

THREATS TO ADOLESCENT MENTAL HEALTH: TECHNOLOGY AND STRESS

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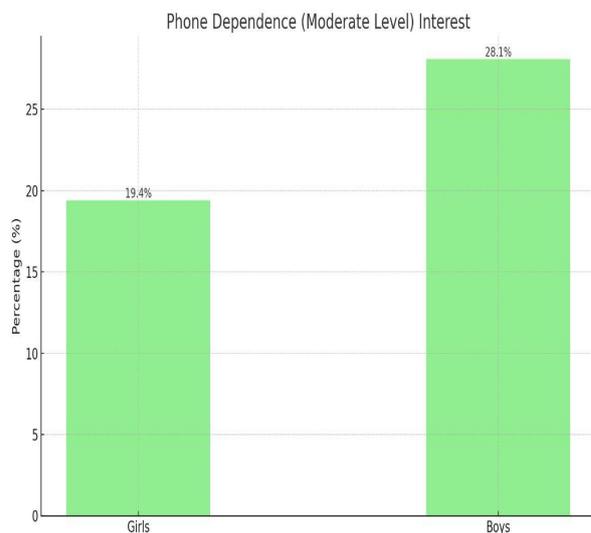
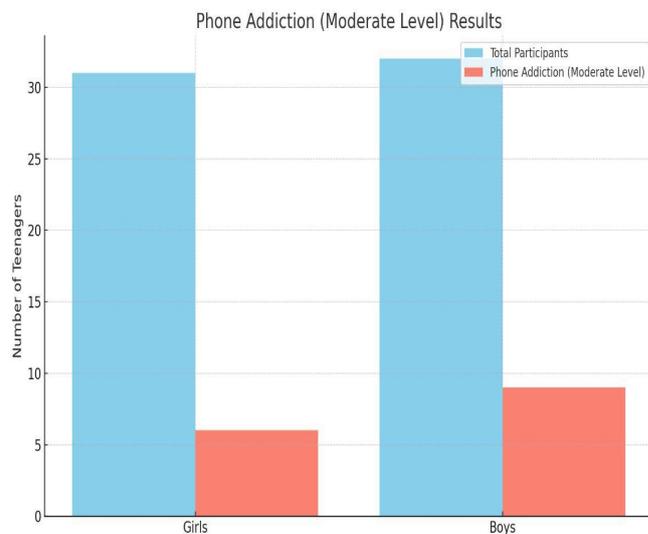
Abstract: In the article, the relationship between technology and stress on the mental health of adolescents is scientifically based. It aims to improve the mental health of the population and prevent suicide due to low self-esteem as a result of indirect effects of technology.

Keywords; mental health, technology, stress, phone addiction, depression, anxiety, social media, mental health, academic stress.

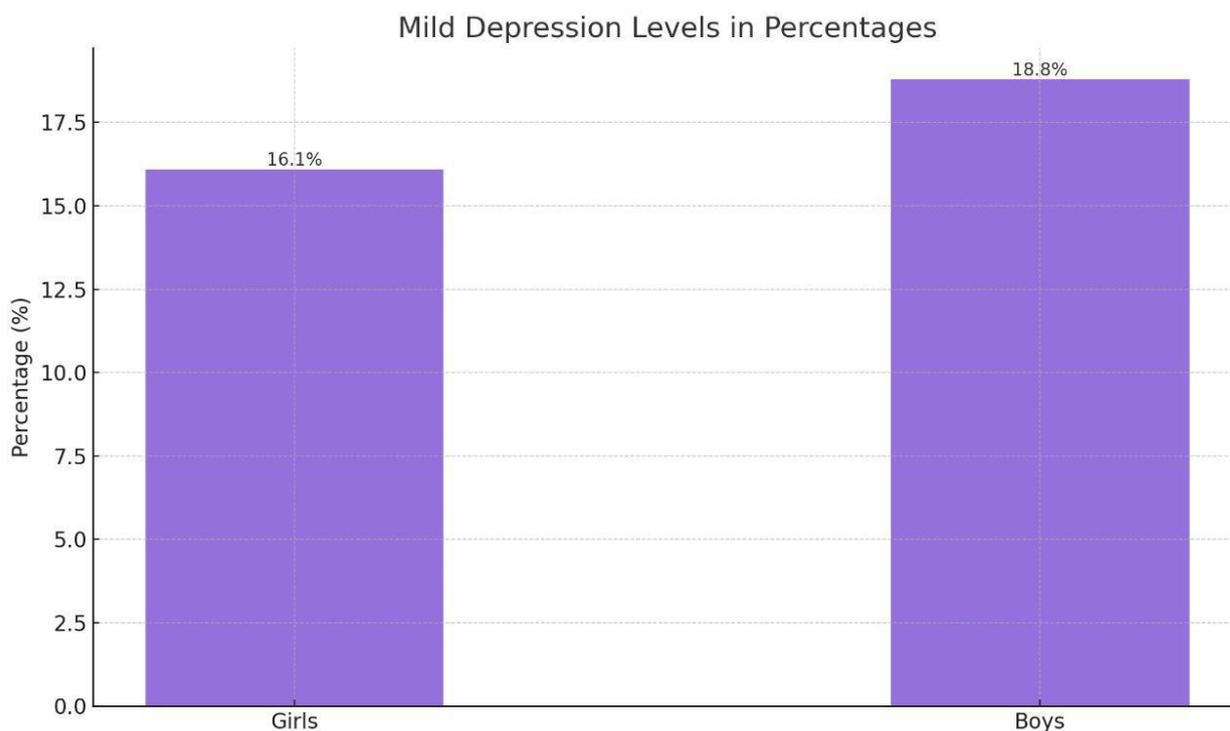
Introduction; Adolescence is one of the most sensitive stages in human development psychological, physical and social changes occur at this stage [1]. In today's era of globalization and technology, the issue of mental health of adolescents has become one of the urgent problems. Rates of depression, anxiety, and suicide among adolescents have increased significantly over the past decade. Suicide is the second leading cause of death among children and adolescents aged 10 to 19 years worldwide [4]. Being on social media for more than 3 hours a day increases the level of anxiety and depression by 25% [2]. In an international study conducted in 2024, more than 60% of adolescents aged 15-18 complained of sleep disturbances and fatigue due to academic stress. The relevance of the topic is that early identification of these problems and the development of effective strategies are necessary to ensure a healthy future of society.

