

ARE MODERN TECHNOLOGIES MAKING PEOPLE SMARTER OR LESS INTELLIGENT?

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Annotation: *This article examines whether people are becoming smarter over time or, conversely, whether their cognitive and intellectual abilities are declining. Particular attention is given to the impact of modern technologies, social media, and short videos on human attention and thinking processes. The article discusses the decreasing ability to maintain long-term concentration, read books, and engage in deep thinking. It also explores how the rapid flow of information, excessive internet use, and constant consumption of entertainment content may lead to impatience, reduced interest span, and weakened independent thinking. In addition, the positive aspects of modern technologies are considered, and possible solutions to these issues are suggested.*

Keywords: *Intellectual development, thinking process, attention span, modern technologies, social media, short videos, information flow, reading habits, independent thinking, cognitive abilities, impatience, digital content consumption, human intelligence.*

Аннотация: *В данной статье анализируется вопрос о том, становятся ли люди со временем более умными или, наоборот, уровень их мышления и интеллектуальных способностей снижается. Особое внимание уделяется влиянию современных технологий, социальных сетей и коротких*

видеороликов на внимание и мышление человека. Рассматривается проблема снижения способности к длительной концентрации, чтению книг и глубокому размышлению. Также обсуждается влияние быстрого информационного потока, чрезмерного использования интернета и постоянного потребления развлекательного контента, которое может приводить к нетерпеливости, быстрой потере интереса и ослаблению самостоятельного мышления. Кроме того, в статье затрагиваются положительные стороны современных технологий и предлагаются возможные пути решения данных проблем.

Ключевые слова: *Интеллектуальное развитие, мышление, концентрация внимания, современные технологии, социальные сети, короткие видеоролики, поток информации, чтение книг, самостоятельное мышление, когнитивные способности, нетерпеливость, информационный поток, интеллект человека.*

Annotatsiya: *Ushbu maqolada insonlarning vaqt o'tishi bilan aqllashayotgani yoki aksincha, fikrlash qobiliyatlari sustlashib borayotgani masalasi tahlil qilinadi. Xususan, zamonaviy texnologiyalar, ijtimoiy tarmoqlar va qisqa videolarning inson tafakkuri hamda*

diqqatiza ta'siri ko'rib chiqiladi. Maqolada bugungi kunda odamlarning uzoq vaqt davomida bir narsaga diqqatini jamlash, kitob o'qish va chuqur fikrlash qobiliyatlari kamayib borayotgani haqida so'z yuritiladi. Shuningdek, tezkor axborot oqimi, internetga haddan tashqari bog'lanish va doimiy ko'ngilochar kontent iste'moli insonlarda sabrsizlik, tez zerikish hamda mustaqil fikrlashning susayishiga olib kelayotgani tahlil qilinadi. Shu bilan birga, zamonaviy texnologiyalarning foydali jihatlari ham yoritilib, ushbu muammolarning oldini olish yo'llari haqida fikr bildiriladi.

Kalit so'zlar: *Intellectual rivojlanish, tafakkur, diqqat davomiyligi, zamonaviy texnologiyalar, ijtimoiy tarmoqlar, qisqa videolar, axborot oqimi, kitob mutolaasi, mustaqil fikrlash, kognitiv qobiliyatlar, sabrsizlik, tezkor axborot, inson intellekti.*

INTRODUCTION

Human intelligence is the intellectual capability of humans, marked by complex cognitive abilities, motivation, and self-awareness. Through intelligence, people are able to learn, understand, apply logic and reason, solve problems, make decisions, retain information, and communicate through language. Because intelligence strongly affects learning, communication, and decision-making, it has always been considered one of the most important aspects of human development.

There are different ideas about how intelligence should be defined and measured. In psychometrics, human intelligence is commonly assessed through intelligence quotient (IQ) tests. In addition, several forms of intelligence, such as emotional and social intelligence, have been proposed, and there is still debate about whether these represent separate types of intelligence.[1] Researchers also disagree on whether intelligence is fixed at birth or whether it can develop through education, environment, and personal effort.[2]

For more than a century, researchers believed that each new generation became intellectually stronger due to better education, healthcare, and living conditions. However, recent discussions suggest that this trend may be changing. According to cognitive neuroscientist Jared Cooney Horvath, Generation Z is the first modern generation to underperform previous generations in several cognitive areas, including attention, memory, literacy, numeracy, and even IQ, despite spending more years in education.

