

THE IMPACT OF SOCIAL MEDIA ON THE MENTAL HEALTH OF YOUTH TODAY

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Abstract: The article analyzes the various effects of social media on the mental health of young people. It highlights that social media has a positive impact on young people by creating opportunities for them to establish new connections, express their opinions, and obtain information. It also highlights that excessive use of social media can lead to negative consequences such as anxiety, depression, low self-esteem, and cyberbullying. At the same time, it highlights the need to use social media wisely and guide young people to maintain their mental health.

Keywords: social media, youth, mental health, negative impact, positive impact, anxiety, depression, cyberbullying, virtual isolation, low self-esteem, social connections, psychological health, online activity, social awareness, social network, stress, risk, mental stability, social activity and negative information.

Annotatsiya: Maqolada ijtimoiy tarmoqlarning yoshlarning ruhiy salomatligiga turlicha ta'sir ko'rsatishi tahlil qilingan. Ijtimoiy tarmoqlar yoshlar uchun yangi aloqalar o'rnatish, o'z fikrlarini ifoda etish va ma'lumot olish imkoniyatlarini yaratish orqali ijobiy ta'sir ko'rsatishi yoritilgan. Hamda, ijtimoiy tarmoqlardan haddan tashqari foydalanish xavotir, depressiya, o'zini past baholash va kiberbuling kabi salbiy oqibatlariga olib kelishi ta'kidlangan. Shu bilan birga, ijtimoiy tarmoqlardan oqilona foydalanish va yoshlarni ruhiy salomatlikni saqlashga yo'naltirish zarurati ko'rsatilgan.

Kalit so'zlar: ijtimoiy tarmoqlar, yoshlar, ruhiy salomatlik, salbiy ta'sir, ijobiy ta'sir, xavotir, depressiya, kiberbuling, virtual izolyatsiya, o'zini past baholash, ijtimoiy aloqalar, psixologik salomatlik, onlayn faoliyat, ijtimoiy ong, ijtimoiy tarmoq, stress, xavf, ruhiy barqarorlik, ijtimoiy faollik va salbiy axborot.

Аннотация: В статье анализируется различное влияние социальных сетей на психическое здоровье молодых людей. Подчеркивается, что социальные сети положительно влияют на молодежь, создавая возможности для установления новых связей, выражения своего мнения и получения информации. Также отмечается, что чрезмерное использование социальных сетей приводит к таким негативным последствиям, как тревога, депрессия, низкая самооценка и киберзапугивание. При этом указывается на необходимость рационального использования социальных сетей и необходимость направления молодежи на сохранение психического здоровья.

Ключевые слова: социальные сети, молодежь, психическое здоровье, негативный аффект, позитивный аффект, тревога, депрессия, киберзапугивание, виртуальная изоляция, низкая самооценка, социальные связи, психологическое здоровье, онлайн-активность,

общественное сознание, социальные сети, стресс, риск, психическое здоровье, стабильность, социальная активность и негативная информация.

Introduction. The impact of social media on the mental health of young people is one of the important issues that is widely discussed today. As social media, the Internet and digital communication tools become an integral part of young people's lives, they have various effects on their psychology and mental state.

The impact of social media on the mental health of young people is one of the important issues that is widely discussed today. As social media, the Internet and digital communication tools become an integral part of young people's lives, they have various effects on their psychology and mental state. These effects vary depending on the personal experience and social environment of each young person, as well as the level and goals of Internet use. As a result, social media has a significant impact not only on the daily activities of young people, but also on their relationships, psychological state and worldview in general.

Analysis of the literature on the topic. Social media creates new opportunities for young people. For example, they can express their thoughts, share their creative developments or find sources of motivation that help them move towards their goals. Social media also provides opportunities to join groups and communities that are relevant to their interests, learn new knowledge, and learn about different cultures and experiences[1]. This develops young people scientifically, culturally, and socially. On social media, they have the opportunity to further develop themselves by sharing their knowledge with others. These platforms also help young people find the necessary networks and resources to achieve their goals, and also create opportunities to express their voices and publicize their opinions on social issues on a global scale. International cooperation and participation in various social movements through the Internet allow young people to see themselves in a broader context, freely express their opinions, and broaden their worldview. However, one of the main characteristics of social media is that they cause people to compare themselves with others and form an image of others. Young people often compare themselves to other people they see on social media, which can lead to low self-esteem or low self-esteem. It is essential for young people to develop the skills to correctly identify their place in the online world, interact with users, and analyze information in the virtual world.[2] In most cases, comparisons are made only on the basis of idealized lives and successes presented on social media, which increases stress and anxiety among young people. They may see the successes of others and feel failures in their own lives and feel dissatisfied with life. This can lead to low self-esteem and a deterioration in their mental state. It can be difficult for young people to realize that the "ideal" life presented on social media is far from reality, because they judge only on the basis of appearance and successes. Such comparisons can damage young people's mental stability, increase stress, mood swings, and despair. As a result, they may compare themselves to others, perceive their shortcomings, and have trouble coping with this situation.

