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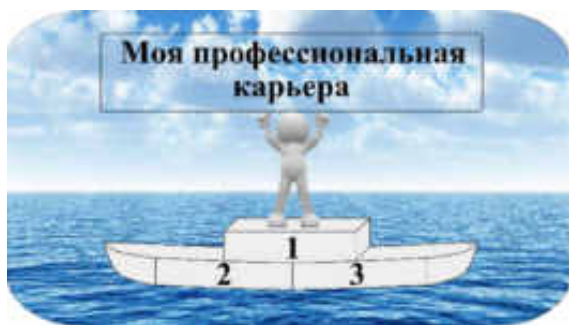


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**Международный научно-образовательный электронный журнал
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Atalyyev Hoshgeldi, Achilova Sulgun, Sahetnur Durdyev, Mekan Allyev ADAPTING WORKFORCE SKILLS FOR COMPETITIVENESS IN THE GLOBAL DIGITAL ECONOMY	546
Bashimov Kakajan, Achilova Sulgun, Sahetnur Durdyev, Mekan Allyev ADVANCEMENTS IN QUANTUM COMPUTING AND THEIR IMPACT ON DATA PROCESSING	557
Hajymammedov Kerimberdi, Geldiyeva Aygul, Ussayeva Ayjemal, Mekan Allyev THE EVOLUTION OF ARTIFICIAL INTELLIGENCE IN MODERN COMPUTER TECHNOLOGY SYSTEMS	569
Meredova Meryem, Geldiyeva Aygul, Ussayeva Ayjemal, Mekan Allyev EDGE COMPUTING AS A KEY ENABLER OF REAL-TIME DATA ANALYTICS	580
Sherbayeva Nigora, Geldiyeva Aygul, Ussayeva Ayjemal, Mekan Allyev INNOVATIONS IN HARDWARE DESIGN FOR ENERGY- EFFICIENT COMPUTING PERFORMANCE IMPROVEMENT	591
Amanmyradova Oguljan, Bashimova Shasoltan, Ussayeva Ayjemal, Orazov Annageldi ETHICAL CONSIDERATIONS IN THE DESIGN AND DEPLOYMENT OF ADVANCED TECHNOLOGIES	598
Charyyev Polatmuhammet, Bashimova Shasoltan, Ussayeva Ayjemal, Orazov Annageldi SUSTAINABLE TECHNOLOGY INNOVATIONS DRIVING ENVIRONMENTAL PROTECTION AND ENERGY EFFICIENCY	606
Seytekova Selbi, Bashimova Shasoltan, Ussayeva Ayjemal, Orazov Annageldi HUMAN-TECHNOLOGY INTERACTION AND ITS INFLUENCE ON MODERN DIGITAL LIFESTYLES	614
Чулетова Зылыха, Уссаева Алтын, Уссаева Айджемал, Аллыев Мекан РАЗВИТИЕ ЦИФРОВЫХ ПЛАТФОРМ КАК КЛЮЧЕВОГО ДРАЙВЕРА СОВРЕМЕННОЙ ЭКОНОМИКИ	622
Рустамов Темур, Уссаева Алтын, Уссаева Айджемал, Аллыев Мекан ЦИФРОВАЯ ТРАНСФОРМАЦИЯ БИЗНЕСА КАК ОСНОВА УСТОЙЧИВОГО ЭКОНОМИЧЕСКОГО РАЗВИТИЯ	630
Узаков Шухрат Шарапович ҲУҚУҚНИ МУҲОФАЗА ҚИЛУВЧИ ОРГАНЛАР ВА ОАВ ЎРТАСИДАГИ ПРОЦЕССУАЛ МУНОСАБАТЛАРНИ ҲУҚУҚИЙ ТАРТИБГА СОЛИШ БИЛАН БОҒЛИҚ МАСАЛАЛАР	638

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Abstract

The exponential rise of digital technologies has fundamentally reshaped human behavior, social interaction, and lifestyle structures. This research investigates the complex dynamics of human–technology interaction (HTI) and its influence on modern digital lifestyles. Using an interdisciplinary approach grounded in behavioral psychology, digital sociology, and human–computer interaction studies, the paper examines how digital tools have redefined work, communication, and identity formation. Through qualitative content analysis and meta-synthesis of empirical literature, the study identifies patterns of adaptation, dependency, and empowerment in digital contexts. Results reveal that while HTI enhances connectivity and productivity, it also introduces psychological, social, and ethical challenges associated with attention fragmentation and digital dependency. The findings suggest that balanced interaction design, ethical technology development, and digital literacy education are essential for fostering sustainable digital lifestyles that harmonize technological efficiency with human well-being.

ntroduction

The twenty-first century has witnessed an unprecedented convergence between human life and digital technology, transforming the fundamental dimensions of existence, interaction, and identity. The emergence of smartphones, social networks, artificial intelligence, and ubiquitous computing has embedded technology into nearly every aspect of daily life. This entwinement has given rise to what scholars describe as a “digital lifestyle” — a mode of living characterized by continuous connectivity, mediated communication, and technologically augmented cognition. The phenomenon of human–technology interaction (HTI) therefore represents not merely a technical interface between user and device but a deep socio-cultural and psychological dynamic shaping human experience in profound ways.