One major reason for this decline is believed to be the rapid growth of digital technology in education and daily life. Research discussed by Horvath suggests that widespread use of screens in schools may negatively affect students' academic performance and cognitive development. Instead of improving deep reading and critical thinking skills, technology often encourages students to skim information quickly rather than analyze it carefully.

Furthermore, the rapid development of artificial intelligence (AI) has made access to information faster and easier, but excessive dependence on AI tools may weaken students' independent thinking, decision-making abilities, and critical thinking skills. Many students now rely on technology to provide direct answers instead of solving problems through their

own reasoning and analysis. At the same time, many experts argue that technology also has positive effects because it improves access to information, online education, and global communication. Therefore, the question of whether people are becoming smarter or less intelligent over time remains highly controversial. This article will examine both the positive and negative effects of technology, education, and modern lifestyles on human intelligence and cognitive development.

The Flynn Effect is a phenomenon that describes the steady increase in average IQ test scores across successive generations. It suggests that human cognitive performance, as measured by standardized tests, has improved over time. This improvement is often associated with better education, improved living conditions, greater exposure to complex problem-solving, and the development of abstract thinking skills. However, the Flynn Effect does not necessarily mean that “natural intelligence” itself has fully increased; instead, it may also reflect better familiarity with test formats and the development of specific cognitive skills needed for IQ tests.

The term is associated with James R. Flynn, who extensively studied and highlighted this pattern in intelligence research. The expression “Flynn effect” was first introduced by Richard Herrnstein and Charles Murray in their 1994 book *The Bell Curve*. [3] However, Flynn himself noted that if he had named the effect, he would have preferred to honor Read D. Tuddenham, who was the first to provide strong evidence of large gains in mental test performance using a nationwide sample in 1948. [4]

In recent years, concerns about declining attention span, reduced reading habits, and dependence on digital technologies have become increasingly common among researchers, educators, and psychologists. Although modern technologies provide quick access to information and create new educational opportunities, excessive use of social media, short videos, and artificial intelligence tools may negatively influence concentration, memory, and independent thinking skills. Some researchers even suggest that certain countries are experiencing a “reverse Flynn effect,” meaning that cognitive performance in some areas may be decreasing rather than improving over time. At the same time, other scholars argue that human intelligence is not disappearing but adapting to new technological environments and different ways of processing information. Therefore, it is important to examine both the advantages and disadvantages of modern technologies objectively. To reduce possible negative effects, experts recommend limiting excessive screen time, encouraging deep reading habits, strengthening critical thinking skills, and promoting balanced use of technology in education and daily life. [1]

A similar situation can be observed in the history of human physical labor. In the past, most people were engaged mainly in physical work, which naturally kept them active and physically healthy. However, as society developed and intellectual work became more common, many people began spending long hours sitting in offices and using computers. As a result, health problems related to physical inactivity, such as obesity, back pain, and heart disease, started to increase. Nevertheless, people did not completely return to old forms of

physical labor. Instead, they adapted to new lifestyles by exercising regularly, taking short breaks during work, and paying more attention to their health outside working hours.

Modern technologies affect human intelligence in a similar way. Excessive use of social media, short videos, and artificial intelligence tools may negatively influence attention span, memory, and independent thinking. However, this does not mean that technology itself is entirely harmful. When used in moderation and for educational or productive purposes, technology can improve learning opportunities, access to information, communication, and cognitive development. Therefore, the problem is not technology itself, but the way people use it. Balanced and purposeful use of modern technologies can help humanity become more knowledgeable and intellectually advanced rather than less intelligent.

Conclusion: In conclusion, the question of whether modern technologies are making people smarter or less intelligent cannot be answered simply. Technological progress has created both significant advantages and serious challenges for human cognitive development. On the one hand, digital technologies improve access to information, education, communication, and global connectivity. On the other hand, excessive dependence on social media, short videos, and artificial intelligence may negatively affect attention span, deep thinking, memory, and independent reasoning skills.

Nevertheless, technology itself should not be viewed as the main problem. Similar to other major changes in human history, modern society must learn how to adapt to new technological conditions in a balanced and responsible way. If people use technologies consciously, limit unnecessary digital consumption, and continue developing critical thinking, reading habits, and intellectual independence, modern technologies can become powerful tools for human progress rather than causes of intellectual decline. Therefore, the future of human intelligence largely depends not on technology itself, but on how humanity chooses to use it.

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