Research methodology. Social media can be a tool for strengthening connections between people, but it can also cause social isolation, which is detrimental to mental health. Young people may be limited to virtual connections for a long time, which distances them from real-life interactions and spending time with family and friends. As a result, they may feel lonely, isolated, and socially isolated. Such isolation can lead to depression, anxiety, mood swings, and other mental health conditions. Although virtual connections are established, they cannot fully replace real-life social experiences. Face-to-face interactions with family and friends, emotional

support, and physical closeness contribute to psychological well-being. If young people rely solely on online connections, they may have problems developing social skills in the real world. Spending time on social media, instead of interacting with others in real life, can lead to feelings of loneliness and social depression. This negatively affects the mental health of young people, as they feel socially isolated, ignored and isolated. This can lead to the development of anxiety, depression and other psychological disorders.

Spending a lot of time on social media can negatively affect the mental health of young people. Looking at screens for a long time, being disconnected from the outside world and participating in only virtual forms of activity can lead to physical health problems, mainly insomnia, headaches, eye strain and others. This situation reduces the overall well-being and causes a decrease in the energy level of young people. Prolonged contact with screens leads to constant stimulation of the brain and a decrease in the production of melatonin (a sleep hormone), which worsens the quality of sleep. Lack of sleep negatively affects mental and physical health, causing problems such as mood swings, decreased concentration, and decreased energy. Spending time on social media reduces the time available for other important activities, such as studying or socializing. The Internet plays an important role in developing young people's independent learning and research skills. Using it facilitates their learning process and additionally encourages them to think independently, conduct research, and acquire new skills [3].

Analysis and results. Young people often limit their time to spending time in the virtual world, weakening social connections in real life. In turn, this leads to a loss of opportunities to develop social skills, establish close relationships with friends, and participate in various activities. Real-life interactions and activities help improve young people's mental health because they provide emotional support and opportunities for social connection. If young people are limited to online communication, they may feel lonely and socially isolated, which can increase depression and anxiety. Negative content on social media, cyberbullying, or other types of harmful communication can cause serious psychological problems for young people. Cyberbullying is the use of offensive, threatening, or intentionally harmful words and images against others on the Internet and social media. Such behavior can lead to low self-esteem in young people, as well as the development of depression and other mental disorders. Cyberbullying makes young people feel insecure, reduces their self-esteem and worsens their mental health. Comparing themselves to negative or insulting messages posted online can make them feel bad about themselves, leading to anxiety and isolation.

The spread of negative and false information can affect young people's worldview and increase their fears and anxieties. False and manipulative information, which spreads rapidly through social media, can leave young people in uncertain and dangerous situations. For example, misinformation and misconceptions about religious, political or social issues can distort young people's social consciousness and damage their mental health. Young people, especially when they are in an impressionable period, are very sensitive to this type of negative information, which can increase their worries or fears.

Exposure to negative and harmful content on social media can cause long-term psychological problems for young people, such as persistent anxiety, low self-esteem, stress, anxiety, depression and sadness. Such effects undermine the mental stability of young people and negatively affect their overall well-being.

Social media affects not only the individual psychological state, but also the wider social environment. By being active on social media, young people have the opportunity to join

collective and political movements, actively contributing to changes in society. This is one of the possibilities of social media to influence social change, as they turn young people into a platform for rapid information exchange and exchange of ideas. Young people demonstrate themselves as active members of society by communicating their ideas, thoughts and beliefs to a wide audience. At the same time, comments, debates and social discussions on social networks form the social consciousness of young people, encouraging them to think about their position and social role.

Expressing their position and actively participating in social issues through social networks develops self-awareness and a sense of social responsibility. Participation in social discussions and familiarization with a wide range of ideas helps young people not only shape their own position, but also their views on cooperation with others and solving social problems. This increases the social responsibility of young people, they strive to influence changes in their society and are encouraged to actively participate in various social movements.

At the same time, the impact of social and political movements on social networks encourages young people to think about democracy, human rights, equality and other important social values. Young people, realizing their place, role and responsibility in society, strive for greater social activity. This shows how social media plays a positive role in empowering young people to embrace social change and a sense of social responsibility.

Conclusions and recommendations. In conclusion, the impact of social media on the mental health of young people is complex and multifaceted, and it is important to maintain a balance between their negative and positive aspects. While social media has a positive impact by creating opportunities for young people to express themselves, establish relationships and acquire new knowledge, it can also cause negative effects, such as low self-esteem, cyberbullying and social isolation. Understanding the factors that affect the psychological and mental state of young people and using social media wisely can help improve their overall well-being. At the same time, promoting important social and spiritual values for young people, teaching them the necessary skills to maintain mental stability, and developing healthy activities in an online environment can help.

Social media has a multifaceted impact on the mental health of young people. While they can provide social connections and support, as well as opportunities for information, there are also negative effects, such as low self-esteem, anxiety, cyberbullying and virtual isolation. While young people have the opportunity to express themselves on social media, make new friends, and access interesting and useful information, excessive use of such activities can have negative effects on mental health.

In particular, young people can compare themselves to others they see on social media, and lower their self-esteem based on idealized lives and successes. This, in turn, can lead to psychological conditions such as anxiety, stress and depression. Cyberbullying, i.e. online threats and insults, can lead to low self-esteem, psychological distress and isolation in young people. Such effects are detrimental to the social and psychological development of young people.

Smart management of social media plays an important role in maintaining the mental health of young people. Parents, educators, and psychologists should support young people in monitoring their online activities and teaching them healthy online behaviors. Managing time on social media in a rational and balanced way helps to protect themselves from low self-esteem and negative information, which helps to strengthen the mental well-being of young people[4]. Also, promoting positive and spiritual values through social media encourages young people to be self-aware and feel socially responsible.

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