecting children.

Preschool children (3-6 years old): during this period, the brain develops most intensively. The abundance of screen time can slow down speech development, prevent the formation of imagination and game skills.

Elementary school students (7-11 years old): children of this age strive to create their own personal world. Online games and social networks distract from their learning process, spreading their attention in the performance of homework.

Adolescents (12-18 years): adolescence is the most complex stage of personality formation. Social networks have a strong influence on their self-assessment, attitude towards appearance. **lementary school students (7-11 years old):** children of this age strive to create their own personal world. Online games and social networks distract from their learning process, spreading their attention in the performance of homework.

Adolescents (12-18 years): adolescence is the most complex stage of personality formation. Social networks have a strong influence on their self-assessment, attitude towards appearance. "Perfect" lives in the online world can lead to low self-esteem in teenagers.

To protect children of the digital age, an integrated approach is required.

For parents:

Screen time restriction: the American Pediatric Association does not recommend screen time for children under 2 years of age, while it advises limiting screen time to 1 hour a day for 2-5 years of age.

Content control: keep track of what content your children are consuming and choose educational programs that are appropriate for their age. To protect children of the digital age, an integrated approach is required.

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Spend time together: Spend more time playing games, reading books, and playing sports without gadgets.

Being a personal example: pay attention to your own gadget use habits. It is difficult to expect another from the child if the parent himself is addicted to the phone.

For educational institutions:

Introduction of digital literacy classes: in schools, it is necessary to teach children the rules of security on the internet, methods of protecting personal data.

Setting the rules for using the gadget: limiting the use of the phone during classes and breaks increases the effectiveness of the learning process.

CONCLUSION

Digital technologies will continue to constantly enter the lives of children. This process cannot be stopped. Therefore, our task is to protect children from its negative effects, using the capabilities of the digital world correctly. This task is the responsibility of not only parents, but also schools, educators and the whole society.

In future research, a long-term analysis of the impact of digital technologies on children's mental development, the development of effective psychological methods for combating digital dependence is of paramount

importance. Through proper upbringing and a conscious approach, we can ensure that our children grow up mentally and mentally healthy.

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