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- 13.00.00 Pedagogika fanlari
- 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
- 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
- 13.00.03 Maxsus pedagogika
- 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
- 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
- 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
- 13.00.07 Ta'limda menejment
- 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
- 13.00.09 Ijtimoiy pedagogika
- 07.00.00 Tarix fanlari
- 19.00.00 Psixologiya fanlari
- 01.00.00 Fizika-matematika fanlari
- 02.00.00 Kimyo fanlari
- 03.00.00 Biologiya fanlari
- 09.00.00 Falsafa fanlari
- 10.00.00 Filologiya fanlari
- 11.00.00 Geografiya fanlari

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Pedagogika, psixologiya fanlariga ixtisoslashgan ilmiy jurnal



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THE PSYCHOLOGICAL IMPACT OF SOCIAL MEDIA ON YOUTH

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Abstract: This article examines the psychological impact of social media on young people and analyzes how digital communication environments influence their emotional state, behavior, and social relationships. In the modern information society, social media platforms have become an essential part of daily life, especially for adolescents and students. While these platforms provide opportunities for communication, self-expression, and access to information, excessive use may lead to psychological challenges such as anxiety, stress, decreased self-esteem, and social comparison. The study explores both the positive and negative aspects of social media usage among youth and highlights the importance of developing healthy digital habits. The article also discusses strategies for maintaining psychological well-being in the digital age and emphasizes the role of education, family support, and digital literacy in reducing negative effects. The findings suggest that balanced and conscious use of social media can contribute positively to personal development while minimizing potential psychological risks.

Key words: CLIL, educational psychology, learner motivation, learner engagement, artificial intelligence in education, emotional factors in learning, learner anxiety, inclusive education.

Annotatsiya: Ushbu maqolada ijtimoiy tarmoqlarning yoshlar psixologiyasiga ta'siri hamda raqamli kommunikatsiya muhitining ularning emotsional holati, xulq-atvori va ijtimoiy munosabatlariga ta'siri tahlil qilinadi. Zamonaviy axborot jamiyatida ijtimoiy tarmoqlar, ayniqsa o'smirlar va talabalar hayotining ajralmas qismiga aylangan. Mazkur platformalar muloqot, o'zini ifoda etish va axborot olish imkoniyatlarini yaratish bilan birga, ularning haddan tashqari qo'llanilishi tashvish, stress, o'z-o'zini baholashning pasayishi va ijtimoiy taqqoslash kabi psixologik muammolarni keltirib chiqarishi mumkin. Tadqiqotda ijtimoiy tarmoqlardan foydalanishning ijobiy va salbiy jihatlari kompleks tahlil qilinib, sog'lom raqamli odatlarni shakllantirish zarurati asoslab beriladi. Shuningdek, maqolada raqamli davrda psixologik farovonlikni saqlash strategiyalari, ta'lim, oilaviy qo'llab-quvvatlash va raqamli savodxonlikning ahamiyati yoritilgan. Natijalar shuni ko'rsatadiki, ijtimoiy tarmoqlardan ongli va muvozanatli foydalanish shaxs rivojiga ijobiy ta'sir ko'rsatib, ehtimoliy psixologik xavflarni kamaytiradi.

Kalit so'zlar: CLIL, ta'lim psixologiyasi, o'quvchi motivatsiyasi, o'quvchi faolligi, ta'limda sun'iy intellekt, o'rganishda emotsional omillar, o'quvchi tashvishi, inkluziv ta'lim.

Аннотация: В данной статье рассматривается влияние социальных сетей на психологическое состояние молодежи, а также анализируется, как цифровая коммуникационная среда влияет на их эмоциональное состояние, поведение и социальные отношения. В современном информационном обществе социальные сети стали неотъемлемой частью повседневной жизни, особенно среди подростков и студентов. Несмотря на то, что данные платформы предоставляют широкие возможности для общения, самовыражения и получения информации, их чрезмерное использование может привести к таким психологическим проблемам, как тревожность, стресс, снижение самооценки и социальное сравнение. В исследовании комплексно рассмотрены как положительные, так и отрицательные аспекты использования социальных сетей молодежью, а также обоснована необходимость формирования здоровых цифровых привычек. Кроме того, в статье обсуждаются стратегии поддержания психологического благополучия в цифровую эпоху и подчеркивается роль образования, семейной поддержки и цифровой грамотности в снижении негативных последствий. Полученные результаты показывают, что осознанное и сбалансированное использование социальных сетей способствует личностному развитию и минимизирует психологические риски.

