

PSYCHOLOGICAL CONDITIONS FOR MAINTAINING READING SKILLS IN THE INFORMATION AGE

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Abstract

The article analyzes that reading books is a positive means that influences a person's mental processes (attention, intuition, perception, memory, imagination, thinking, speech), feelings (emotions, motivation, will), morality, behavior (play, study, work), worldview.

Keywords: book, skill, thinking, memory, attention, imagination, interest, knowledge, goal, result.

The book is one of the most effective means of influencing the younger generation. It has a significant impact on a person's mental processes (attention, perception, memory, imagination, thinking and speech), their emotional state (feelings, motivation and will), moral principles, behavior (play, reading, work), as well as their worldview. Reading books and the ability to draw conclusions from what you read helps develop a sense of self-confidence. Through reading, a person expands his knowledge and worldview. He becomes more educated, cultured, physically strong, spiritually mature, mentally active and with a strong faith.

The spiritual development of students is a gradually developing process. Therefore, it is important to take into account the age characteristics of students when reading books, which will lead to their rational growth, and also to take into account their spiritual level, which contributes to the development of intelligence. To do this, it is initially recommended to read short-length works, and then, after developing the habit of reading, move on to longer works, and later to specialized literature.

A book is not only a source of knowledge, but also the main key to spiritual growth and development of a person. Throughout history, books have been a priceless treasure of mankind. Each page of a book plays a unique role in enriching the mind, perception, as well as feelings and emotions. And today, reading books remains a powerful tool that supports scientific achievements and spiritual development, contributing to the prosperity of humanity.

Each book brings new knowledge, a new worldview and new experience. A person who reads scientific, artistic or historical works not only understands his current historical moment, but also gains a deeper understanding of the past and the future. Reading books, especially in terms of intellectual development, encourages a person to think, develops the ability for complex analysis and correct conclusions.

Reading books allows you not only to gain knowledge, but also to learn the language, expand your vocabulary, and improve your speech. Each book introduces new phrases, words, and ways of expressing thoughts. Especially through literary works, a person deeply understands the beauty and sophistication of Uzbek and other languages. Reading helps develop the ability to clearly and distinctly express one's thoughts in conversation and professional activities, which is an important skill for social communication.

Reading books plays an important role in maintaining a person's mental health. The modern pace of life, excess information and everyday problems quickly exhaust strength both physically and mentally. However, reading helps to achieve inner peace, immerses one in a world of fantasy, allowing a person to find a way out of difficult situations. Fiction especially helps to improve the psycho-emotional state, reduces stress levels and promotes inner peace. A person who reads books from childhood develops his imagination and creative abilities. Each page read reveals new images, events and conclusions. Characters and scenes in fiction, especially fantasy or historical novels, leave vivid images in our minds, which helps us to grow in creativity and express our thoughts in an original way.

One of the main reasons why modern people read books less often is because of new technologies. Modern technologies penetrate every aspect of our lives. Phones, social networks, video games and other digital platforms attract people's attention, which reduces the need to read books. However, for real scientists, the importance of reading books remains unchanged. For people who are influenced by modern technology, it is recommended to follow the following tips to develop the habit of reading:

1. **Set aside time for reading.** Modern technology constantly distracts people with various notifications and reminders. Therefore, it is important to set aside a separate time and a convenient place for reading. For example, if you set aside at least an hour every morning or evening for reading, this will not only help develop the habit of reading, but also protect you from the influence of the digital world.

2. **Create a comfortable reading environment.** To read comfortably, you need to create a comfortable atmosphere. Technology and digital devices can easily distract your attention, so it is important to turn off your phone or other devices while reading. A comfortable chair and a well-lit room will make the reading process more enjoyable and effective.

3. **Be careful when choosing reading materials.** Although reading through modern technology has become more accessible, there are often distractions on electronic platforms. It is important to choose books only from trusted stores or on reliable platforms with useful content. Paper books protect from the brightness of the screen, which is good for the eyes.

4. **Умение сосредотачиваться.** Постоянное воздействие технологий снижает способность людей концентрироваться. Поэтому важно учиться сохранять внимание и

избегать отвлечений во время чтения. Каждый раз, сталкиваясь с отвлечениями, необходимо разобраться в причинах и попытаться устраниить их.

5. Define the purpose of reading. Clearly setting the purpose of reading will help to increase efficiency. Fiction is read to broaden horizons and emotional development, and scientific books are read to gain new knowledge and study the subject in greater depth. Understanding the purpose before reading helps to concentrate and improve comprehension.

6. Maintain a balance between reading and technology. Instead of completely abandoning technology, it is better to use it as an auxiliary tool in the reading process. For example, you can read e-books using modern devices, but it is important to avoid long hours on the Internet, setting aside time exclusively for reading.

A book is a unique source of knowledge, enriches a person's worldview, strengthens his spirit and expands opportunities for reflection. Reading books in modern conditions contributes to the intellectual and mental development of a person. Therefore, the importance of reading books remains relevant as never before. A person who reads will never be alone, because books become his faithful companions, sources of knowledge and powerful tools for reflection and creativity.

Conclusion. Modern technologies surround us from all sides, and it is difficult to completely avoid their influence. However, by setting aside a certain time for reading, creating a comfortable atmosphere and defining the purpose of reading, you can maintain your love for books. In this process, it is important to learn how to properly manage the impact of technology and combat its distracting influence.

List of used literature

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