



## THE EFFECT OF SOCIAL MEDIA ON TEENS' MENTAL HEALTH

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<https://doi.org/10.5281/zenodo.14988557>

### ARTICLE INFO

Qabul qilindi: 01-Mart 2025 yil

Ma'qullandi: 06-Mart 2025 yil

Nashr qilindi: 07-Mart 2025 yil

### KEYWORDS

*social networks, health, psyche, help, regime, adolescents.*

### ABSTRACT

*the article examines the effect of social media on teens' mental health. Social networks occupy a central place in the lives of modern adolescents. Internet sites can have both a positive and negative impact on the psyche and emotional state of adolescents..*

The XXI century is the time of computer technologies and innovations. Social networks occupy a central place in the lives of modern teenagers. Platforms such as Instagram, TikTok, VKontakte provide teenagers with opportunities for communication, self-expression and self-affirmation. Modern teenagers are significantly different from the teenage generation of past years, when the world existed without gadgets, computers and social networks, which have become the meaning of life for children of our time. Parents are often perplexed how it is possible to spend so much time near the computer when the weather is so good outside! Indeed, modern teenagers and social networks have become almost inseparable, this is an Internet addiction that has captured the minds of children and filled their entire inner world. After all, ten years ago, you could see noisy teenage companies in the courtyards and hear ringing children's laughter. Now children and teenagers increasingly spend time near their favorite computers, which have replaced their real friends, entertainment and even parents.

Social media has become an integral part of our lives. We spend a lot of time checking the news, communicating with friends, looking for inspiration, knowledge, entertainment, and even looking for a job. However, there is growing concern about how social media can affect our mental health. In this article, we will look at some of these effects and how we can manage them.

Social media can contribute to anxiety and depression. Research shows that social media users who spend more than two hours a day are more likely to experience feelings of loneliness, anxiety, and depression. This may be because social media makes us compare our lives to the lives of others, who may only show their best side. This can lead to feelings of inadequacy and inadequacy.

Social media can also increase the risk of developing an addiction. Users may begin to feel the need to constantly check their accounts to see if there are new messages or

notifications. This can become a habit and lead to a loss of time and attention to other aspects of life, such as work or school.

We live in an information-rich world. A modern person in our society cannot live a day without the global network. The main problem at present is that the younger generation spends more time on social networks. For teenagers, social networks have become a tool for self-expression. Communication is limited to a certain circle of people. For the psyche of a teenager, excessive passion can have a bad effect on his development. The teenager stops communicating with peers and withdraws into himself. If a teenager has problems in communication, the complex develops with greater force. And as a result, difficulties in adapting to real life arise. Leading scientists in the field of psychology and neurophysiology have stated that social networks have a negative impact on people's consciousness.

According to their data, teenagers, communicating on social networks, receive more negativity. There are several reasons for Internet addiction. The first of them is that working on social networks irritates the pleasure centers in our brain. A teenager experiences pleasant emotion every time he reads a friendly comment under his photo, gets a "like", etc. The desire to receive such emotions again pulls him back to social networks, forcing him to spend more and more time there. Another reason is the peculiarities of assimilation of information when working in multi-user web platforms. A teenager, sitting, for example, in contact, receives a lot of heterogeneous information in small portions in a short period of time. The teenager has a number of problems: decreased concentration, information addiction, stress, fatigue, decreased intelligence, alienation.

Social media is a huge world of opportunities for communication, sharing information, receiving news and much more. But at the same time, it can also have a negative impact on the mental health of teenagers:

The first aspect is social media addiction. Teenagers spend a lot of time on social media and often cannot control this time. Because of this, they become addicted to social media, which can lead to a lack of motivation for other activities, lower academic results, sleep problems, etc.

The second aspect is bullying. Social media can become a place for cruel actions from other users. Bullying that occurs on social media can lead to depression, anxiety, low self-esteem, and, in some cases, suicide.

The third aspect is lack of privacy. Teenagers, when using social media, often forget about protecting their personal data, and can become victims of cyberbullying, when their personal data is used to attack them.

The fourth aspect is the impact of social media on self-esteem. Teens using social media may start comparing themselves to other users and may feel like losers because they do not look or live like other social media users.

The fifth aspect is the impact of social media on social skills. Using social media does not require the same social skills as communicating in the real world. Teens may lose the skills to communicate with others and become isolated.

As you can see, social media can have a negative impact on the mental health of teenagers. However, there are also positive aspects of using social media:

Firstly, social media can help people who are experiencing social isolation to find and maintain contact with others. It can also provide access to support groups and information about mental health.

Secondly, we can limit the time we spend on social media. One way is to set a time limit on your phone. This will allow us to limit the time we spend on social media and focus on other aspects of our lives. In this way, we can change our approach to social media, using it for a positive experience. For example, we can start following bloggers and pages that inspire us, provide information about healthy living, mental health, and positive events in the world. We can also use social media to support our friends and loved ones and connect with them.

Thirdly, we can seek help if we have problems with mental health. This can be psychotherapy, group support or consultations with specialists. Such measures can help us to understand our emotions, feelings, and find ways to manage them without resorting to negative use of social networks.

Fourthly, it is an opportunity to receive information. Social networks provide access to various sources of information, which can be useful for the education and development of adolescents.

Fifthly, it is an opportunity to express your thoughts and feelings. Social networks can become a platform for expressing your thoughts and feelings through the publication of posts, photos, videos, etc.

In the sixth, it is an opportunity to receive support. Social networks can become a platform for receiving support from other users who are in a similar situation or from professionals who can offer advice and help. In the seventh, it is an opportunity to develop social skills. Social networks can become a platform for developing social skills, such as the ability to communicate, interact with other people, understand the differences between people, etc.

Of course, it is important to understand that all these positive aspects can only be achieved if teenagers use social networks within reasonable limits and consciously control the time they spend on the Internet. It is also very important for parents and teachers to teach teenagers how to use social networks safely and consciously, provide the necessary support and advice, and help teenagers develop the social skills that will be necessary for a successful life in the real world.

So, what kind of people will this new generation grow up to be? Primitive creatures or a new type of person? It is extremely difficult to answer this question, because we do not know, we can only guess what will happen next. But one thing is for sure, that the trace of the influence of the Internet will be reflected in our "tomorrow". Because children are our future.

We are the result of our parents' upbringing. But you spend more and more time on social networks. We have found an analogy with real friends, walks and real communication. The younger generation is now being brought up by the Internet. After all, a child will be more like his time than his parents.

Many parents think that if a child sits at home, at the computer, then this will protect him from dangers. But they are deeply mistaken, spending time on social networks, the child is exposed to even greater risk. The fact that social networks negatively affect teenagers is a proven fact. But as much time as we "sit" behind some "contact" is unthinkable. We ourselves

are destroying our future. After all, it all depends on us: what we are is what our future will be like. It's scary to even think about the near future.

You just need to stop in time and take appropriate measures. Social media has a multifaceted impact on teenagers, and its impact can be both positive and negative. It is important that teenagers and their parents are aware of these risks and try to form healthy digital habits. A balanced approach to using social media, including time limits and a critical attitude to the content published, can help reduce the negative consequences and get the most out of these digital platforms.

In conclusion, social media has a significant impact on our mental health. It can be a source of negative emotions, but it can also serve as a platform for support, inspiration, and social connection. However, we must be able to manage the use of social media to avoid addiction, comparison with others, and other negative consequences. Ultimately, the correct use of social media can be beneficial to the health of teenagers if we help them make conscious choices in favor of positive experiences. Therefore, parents should pay more attention to the behavior of their children and not allow the teenager to become overly interested in social networks.

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