

some other countries, such as Hungary and Czech Republic. The introduction of high-quality electronic services is impossible without research of the needs of the citizens. That's why an effective E-government system should be focused on the end-user requests. Another obstacle to the development of public services information in the country is the lack of awareness and readiness of the population. In Belarus, as in other countries, it is required to raise the level of literacy in the field of the information technology use to explain the benefits of making public services in an electronic format to the public and to create additional incentives for their use.

To build a full-fledged E-government system, the establishment of the electronic resource that brings together the databases of ministries and departments into the network, as well as the introduction of ID-cards of the citizens should also be considered. This will significantly reduce paper documents and simplify a number of administrative procedures.

Finally, pressing problems in E-government development in any country, and Belarus is not an exception in this case, are the preparation of an appropriate legislative framework and the development of modern software. The above activities cannot be implemented without the involvement of highly qualified specialists and informational technologies. The results of this research emphasize that a comprehensive approach, addressing both technical and social aspects, is essential for the successful development of E-government.

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DIGITAL TRANSFORMATION IN EVERYDAY LIFE: HOW TECHNOLOGIES ARE CHANGING HABITS AND LIFESTYLES

Цифровая трансформация в повседневной жизни: как технологии изменяют привычки и образ жизни

Digital transformation has become an integral part of modern life, deeply affecting lifestyles, daily habits, and principles of interaction between people and the world around

them. With the development of mobile devices, the Internet of Things (IoT), cloud technologies, and artificial intelligence (AI), the implementation of digital solutions in everyday life has accelerated significantly. This study highlights the impact of digital technologies on people's daily lives, demonstrating both the positive and potential negative consequences of digitalization in social, economic, and cultural contexts.

The Impact of Digital Technologies on Daily Habits.

Modern technologies permeate all areas of life, reshaping approaches to daily activities and fostering new habits. In everyday life, digital transformation is reflected in the proliferation of smartphones, smart devices, and online services that have made access to information instantaneous. For instance, smartphones allow users to instantly access news, social media, and online stores, greatly affecting consumer behavior. Unlike traditional ways of searching for information, users now have access to vast amounts of data with just a tap on their screens. This shift influences not only information-gathering habits but also how people perceive events, news, and public life.

Smart devices also play a key role in everyday life. «Smart homes», which include lighting, temperature control, security systems, and household appliances, demonstrate how technology can streamline routine tasks. Automating such processes as turning devices on or off, tracking energy consumption, and organizing shopping lists saves users time and effort, promoting a more comfortable and organized lifestyle.

Social Aspects and Digital Interaction.

The rise of social networks and messaging platforms has significantly transformed how people interact with one another. Social networks like Facebook, Instagram, and TikTok allow people to share moments of their lives and exchange information with a much larger audience than previously possible. Additionally, the platform-based economy has changed approaches to work and service interactions. Through mobile applications, people can not only communicate with colleagues and friends but also order food, taxi services, medical consultations, and much more.

However, the intensification of digital interaction has led to some negative consequences, particularly the growing dependence on smartphones and the internet. Studies show that frequent social media use and a constant attachment to digital devices can adversely affect mental health, leading to increased anxiety, lower life satisfaction, and even depression. People are increasingly affected by the phenomenon known as FOMO (fear of missing out), which is especially common among young people who spend significant amounts of time on social networks.

In conclusion, digital transformation reshapes daily life, affecting habits, lifestyles, and cultural norms. Smartphones, smart homes, and social networks bring new conveniences but also challenges like data protection, mental health, and digital literacy. A balanced, critical approach to technology is essential to ensure digitalization enhances quality of life for society.