



THE SCIENTIFIC AND PHILOSOPHICAL ANALYSIS OF THE CONCEPT OF THE “THEORY OF GENERATIONS”

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Abstract

This article is devoted to a scientific and philosophical analysis of the concept of the “theory of generations,” which is widely applied and has attracted considerable scholarly interest in the era of globalization. The paper examines the historical origins of the term “theory of generations” and explores the psychological and moral characteristics of each generation, particularly Generations X, Y, and Z. In addition, using a survey method, the article investigates the attitudes of Generation Z (zoomers) toward social media.

Introduction

The rapidly accelerating process of globalization not only influences societal development but also significantly affects people’s lives, worldviews, and psychological states. The psychological, spiritual, and moral conditions of today’s youth differ fundamentally from the values and worldviews of representatives of the older generation who are 15-20 years their senior. This difference is primarily caused by the increasing pace of life.

In scholarly literature, numerous definitions of the concept of “generation” are provided. In this study, we rely on the definition presented in the Explanatory Dictionary of Core Concepts of Spirituality. According to this source, the term generation, derived from the Arabic word meaning “children,” in its narrow sense refers to the descendants and offspring who continue a particular individual, family, or lineage. In a broader sense, it denotes a group of people who emerge at a certain stage of national, ethnic, or civilizational development, united by



common ideas, goals, and objectives, ensuring continuity and succession in the process of progress, shaping the image of their era, and rising to the level of a social phenomenon [1:8].

In the era of globalization, many new terms are being introduced into scientific discourse, one of which is the concept of generational theory. This term was first introduced into academic circulation in 1991 by American researchers Neil Howe and William Strauss. The scholars developed a concept based on the shared philosophy of people of different age groups and published a book entitled *Generations*. The book provides a detailed analysis of each generation that lived in the United States beginning from 1584. In 1997, they published another work titled *The Fourth Turning*, in which they advanced the idea that generational characteristics renew approximately every 20-25 years [2].

In their works, scholars identify approximately 25 generations, highlighting their distinct physical, psychological, and spiritual characteristics. In this article, however, we focus on only three generations, as representatives of these generations are currently living, allowing us to compare theoretical data with empirical realities.

First, we examine representatives of Generation X. Generation X (the “unknown” generation) includes individuals born between 1963 and 1984, who can be exemplified by today’s parents. Analyzing the spiritual and psychological characteristics of this generation reveals that they are generally self-reliant, think independently, remain aware of global changes, and possess the ability to adapt and make decisions when necessary. They are often psychologically independent, sometimes lonely, and willing to work hard to achieve individual goals, striving for professional growth. They tend not to rely on state or social support, instead depending primarily on themselves. They value clear time management and well-defined boundaries in both life and work.

Representatives of Generation X devote most of their efforts to ensuring the well-being of their families. They strive to provide their children with everything they themselves lacked: quality clothing, modern gadgets, higher education, cars, housing, and all resources that contribute to independence and comfort. Observations of real-life situations confirm that Generation X parents place significant emphasis on securing their children’s future and meeting all their needs [2]. This phenomenon can have both positive and negative effects on a



child's future and personal development. Unfortunately, some parents who excessively protect and provide for their children raise them to be indifferent, lazy, egocentric, and lacking independent thinking. At the same time, there are young people who make effective use of the opportunities created by their parents, demonstrate intellectual curiosity and independent thinking, and build a solid foundation for their future with parental support.

Generation Y, commonly known as Millennials, represents an active segment of society today and includes individuals born between 1984 and 1996. This generation is considered one of the most difficult for society to fully understand. Members of Generation Y have witnessed challenging historical periods, including political restructuring, wars, and epidemics. They are also referred to as the "thumb generation," as the rapid development of information technologies during their formative years made them the first generation to actively communicate via mobile devices using a single finger.

For this generation, perceptions of ambition and success differ from traditional views. Many Millennials are reluctant to begin their professional careers from the lowest levels. Their focus on rapid career advancement is considered one of their primary shortcomings. However, this drawback is often mitigated by their desire to become proficient in multiple professional fields simultaneously. Generation Y is regarded as the hope of modern business, characterized by high technological literacy and a willingness to dedicate extensive time to work. Additionally, they are distinguished by prolonged financial dependence on their parents prior to entering professional life [2].

Generation Z, also known as "Zoomers," consists of individuals born between 1996 and 2010 during the era of postmodernism and globalization. It can be said that they were born with smartphones or tablets in their hands. Even before learning to read or speak, they know how to operate digital devices. In other words, not only parents but also social media platforms and numerous bloggers actively participate in shaping this generation. Unlike previous generations, Zoomers often lack childhood memories of playing with peers in their neighborhoods, resulting in limited experience of teamwork and collective interaction [2].

The majority of today's youth belong to Generation Z. They tend to prioritize virtual reality over real-life interactions, experience difficulties in socialization,

and constitute a significant portion of individuals who violate social norms. Constant exposure to bloggers' lifestyles through social media often leads to dissatisfaction with their own lives. Consequently, depression, stress, and anxiety are prevalent among this generation. Currently, most university students are representatives of Generation Z.

In order to examine the significance of the virtual world in the real lives of this generation, we conducted an online anonymous survey. The survey was conducted as a pilot study and used as a test experiment. It was carried out among students of Tashkent International University, with the participation of 28 respondents, including 15 male students (53.6%) and 13 female students (46.4%). In response to the question, "How many hours per day do you spend on social media? Please determine the exact duration using your phone settings," 5 respondents (17.9%) reported 1-2 hours, 13 respondents (46.4%) reported 3-4 hours, 8 respondents (28.6%) reported 4-6 hours, and 2 respondents (7.1%) reported more than 6 hours per day (Diagram 1).