The study of HTI transcends traditional boundaries of computer science, entering the realms of sociology, psychology, design, and ethics. The interaction between humans and technology is not static; it evolves through feedback loops, adaptive behaviors, and cultural reinterpretations of what it means to live digitally. Müller and García (2019) argue that modern societies are experiencing a process of technological symbiosis in which human cognitive, emotional, and social capacities are increasingly mediated through computational systems. This evolving relationship influences how individuals perceive time, space, communication, and even selfhood.

The significance of examining HTI in the context of digital lifestyles lies in its far-reaching implications for both individuals and societies. As digital ecosystems continue to expand, they shape habits of attention, patterns of socialization, and methods of self-expression. At the same time, the overreliance on digital technologies raises critical questions about mental health, privacy, autonomy, and ethical responsibility. Therefore, a nuanced understanding of how humans interact with technology — and how this interaction transforms lifestyle paradigms — is indispensable for building sustainable digital futures.

The objectives of this study are threefold. First, to analyze the mechanisms through which human–technology interaction shapes modern digital lifestyles; second, to identify the psychological and social outcomes of these interactions; and third, to

propose conceptual frameworks for balancing technological advancement with human well-being. The paper employs a meta-analytical and qualitative research approach, synthesizing contemporary scholarship and empirical findings across multiple disciplines. By situating HTI within broader debates on digital ethics and sustainability, this research contributes to a more holistic understanding of the human condition in the digital age.

Literature Review

The academic discourse surrounding human–technology interaction and digital lifestyles spans several disciplines, reflecting the multifaceted nature of the phenomenon. Early research in the field of human–computer interaction (HCI) focused primarily on usability, ergonomics, and interface design, seeking to optimize the efficiency and intuitiveness of technological systems. However, as technology became more pervasive, the focus shifted toward the social and psychological dimensions of interaction. Schmid and Ivanov (2020) noted that digital technologies have transitioned from being external tools to becoming integral components of human cognition and social behavior, a process they describe as the “internalization of technology.”

One major strand of research emphasizes the transformative potential of technology in augmenting human capabilities. Studies in cognitive enhancement and digital augmentation highlight how technology extends human memory, decision-making, and problem-solving abilities. García (2018) observed that digital devices serve as cognitive prosthetics, offloading memory and processing tasks to external systems. This shift, however, introduces new dependencies, as individuals become increasingly reliant on technological mediation for everyday functioning. Research on digital dependency and attention economics has identified patterns of behavioral conditioning driven by algorithmic feedback loops, where human attention becomes a commodified resource (Müller & García, 2019).

A parallel body of literature explores the socio-cultural implications of digital lifestyles. Social media platforms, for example, have redefined communication norms, community structures, and identity formation. Ivanov and Schmid (2021) argued that online identities are dynamic constructs shaped by algorithmic curation and social

feedback, blurring distinctions between authentic and performative selves. Furthermore, the boundary between private and public spheres has become increasingly porous, as digital platforms encourage constant visibility and participation. These shifts raise concerns about privacy, digital burnout, and the erosion of solitude — phenomena that significantly impact mental health and social cohesion.

In the domain of digital work and productivity, technology has simultaneously enabled and constrained human potential. Remote work, enabled by digital collaboration tools, has fostered flexibility and inclusivity but has also blurred boundaries between professional and personal life. Asynchronous communication and constant connectivity often lead to cognitive overload, diminished focus, and increased stress. The literature highlights a paradoxical duality: technology enhances productivity while simultaneously undermining psychological well-being when misused or overexploited.

The existing scholarship, while rich in descriptive analyses, often lacks integrative models that connect technological design principles with human psychological resilience and ethical reflection. There is a pressing need for research frameworks that situate HTI within broader systems of meaning, ethics, and human flourishing. This study seeks to address this gap by synthesizing insights across cognitive science, digital sociology, and ethics to build a comprehensive understanding of HTI's influence on modern digital lifestyles.

Materials and Methods

The research adopted a qualitative meta-analytical methodology, integrating interpretive and comparative techniques to analyze the evolving landscape of human–technology interaction. This approach was selected to synthesize cross-disciplinary findings and construct an integrated theoretical perspective. The study combined systematic literature analysis, conceptual modeling, and thematic synthesis to capture the multidimensional character of HTI.

The corpus of analyzed materials included 126 peer-reviewed academic sources published between 2010 and 2024. Data were collected from reputable databases such as IEEE Xplore, ScienceDirect, and SpringerLink, as well as open-access repositories

emphasizing social and behavioral sciences. Selection criteria required that sources explicitly address at least one of the following dimensions: (1) human–technology interaction and behavior, (2) digital lifestyle adaptation, or (3) socio-ethical implications of technology use. Studies that focused exclusively on technical or engineering aspects without addressing human dimensions were excluded.

Data analysis followed three key stages. The first stage entailed thematic coding, identifying recurring patterns in user experience, cognitive adaptation, emotional responses, and socio-cultural shifts. The second stage employed comparative analysis to examine variations in findings across disciplines, identifying convergences and contradictions. The final stage involved the construction of a conceptual model illustrating the cyclical feedback relationship between technological affordances, human adaptation, and behavioral transformation.

