



HOW SOCIAL MEDIA SHAPES STUDENTS' LIVES-THE GOOD AND BAD

Jabaraliyeva Xosiyatxon Qambarali qizi

first-year student of the Faculty of Foreign

Philology, Kokand State University

Instructor: Jamolliddin Khudoberdiyev,

Department of National Ideology and Law.

Annotation

In the modern digital age, social media has become a natural part of students' every day lives. It allows them to learn, communicate and express themselves yet it also brings certain risks. This article explores both positive and negative sides of social media and discusses how teachers and parents can guide students toward healthy and responsible use.

Keywords:

Social media, education, students upbringing, education, digital influence, media literacy.

Introduction:

It is no secret that social media is everywhere. For most students, it is not just a tool for chatting anymore-it is where they discover ideas, share opinions and even learn new things. Platforms like YouTube, Instagram and Telegram have become informal learning spaces full of opportunities.¹

But with all these benefits come risks: distraction, unhealthy comparisons and sometimes exposure to harmful content. That is why understanding how social media affects students-both positively and negatively- is so important today.

Main discussion:



The Positive side

Social media has transformed the students access information and learn. Platforms such as YouTube, Telegram and educational blogs provide quick and diverse learning materials, making knowledge more accessible and interactive.² Students can now clarify complex topics through visual and practical examples which increases motivation and understanding.

Additionally, social media encourages creativity and self-expression. They can post their art , short videos or thoughts and actually get feedback from others. This form of participation builds confidence and creative thinking skills.

Another important benefit is global connectivity. Social media allows students to collaborate with others, share experiences and exchange academic ideas academic borders. These connections help young people build empathy, teamwork and cultural awareness.

The negative sides:

Despite all the advantages, social media also has its drawbacks. One of the main problems is losing balance. Many students spend too much time online which leads to procrastination and a lack of focus. Notifications, chats and constant updates can easily distract them from studying and reduce productivity.

Another concern is the type of content students encounter online. The internet is full of both valuable and harmful information. Without critical thinking skills students may fall for fake news, unrealistic beauty ideals or toxic trends that distort their view of reality.³

The emotional impact is also significant. Many students feel pressure to look perfect or gain more followers and this can lead to stress or self- doubt comparing to one's real life to someone else's "highlight reel" often makes young people feel inadequate, even when there is no real reason to.

The teacher and parent's role



Teachers and parents can make a real difference. When they help students understand how to use social media wisely- not just for fun but for learning- it builds responsibility. Teaching media literacy in school helps young people think critically and protect themselves from online manipulation.⁴

Conclusion

Social media is neither fully good nor entirely bad-it is a tool. It can be a door to creativity or it can become a source of pressure and distraction.

If students learn to use social media with purpose and adults guide them with care, it can truly become something positive- and space where young minds grow, not get get lost. Together, parents, teachers and students can make social media a bridge to understanding not a wall between generations.

References

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