

Based on the conducted study of the value sphere of today's youth, it was established that their value orientations are aimed at promising social achievements, besides, desired was referred to the as general life goal. Also, value orientations of young people characterize not only a reflexive, but also an effective, active attitude towards the world. They are the result of the "transition" of values from the realm of the proper to the behavioral and motivational plane.

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THE PROBLEM OF DIGITALIZATION IN PSYCHOLOGICAL AND EDUCATION SPHERES

Determining the essence of the digitalization problem in psychological science and education is carried out in the process of studying modern technologies to meet human needs as a subject of the information society, social, cultural and economic trends in the world.

Based on the above, *digitalization* in a broad sense is considered as a process and result of technologization collection, cultivation and dissemination of information using computer technology to meet human needs [1].

At psychology, the problem of digitalization is studied by *cyberpsychology* which is a branch of psychology that observes mental processes, states, properties and manifestations of their activity (function, communication, behavior) in cyberspace (Aiken, 2017; Kent, 2018; Voiskunsky, 2013).

The study of human activity in cyberspace in the scientific literature is represented by the ideas of cultural and historical psychology, according to which the use of the Internet is a modern stage of symbolic mediation of internal and external tools, which are technologies and computers (Cole, 1997; Vygotsky, 2013).

The foundations of the psychology of computerization as a branch of general psychology were laid (Tikhomirov, 1993) [5]. However, today cyberpsychology is present in all sections of psychological science (age, social, clinical, pedagogical, organizational, differential, cognitive psychology, communication psychology, etc.) [2].

The process of digitalization and the development of social services contribute to attracting users to the Internet, allow to collect a huge array of customer data and analyze it, build individual and personalized offers to help clients remotely, improve existing services, etc., which in turn attracts Internet psychologists (cyberpsychologists).

In the field of education, due to the latest computer technology, students have the opportunity to use electronic libraries, various sites, links, web-applications and videos of educational and cognitive nature, participate in seminars, conferences and listen to lectures from around the world. With their help, students communicate with each other and teachers, that is, the virtual world becomes a means of socialization and acquisition

of new knowledge in the institute of education and science, especially during quarantine (Lubenets, 2016) [4].

On the one hand, the development of information and communication technologies is an impetus for the development of new learning tools, and makes the learning process more effective, leads to increased erudition and communication skills. Instead, inappropriate and thoughtless use of innovative technologies leads to gamification and illusory cognition in education, perception of learning in the context of entertainment, and increased risk of facing threats to the virtual world: cyberbullying, fraud, harassment, trolling, stalking, pornography, etc. [3].

Generalization of information about the essence of this problem gives grounds to conclude about the importance of studying the process of digitalization in psychological science and education, the effects on mental phenomena, activities, student learning, and threats in cyberspace. The latter was the impetus for the study of the problem of cyberbullying among students, and will be reflected in future scientific publications of the author.

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ROLE OF VOLUNTARY REGULATION IN RISK-TAKING

The professional activity of psychologists establishes certain requirements on the volitional regulation of specialists in this sphere, in particular on self-control, endurance