

4. Automation and AI addiction: loss of skills, GPS instead of navigation, autocomplete instead of writing decrease critical thinking, trust in algorithms without verification.

All these addictions have deplorable implications for mental, psychological and body health. In mental aspect overuse of gadgets leads to loss of live communication and socialization. It which in turn results in anxiety and depression, related to psychological disorders. Body health also does not stay away from the destruction. Constant screen glow affects vision and the nervous system. Incorrect body position ruins posture.

Each problem has its solution and digital addiction is not an exception. Limiting screen time, turning off notifications and meditation listening help to reduce negative backwashes and avoid anxiety.

In summary, while advanced technologies and social networks provide unprecedented opportunities for communication, entertainment, and convenience, they also create new forms of psychological dependence that threaten both mental and physical health. Digital addiction manifests in various ways – from fear of missing out to reliance on automation – and gradually erodes social interaction, emotional stability, and even bodily well-being. Recognizing these risks is the first step toward overcoming them. By setting boundaries, practicing mindfulness, and consciously balancing online and offline life, individuals can harness the benefits of technology without falling into its traps. Ultimately, the challenge of the modern era is not to reject digital progress, but to learn how to coexist with it responsibly.

**К. Parzhon**

**К. А. Паржон**

БНТУ (Минск)

*Научный руководитель Г. В. Прибыльская*

## **DIGITAL TRANSFORMATION IN EVERYDAY LIFE OF MODERN SOCIETY**

### **Цифровая трансформация в повседневной жизни современного общества**

Digital is the integration of technologies into various spheres of human activity. For example, they are currently used to optimize education, healthcare, business processes, public administration and everyday life. The purpose of my work is to analyze the impact of digital technologies on citizens' living standards and identify prospects for development of our society in the context of digital transformation.

Digital technologies are currently being actively integrated into everyday life. They are having a significant impact on society's standard of living. Let's consider some aspects of human activity and the innovative technologies being implemented in them.

Let's start with medicine and healthcare. Telemedicine, a service which offers online consultations with doctors, is becoming increasingly popular today. This is convenient for

residents living in remote areas or those with limited mobility. This service saves time, money and efforts. In-person medicine is also advancing. Digital medical records provide all the doctors with quick access to a patient's medical history, making the consultation process simpler and less time-consuming. Many gadgets help people manage their health, such as smartwatches or fitness trackers that monitor heart rate, sleep quality and physical activity.

Education and personal development are another area that digital technologies haven't bypassed. Numerous online courses and platforms, such as Coursera, EdX, Stepic and others, provide access to the knowledge of a highly qualified specialists and allow you to develop new skills. It's worth noting the advantages of artificial intelligence, which allows you to quickly get answers to your questions.

Perhaps the biggest benefit of digital transformation is its simplification of everyday life. For example, mobile banking apps help people monitor their finances and manage accounts without visiting the bank. Digital payments, such as QR code payments in stores or on public transport, ensure fast and secure money transfers.

Paying taxes and bills online makes life easier in many ways. It eliminates the need to stand in queues and saves a huge amount of time.

The use of navigation devices is now widespread. Services like Yandex.Maps and Google Maps optimize routes, select the most convenient way, save time and fuel, display traffic jams and offer public transportation alternatives. Taxi services are also popular among modern society. Uber, Yandex.Taxi and other applications reduce the need for personal transportation and free people from parking hassles. Smart City services have also recently emerged, allowing users to quickly access any information they need, such as the opening hours of a particular establishment.

Thus, to summarize all of the above, we can conclude that digital transformation is a powerful tool for improving citizens' living standards. Digital technologies save time, money and energy. Innovations open up new opportunities and help modern society become even more advanced.

## References

1. The Role of Digitalization in the Provision of Essential Services in Cities. UN-Habitat // Governing Council of the United Nations Human Settlements Programme. – 2020.

2. Systematic review of research on artificial intelligence applications in higher education – where are the educators? / O. Zawacki-Richter, V. I. Marín, M. Bond, F. Gouverneur // International Journal of Educational Technology in Higher Education. – 2019. – № 16(1). – P. 39.

3. *Bates, A. W. Teaching in a Digital Age: Guidelines for Designing Teaching and Learning* / A. W. Bates. – Vancouver : Tony Bates Associates Ltd., 2015.