The purpose of the study

To study the factors affecting the mental health of adolescents and to develop recommendations to alleviate these problems. Exploring the impact of technology and stress on adolescent mental health. Make recommendations to parents, teachers, and health care professionals. Social networks: Constantly seeing images of the "ideal" life makes teenagers compare themselves to others [3], which leads to low self-esteem. In order to study these problems, technologies among teenager. A study was conducted to determine the level of dependence and stress, the results of the study are presented below.



Results for phone addiction (medium level). Total participants Phone addiction Phone addiction (medium level) in percentages. The graph above depicts the results of a survey conducted to determine phone addiction: Total number of participants: 63, 31 girls and 32 boys. Phone addiction (moderate level): 6 girls and 9 boys. Girls: 19.4% (6 people). Boys: 28.1% (9 people). As can be seen from the graph, the average level of phone addiction among boys is a higher percentage than that of girls.



Mild depression in percentages. This graph depicts the results in percentages for adolescents with mild depression: Girls: 16.1% (5 people). Boys: 18.8% (6 people). As can be seen from the graph, the mild level of depression has relatively close indicators among girls and boys. This shows the need to focus on mental health and the importance of preventive measures.

Research result

Phone Addiction: According to the results of the questionnaire, 6 girls (19.4%) and 9 boys (28.1%) out of a total of 63 teenagers are moderately addicted to the phone. These results indicate that phone addiction is more common among boys. Mild depression:

5 girls (16.1%) and 6 boys (18.8%) from a total of 63 teenagers were found to have symptoms of mild depression. This suggests that depressive symptoms are relatively evenly distributed between girls and boys. Adverse effects of phone addiction and depression:

Effects on mental health: Phone addiction causes mental problems like depression and anxiety. Sitting in front of a screen for long periods of time leads to social isolation and increases feelings of loneliness [5]. Disruption of sleep quality: Using phones late at night affects the production of melatonin, which leads to insomnia. Lack of sleep has a negative effect on the studies and daily activities of teenagers. Physical health problems: Spending a lot of time in front of the screen disrupts the posture, causes neck and back pain. Phone addiction leads to reduced physical activity and increases the risk of obesity. Weakening of social connections: Phone addiction limits teenagers from real-life social relationships. Spending too much time on virtual relationships will cool family and friendly relationships. Effects on mental state: Stress increases anxiety and reduces concentration. Long-term stress can lead to depression and mental strain. Physiological effects: Constant stress increases the risk of cardiovascular diseases. It weakens the immune system, which increases

susceptibility to diseases. Effects on academic performance: Stress reduces the ability to concentrate and leads to academic failure. It disrupts short-term memory and complicates the learning process. Social problems: In stressful situations, teenagers avoid communication with loved ones. Severe stress can increase aggression and cause social conflicts.

Conclusions and recommendations

As phone addiction is particularly high among boys, it is important to develop programs that encourage beneficial and limited use of technology for teenagers. Parents and teachers should provide regular information on reducing the risks of technology. Programs aimed at early detection of depression symptoms and mental health support are needed. Strengthening the activities of psychological counseling services and stress management training should be organized in schools. Healthy living among teenagers Promoting healthy lifestyles, including physical activity and healthy sleep patterns, is important in reducing mental health problems. Fostering open communication between parents, schools and adolescents in the community can be effective in preventing depression and phone addiction.

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