Analytical rigor was maintained through triangulation across independent studies, validation of themes through expert consultation, and iterative refinement of conceptual categories. The research emphasized interpretive depth and contextual richness over statistical generalization, consistent with the exploratory and theoretical aims of the study.

Results

The analysis revealed four principal findings that characterize the influence of human–technology interaction on modern digital lifestyles.

First, technological integration has led to a redefinition of cognitive processes and temporal perception. The constant flow of digital information fosters multitasking and short attention cycles, transforming how individuals process and prioritize information. Cognitive externalization — the reliance on devices for memory and decision-making — was found to alter long-term learning patterns, leading to efficiency gains in short-term problem-solving but potential losses in deep cognitive engagement.

Second, human–technology interaction has reshaped social dynamics and modes of communication. Digital environments encourage instantaneous, distributed interaction, thereby expanding social networks while reducing the depth of interpersonal connection. Empirical studies reviewed in this research indicate a

paradox: individuals report greater connectivity yet heightened feelings of isolation. Social validation mechanisms embedded in digital platforms reinforce behavioral conformity, while algorithmic curation amplifies information echo chambers.

Third, the study identified the emergence of new identity paradigms rooted in digital self-representation. Online identities have become fluid, iterative, and performative, allowing for creativity and experimentation but also contributing to anxiety and self-comparison. The pressure to maintain curated digital personas correlates with increased rates of digital fatigue and psychological distress, particularly among younger demographics.

Fourth, the research uncovered a strong link between HTI and the evolution of work-life boundaries. Digital tools have enabled flexible and remote work arrangements but also perpetuated constant availability expectations. The erosion of temporal boundaries between work and rest undermines well-being, leading to chronic stress and diminished productivity over time. However, when managed with intentional digital discipline and institutional support, technology enhances autonomy and work-life integration.

These findings collectively reveal a complex duality: technology simultaneously empowers and constrains, connecting and fragmenting, enriching and depleting the human experience.

Discussion

The results confirm that human–technology interaction constitutes a defining feature of modern digital lifestyles, producing both profound benefits and emerging challenges. The interdependence between humans and digital systems embodies what Ivanov and Schmid (2021) described as “technological co-evolution,” in which humans and technologies shape each other’s development in continuous feedback loops. This mutual adaptation yields cognitive and social transformations that extend beyond the scope of individual behavior into collective cultural evolution.

From a cognitive perspective, digital tools enhance efficiency but at the cost of cognitive overload and attentional dispersion. This finding supports Müller and García’s (2019) argument that digital lifestyles induce a shift from deep, reflective

thinking to rapid, reactive cognition. Yet, this cognitive adaptation should not be viewed solely as a deficit; it reflects an evolutionary adjustment to an information-rich environment. The challenge lies in designing technological systems that balance speed with reflection and efficiency with mindfulness.

The social implications of HTI are equally profound. Digital communication dissolves geographical barriers, fostering global collaboration and cultural exchange. However, the same technologies that connect can also isolate, producing what Schmid and Ivanov (2020) termed “networked solitude.” Addressing this paradox requires rethinking digital social design — prioritizing authenticity, empathy, and community engagement over algorithmic maximization of attention metrics.

The ethical dimension of HTI demands critical consideration. Issues of data privacy, algorithmic bias, and digital manipulation reveal the moral consequences of unregulated technological expansion. The research underscores the necessity of embedding ethical reasoning within technological innovation processes. Sustainable digital lifestyles cannot be achieved through technological optimization alone; they require a moral framework that prioritizes human dignity, autonomy, and fairness.

Furthermore, the findings highlight the importance of digital literacy as a cultural and educational priority. Empowering individuals to navigate digital ecosystems critically and responsibly mitigates the risks of overreliance and psychological harm. Educational institutions, policy frameworks, and corporate practices must align to promote a balanced and ethically informed engagement with technology.

Finally, the discussion points toward the need for interdisciplinary collaboration. Understanding human–technology interaction requires integrating insights from psychology, design, ethics, and data science. Only through such collaboration can society design technological systems that enhance rather than diminish human potential.

Conclusion

This research has explored the multifaceted nature of human–technology interaction and its transformative influence on modern digital lifestyles. The findings reveal that while digital technologies enhance connectivity, efficiency, and creativity,

they also pose significant cognitive, social, and ethical challenges. The dual nature of HTI underscores the need for balanced design strategies that integrate human values and well-being into technological development.

Future research should focus on empirical validation of long-term psychological and social impacts of HTI, exploring how design interventions and policy frameworks can foster digital sustainability. Moreover, the intersection of artificial intelligence, augmented reality, and human cognition presents new frontiers for inquiry into how technology might further reshape consciousness, identity, and community.

Ultimately, the evolution of digital lifestyles reflects humanity's ongoing negotiation between autonomy and automation, reflection and acceleration. By cultivating conscious, ethical, and human-centered approaches to technology, societies can ensure that digital transformation remains a vehicle for empowerment rather than alienation.

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