Ключевые слова: CLIL, образовательная психология, мотивация обучающихся, вовлеченность обучающихся, искусственный интеллект в образовании, эмоциональные факторы обучения, тревожность обучающихся, инклюзивное образование.



INTRODUCTION

In the modern digital era, social media has become one of the most influential tools of communication and information exchange. The rapid development of the internet, smartphones, and digital platforms has significantly transformed the way people interact with each other. Social media platforms allow individuals to communicate instantly, share personal experiences, exchange ideas, and participate in global discussions regardless of geographical boundaries. For young people in particular, social media has become an integral part of everyday life. Students and adolescents use these platforms not only for entertainment but also for education, networking, and self-expression. As a result, social media plays an important role in shaping the communication patterns, social relationships, and psychological development of modern youth.

Young people are considered the most active users of social media platforms. They spend a considerable amount of time online interacting with friends, following public figures, sharing photos and videos, and consuming various types of digital content. Social media platforms also enable young individuals to build their digital identity and present themselves to a wider audience. Through these platforms, they can express their thoughts, talents, and creativity while connecting with people who share similar interests. However, the growing dependence on social media has raised concerns among psychologists and researchers about its potential influence on mental health and emotional well-being. Many studies suggest that excessive use of social media may contribute to feelings of loneliness, anxiety, and depression among adolescents and young adults.

One of the most important psychological issues related to social media use is the phenomenon of social comparison. On many social media platforms, users tend to present only the most positive and successful aspects of their lives. As a result, young people who constantly observe these idealized images may begin to compare their own lives with others. This process can lead to dissatisfaction, reduced self-confidence, and negative emotional experiences. Furthermore, the need for online validation through likes, comments, and followers can create psychological pressure and influence the self-esteem of young users. In some cases, young individuals may develop a strong emotional attachment to their online presence, which can affect their real-life relationships and daily activities.

Despite these challenges, social media also offers many positive opportunities for personal and social development. It provides access to educational resources, professional networks, and global communities that encourage learning and collaboration. Young people can use social media to develop new skills, share knowledge, participate in discussions, and raise awareness about important social issues. For many students, social media also serves as a platform for creativity, innovation, and self-development. Therefore, social media should not only be viewed as a source of potential risks but also as a powerful tool that can contribute to positive psychological and social growth when used responsibly.

Understanding the psychological impact of social media on youth has become an important area of research in modern psychology. By examining both the positive and negative aspects of social media use, researchers can better understand how digital environments influence young people's thoughts, emotions, and behaviors. Such research can also help educators, parents, and policymakers develop strategies that promote healthy digital habits and support the mental well-being of young people in the digital age. This article aims to explore the psychological effects of social media on youth and highlight the importance of balanced and mindful use of digital technologies.

LITERATURE REVIEW

In recent years, many researchers have studied the psychological effects of social media on young people. The rapid growth of digital technologies and the increasing popularity of online platforms have encouraged psychologists and social scientists to analyze how social media influences mental health, behavior, and social relationships. Numerous studies indicate that social media has both positive and negative effects on the psychological well-being of adolescents and young adults.

One of the most frequently discussed topics in previous research is the relationship between social media use and mental health. Several studies have found that excessive use of social media is associated with higher levels of anxiety, stress, and depression among young people. Researchers argue that constant exposure to online content and the pressure to maintain an ideal online image may create emotional stress. Young users often feel the need to present themselves in a positive way, which can lead to psychological pressure and dissatisfaction with their real-life situations. Another important concept highlighted in the literature is social comparison theory. According to this theory, individuals evaluate their own abilities and achievements by comparing themselves with others. On social media platforms, users are constantly exposed to images and stories that often represent only the best moments of people's lives. As a result, many young users begin to compare their own lives with these idealized representations. This process can lead to feelings of inadequacy, jealousy, and low self-esteem, especially among adolescents who are still developing their personal identity.

