



WHY HUMAN ENERGY IS GRADUALLY DECLINING

<https://doi.org/10.5281/zenodo.17557555>

Bahora Akramovna Khodjayorova

teacher (PhD), of Samarkand State Pedagogical Institute

Yorikulova Madina Erkinovna

Bachelor's Student of Samarkand State Pedagogical Institute

ABSTRACT: *This article examines the gradual decline of human energy in contemporary society from an academic perspective. It explores psychological, social, biological, and existential factors contributing to this phenomenon. The study highlights how social connectedness and a sense of purpose influence human energy levels.*

KEYWORDS. *Human energy, cognitive overload, digital technologies, individualism, existential meaning, mental fatigue, environmental stress, psychological well-being.*

INTRODUCTION

In the modern era of constant acceleration, human beings possess more technological power, comfort, and access to information than at any other point in history. Paradoxically, however, individuals across the globe increasingly report feelings of exhaustion, burnout, and diminished motivation. This apparent contradiction—between material progress and personal depletion—raises an essential question: why is human energy gradually declining? From an academic standpoint, this phenomenon can be attributed to a complex interaction of psychological, social, and environmental factors. These include the overstimulation caused by digital technologies, the erosion of social cohesion, and the loss of existential meaning in contemporary societies.

The Cognitive Overload of the Digital Age. One of the most significant

contributors to declining human energy is cognitive overload resulting from the digital environment. The human brain, although remarkably adaptable, evolved in conditions vastly different from the current age of constant connectivity. Research in cognitive neuroscience suggests that the average person processes more information in a single day today than a person in the nineteenth century did in an entire month. Notifications, emails, and social media updates fragment attention and prevent the deep mental rest necessary for cognitive recovery.

Psychologist Daniel Kahneman's dual-process theory provides a useful framework here: our "System 2" thinking—slow, reflective, and energy-intensive—is being continually hijacked by the fast, reactive "System 1," which thrives on immediate stimuli. As a result, individuals experience perpetual partial



attention, where focus is diluted across multiple sources. This state, often mistaken for productivity, in fact drains mental energy reserves, leading to chronic fatigue, anxiety, and reduced creativity. The digital economy's demand for constant engagement has turned human attention itself into a commodity, monetizing distraction at the cost of cognitive well-being.

The Psychological Cost of Modern Individualism. A second factor lies in the psychological and emotional impact of modern individualism. In many industrialized societies, the traditional bonds of community, family, and shared values have weakened. While the rise of individual freedom is an undeniable achievement, it also carries an underrecognized emotional burden. According to sociologist Émile Durkheim's theory of anomie, when individuals lose connection to a collective moral framework, they experience feelings of isolation and purposelessness. This lack of belonging directly affects emotional energy, which depends not only on physical vitality but also on meaning and social connection.

Moreover, the modern concept of success—defined largely by productivity, consumption, and self-optimization—has placed individuals in a perpetual state of psychological competition. Social comparison, intensified by social media, amplifies feelings of inadequacy and chronic dissatisfaction. The pursuit of “more” often leaves people feeling emptier, caught in a paradox where

progress creates pressure rather than fulfillment. Consequently, the modern individual may be materially richer than ever before, yet spiritually and emotionally depleted. Environmental and Biological Impacts on Human Vitality. Beyond psychological and social causes, the decline in human energy also has biological and environmental dimensions. Urban lifestyles characterized by artificial lighting, irregular sleep cycles, and limited exposure to nature disrupt the body's circadian rhythms. According to studies in chronobiology, the absence of natural daylight and excessive screen exposure reduce melatonin production, impairing both sleep quality and long-term energy balance. Poor nutrition, high consumption of processed foods, and sedentary behavior further compound the problem, leading to metabolic and hormonal imbalances that manifest as chronic fatigue.

Environmental degradation adds yet another layer. Increasing pollution levels, climate anxiety, and exposure to constant noise all place subtle but persistent stress on the nervous system. The human organism, evolutionarily designed for cyclical patterns of exertion and rest, now operates in an environment of continuous stimulation and minimal recovery. The result is a state of sustained physiological arousal that eventually leads to exhaustion.

The Existential Dimension: The Loss of Meaning. While biological and social explanations provide part of the



answer, the deeper crisis of human energy may ultimately be existential. The philosopher Viktor Frankl argued that meaning is the fundamental human drive; without it, psychological and even physical vitality deteriorates. In contemporary society, many traditional sources of meaning—religion, shared narratives, and long-term community—have weakened, leaving individuals to construct identity in an increasingly fragmented world. When life is perceived as a sequence of isolated tasks and goals, devoid of overarching purpose, motivation becomes purely instrumental and energy dissipates rapidly.

The absence of collective meaning also erodes resilience. Historically, societies under hardship—war, scarcity, or oppression—often demonstrated remarkable vitality, precisely because struggle was connected to a larger moral or spiritual vision. Today's abundance, paradoxically, produces lethargy: when survival is no longer a question, the “why” of existence becomes harder to define. Thus, the crisis of human energy may be less about physical depletion and

more about a deficit of meaning.

Conclusion. In conclusion, the gradual decline of human energy in modern civilization cannot be attributed to a single cause. Rather, it emerges from an intricate interplay of technological, psychological, biological, and existential factors. The digital age overwhelms the mind, modern individualism isolates the spirit, and environmental disruption exhausts the body. Yet beneath these symptoms lies a deeper challenge: the loss of collective meaning and purpose. To reverse this trend, societies must reimagine progress not merely as technological advancement or economic growth, but as the cultivation of human well-being and inner balance. Encouraging digital mindfulness, rebuilding social trust, respecting biological rhythms, and rediscovering shared values may together restore the vitality that modern life has slowly eroded. The future of humanity depends not only on innovation, but on the renewal of energy—both physical and spiritual—that sustains it.

REFERENCES:

1. Kahneman, D. (2011). *Thinking, Fast and Slow*. New York: Farrar, Straus and Giroux.
2. Durkheim, É. (1897). *Suicide: A Study in Sociology*. New York: Free Press.
3. Frankl, V. E. (1946). *Man's Search for Meaning*. Boston: Beacon Press.
4. Lan, L., et al. (2016). Cognitive load and mental fatigue in the digital environment. *Journal of Cognitive Neuroscience*, 28(3), 345–356.
5. Cajochen, C., et al. (2011). Influence of light on circadian rhythms, sleep, and alertness. *Nature Reviews Neuroscience*, 12(9), 553–562.
6. Twenge, J. M. (2017). *iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy*. New York: Atria Books.