Kun davomida ijtimoiy tarmoqlardan necha soat foydalanasiz? Iltimos vaqtini telefoningizdagi nastroykalar orqali aniq belgilang.

28 ОТВЕТОВ

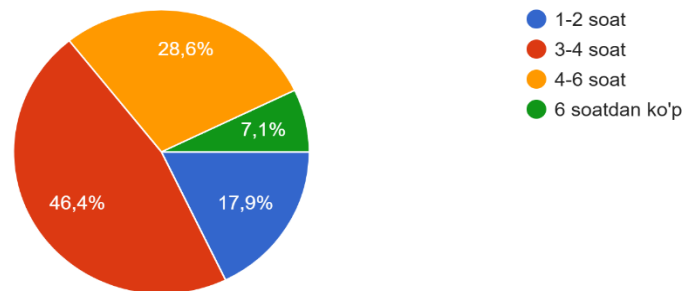


Diagram 1

Regarding the question "Which social media platforms do you use most frequently? (You may select multiple options and provide additional responses)," 1 respondent (3.6%) selected Facebook, 23 respondents (82.1%) Instagram, 1 respondent (3.6%) TikTok, and 8 respondents (28.6%) YouTube. Additionally, some participants mentioned platforms such as Telegram and Telegram Trading. When asked, "Which bloggers do you follow most on social media?" 2 respondents (7.1%) named Otabek Mahkamov; 1 respondent (3.6%) mentioned

Dilime and Bobur Mansurov; 1 respondent (3.6%) Timur Alikhonov; 1 respondent (3.6%) Mitti.me and tuninghouse.uz; 1 respondent (3.6%) Mashhur_cosmetics_uz; and 1 respondent (3.6%) Axror Alikhonov, Jamshidxon Ziyoxonov, ozimizuz, and abuseer. Meanwhile, 9 respondents (32.1%) stated that they do not follow any bloggers, 1 respondent (3.6%) indicated following all bloggers, and 2 respondents (7.1%) reported watching reels from various fields rather than following a specific blogger.

In response to the question, “When was the last time you read fiction? If none of the options apply, please provide your own answer,” 16 respondents (57.1%) reported reading fiction within the past month, 1 respondent (3.6%) six months ago, and 4 respondents (14.3%) one year ago. No respondents selected the options “2–3 months ago” or “2–3 years ago.” Additional written responses revealed that 1 student (3.6%) does not read fiction at all, 1 student (3.6%) reads fiction regularly and is currently reading, 1 student (3.6%) finished a book one week ago, 1 student (3.6%) read fiction the previous day, 1 student (3.6%) reads daily and completes a book within a week, and 1 student (3.6%) prefers reading academic literature (Diagram 2).

Qachon oxirgi marotaba badiiy adabiyot o'qigansiz? Sizga tegishli javob bo'lmasa, eng quyida o'zingizni fikringizni yozib ketishingiz mumkin.

28 ОТВЕТОВ

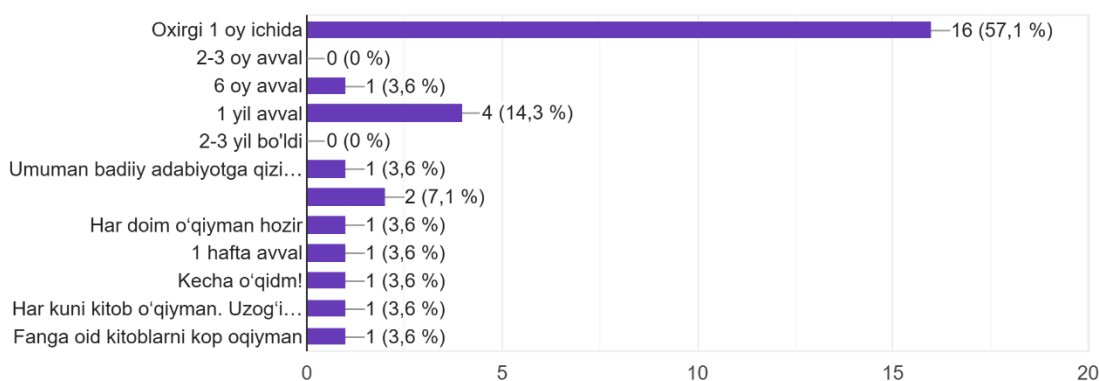


Diagram 2

In response to the question “What was the last work of fiction you read?” respondents listed a wide range of literary works, including Temur’s Code by Amir Temur, Scorpion from the Altar by Abdulla Qodiriy, Between Two Doors



and The Affairs of the World by O'tkir Hoshimov, Goethe's Faust, Alexandre Dumas's The Count of Monte Cristo, and various other classical and contemporary works.

The data presented above demonstrate that Generation Z, through continuous self-development, does not remain confined to the virtual world but can also achieve significant positive outcomes in real life, becoming individuals capable of critical and creative thinking.

In today's era of globalization, the struggle for the hearts and minds of young people is intensifying. Therefore, raising a well-rounded individual based on national and religious values is the moral responsibility of every parent and educator toward the future of society.

References

1. Explanatory Dictionary of Core Concepts of Spirituality. Tashkent: G'afur G'ulom Publishing and Printing Creative House, 2010.
2. Husanova, N. Mutated Generations X, Y, Z, and Alpha – Revolutions in Consciousness. Ma'naviyat Hayot Journal, 2024, No. 4.