

A LITERATURE REVIEW ON THE IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH IN ADOLESCENTS.

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Abstract: The article analyzes the education of young people and the factors that affect them at a time when threats and dangers against national identity and spiritual values are increasing.

Key words: Social networks, “Odnoklassniki.ru”, etiquette, “Facebook”, virtual drug.

Social networks have a negative effect on the education of young people. “Today, social networks on the Internet are becoming popular, especially among young people. Most of the Internet users in our country have their profiles on such networks as the networks. However, in the following years, the aspects of these networks that have a negative impact on the education of young people are being noticed, which worries many people. The purpose of the survey was to learn the opinions of our students on this issue. During one week, more than 110 participants participated in the discussion “What place do social networks on the Internet have in the lives of young people?” expressed their attitudes to the questionnaire. It is interesting that 32% of the students approved the idea that these networks are necessary for making friends and making interesting acquaintances, while the same number of users admitted that the networks have a negative effect on the education and morals of young people. So, no matter how popular social networks are today, the number of people who can see their negative consequences is increasing. Get acquainted with the full results of the survey:

Question: What is the role of social networks on the Internet in the lives of young people?

1. Helps to make friends and make interesting acquaintances.

2. Gives an opportunity to freely express one's opinion.
3. It has a negative effect on the education and morals of young people;
4. It is a tool for malicious persons to use for their own benefit.

These people basically “live” in social networks. For them, the problems and concerns of virtual life take precedence over everything else, including real life. In our opinion, this trend may have negative consequences. Because when a person is in social networks, he sees his life only through these networks, draws conclusions from the point of view of the network and from the thoughts of its members, his worldview is formed within this network, so the mind of such people lives in only one world. People tend to cover up their real-life shortcomings, frustrations, and failures online. Photos and comments on them, new friends, bright pictures and cross-network associations excite a person. The Internet will completely change their way of thinking.

Contrary to popular belief, science is much weaker. Researchers sometimes report small “statistically significant” results, but this does not necessarily mean there is a partial association with mental health problems. Some have conducted experiments on university students and revealed the problems of using social networks. Others have used scans of blood clots in the brain of a person who is grieving. The third asked, “Are you afraid that you will be banned from using social networks?” they ask direct questions. But none of these approaches tell us much about the real world experience of social media and mental health. But social networks are indeed different from other forms of communication, so there is reason to be concerned.

Social media provides a great level of awareness of the lives of friends and family. This "awareness of omniscience" has various implications for mental health. The awareness that acquaintances have been fired from their jobs and their children have faced problems such as illness causes stress in people strengthens. Depression and anxiety can also be contagious when someone has a serious mental health disorder. This is especially dangerous if algorithms are working to increase engagement on this type of content. Fortunately, this also works in another, positive direction.

In addition, social networks can serve the evil purposes of malicious people. For example, information and messages placed on the network can be stolen by others, corrupted and sent to other members of the network. Or, fraudsters can use fake photos and false information to achieve

their goals. Even social networks can cause mass murders, rebellions, and wars. For example, in modern science there is a term “information war”. Information warfare can be very useful in social networks. Now let's connect social networks with current events. It is known that the beginning of 2011 began with the events called “Arab revolutions” or “Arab spring”, which attracted the attention of the whole world. The coup detat that started in Tunisia spread to Egypt, Libya, Syria, Jordan, Yemen and other Arab countries through a chain reaction. If we give importance to these coups, those who started the actions were citizens aged 18-35. That is, they were influenced by social networks and decided to radically change their lives after seeing how their friends in other countries live. For example, the unrest in Egypt was called the "Twitter Revolution". See how much the social network has been able to influence public life and state policy. We believe that this evidence is the beginning of the formation of a new social network-influenced civil society.

On the other hand, most of the youth use social networks and games as lifebuoys in the sea to keep in touch with friends and loved ones. This is especially crucial during the pandemic, when schools are closed. Social networks can be a way for young people to communicate with other people who share common interests and personalities. On the other hand, in terms of where they are most likely to be, young people may face harassment and unhealthy expectations. Some studies have found links between some forms of social media use and mental health problems. However, more extensive and rigorous research has failed to establish that these relationships exist among all youth and all forms of social media use.

Recently, we came across a news in the media. It is known that women are prohibited from driving in Saudi Arabia. Following the events in the Arab world, some female citizens of Saudi Arabia created their own social association on Facebook.

In conclusion, it is wrong for young people to spend their free time only on social networks. Because nothing can replace live, real and real communication. Young people should read books, work on themselves and increase social activity. Network activity does not define anything and may contain false information about a person.

In conclusion, we cannot deny the influence of social networks on our lives. Being a member of a social network, we must be able to distinguish between real life and virtual life.

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Ilmiy elektron jurnali

It is difficult to determine cause and effect with social media. Maybe it has some effect on mental health, but some people who feel oppressed and lonely can't find something new here. But there are two aspects to this: firstly, social networks can have a negative effect on sleep. People can scroll through their feed until midnight or communicate on social networks at night, receive notifications at midnight.

The second negative effect is the degree to which social networks activate negative social comparisons: you see what others write and feel that you live worse than them. Some of our research with teenagers shows that social media engagement, such as heavy use, is associated with anxiety and depression, especially for teens who fear missing out.

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