

ФГКОУ « Санкт-Петербургский Кадетский корпус МО РФ»

Вторая учебно-исследовательская конференция воспитанников
«Наука. Познание. Творчество» -2015

**Секция: «Английский язык – пространство истории, культуры и науки»
«Многозадачное поколение - дети цифрового века.**

Плюсы и минусы.»



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Современное поколение – это, прежде всего, цифровое поколение, поколение многозадачности. Возможности современных кадет с освоением различных высокотехнологичных гаджетов и компьютеров просто огромны. И все же существуют противоречивые мнения на этот счет. Цель исследования заключается в анализе преимуществ и недостатков явления многозадачности с бытовой и профессиональной точек зрения, а также целесообразности использования данного явления в военной карьере.

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2015

The basis of this work lies in the fact that no one would argue that digital technologies have had their strong impact on today's children and teenagers, the "all-pervasive" technologies have changed the way people respond to information, the way they analyse and use this data while solving problems and making decisions.

The present interest of this research: nowadays a lot of research has been conducted in the sphere of multitasking behavior where the scientists have come to the opposing viewpoints: whether multitasking can bring only negative consequences or it can be rather useful for younger generations. Some scientists even consider this phenomenon a lot beneficial for future careers as it definitely includes the abilities and skills required to fulfill the tasks which the future "teenage-workers" will have to deal with.

On the one hand, computer technologies will continue to develop; on the other hand, the level of responsibility for making timely and pressing decisions will also increase. The career of a military man is directly connected with the abilities, certain competences to analyse a situation, make the proper decision, run the risks and take all the responsibilities the situation might demand. Thus, multitasking can help to explain and apply some specific aspects of this phenomenon in the right direction.

The hypothesis of the research: the multitasking ability, i.e. the ability to perform several tasks at a time, presents a condition which allows for successful and efficient career training process.

The aim of this work: is to examine psychophysical prerequisites of multitasking in connection with successful and efficient learning process and subsequent career training process.

The main tasks of the research are: to consider the phenomenon of multitasking; to examine the results of recent studies of the influence of multitasking on teenagers; to perform a quasi-experiment; to analyse the data obtained; to work out possible strategies which help to take an advantage over the negative effects of multitasking .

This paper includes an overview of the main aspects of multitasking, its causes, influential factors and the consequences, and finally concludes with an overview of

strategies for psychoemotional wellness, suggestions for promoting adjustment in learning and career training process. For research information a number of printed materials, video-lectures, opinion-articles on this issue were used. This included works of psychology, education, sociology, physiology, etc.

It should be emphasized that multitasking presents a complicated process that requires overall and detailed assessment in order to promote the potential for psychological adjustment and personal growth.

The key appears to be reduction of the debilitating effects of excessive data flow and constant necessity in task-switching. To some extent, multitasking implies obstacles which interfere with cognitive processes and potentially diminish productivity. However, it is an essential part of decision-making process.

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