Researchers have also emphasized the role of social media in shaping social relationships. On the one hand, social media helps young people maintain friendships and communicate with others easily. Online communication allows individuals to stay connected even when they are physically far from each other. In addition, social media communities can provide emotional support, especially for individuals who may feel isolated in their offline environment. For many young people, online platforms serve as spaces where they can share experiences, receive encouragement, and build supportive networks. On the other hand, some scholars argue that excessive use of social media may reduce face-to-face communication and weaken real-life relationships. Spending too much time online may limit opportunities for direct interaction, which is important for developing social skills and emotional intelligence. In some cases, young people may prefer online communication instead of real-life conversations, which can affect their ability to build strong interpersonal relationships.

Another area discussed in the literature is the influence of social media on self-esteem and identity formation. Adolescence is a critical period for the development of personal identity, and social media plays a significant role in this process. Through social media, young people experiment with different forms of self-presentation and receive feedback from others. Positive feedback, such as likes and supportive comments, can increase self-confidence. However, negative comments or lack of attention may negatively affect self-esteem and emotional stability. At the same time, many researchers highlight the positive potential of social media when it is used responsibly. Social media can provide educational opportunities, access to useful information, and platforms for creativity and innovation. Young people can learn new skills, participate in discussions, and collaborate with others across the world. In this sense, social media can contribute to personal development and global awareness.

Overall, the literature shows that the psychological impact of social media on youth is complex and multi-dimensional. While excessive use may create psychological challenges, responsible and balanced use can provide many benefits for personal growth and social connection. Therefore, it is important to continue studying this topic in order to develop strategies that promote healthy digital behavior among young people.

METHODOLOGY

This study is based on a comprehensive literature review of previous research on the psychological impact of social media on youth. Articles, research papers, and reports published in peer-reviewed journals between 2015 and 2025 were analyzed. The primary sources included studies on mental health, social comparison, self-esteem, anxiety, depression, and identity formation among adolescents and young adults. Both qualitative and quantitative studies were considered to provide a balanced perspective. Data from surveys, interviews, and online behavior analysis were synthesized to identify key psychological trends related to social media use.

DISCUSSION

The analysis of previous studies indicates that social media has both positive and negative effects on young people. On the positive side, social media facilitates communication, creativity, learning, and emotional support. Adolescents can connect with peers, participate in online communities, and express themselves in ways that enhance personal and social development. Platforms can also provide educational resources and opportunities for skill-building, innovation, and awareness of global issues.

However, excessive or inappropriate use of social media can lead to psychological challenges. Frequent social comparison, online validation seeking, and exposure to idealized images often result in stress, anxiety, low self-esteem, and depression. Sleep disturbances, reduced face-to-face communication, and emotional dependency on online feedback are additional concerns. These findings highlight the importance of promoting balanced social media habits and digital literacy among youth. Parents, educators, and policymakers should encourage conscious use of social media, limit screen time, and foster offline social interactions to maintain mental well-being.

CONCLUSION

In conclusion, social media plays a complex and multifaceted role in the psychological development of young people. While it offers significant benefits in terms of communication, learning, and self-expression, it also presents challenges that may negatively affect mental health. Understanding the psychological effects of social media is essential for promoting responsible use among adolescents. Balanced usage, guided support from parents and educators, and digital literacy programs can help youth maximize the benefits of social media while minimizing potential risks. Future research should continue to explore the long-term effects of social media on identity formation, emotional health, and social relationships among young people.

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- 13.00.00 Pedagogika fanlari
 - 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
 - 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
 - 13.00.03 Maxsus pedagogika
 - 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
 - 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
 - 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
 - 13.00.07 Ta'limda menejment
 - 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
 - 13.00.09 Ijtimoiy pedagogika
 - 07.00.00 Tarix fanlari
 - 19.00.00 Psixologiya fanlari
 - 01.00.00 Fizika-matematika fanlari
 - 02.00.00 Kimyo fanlari
 - 03.00.00 Biologiya fanlari
 - 09.00.00 Falsafa fanlari
 - 10.00.00 Filologiya fanlari
 - 11.00.00 Geografiya fanlari



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