



THE PSYCHOLOGICAL EFFECTS OF SOCIAL MEDIA ON YOUNG PEOPLE

Durdona Anvarova

Student of Fergana State University

Scientific supervisor: Adamboyeva Nafisa

Teacher, Fergana State University

Abstract: *The rapid development of digital communication has significantly influenced the way people use language today. This article explores the multifaceted psychological impact of social media platforms on the adolescent and young adult population. Social networks and messaging applications have created new forms of communication that are faster and more informal than traditional language. The study analyzes how constant connectivity influences mental well-being and identity formation, focusing on the evolution of modern English in digital spaces.*

Keywords: *social media, psychology, language evolution, modern English, mental health, digital communication.*

Annotatsiya: *Raqamli aloqaning jadal rivojlanishi bugungi kunda odamlarning tildan foydalanish uslubiga sezilarli ta'sir ko'rsatdi. Ushbu maqola ijtimoiy media platformalarining o'smirlar va yoshlar populyatsiyasiga ko'p qirrali psixologik ta'sirini o'rganadi. Ijtimoiy tarmoqlar va onlayn forumlar an'anaviy yozma tildan ko'ra tezroq va norasmiyroq bo'lgan muloqotning yangi shakllarini yaratdi. Maqolada doimiy aloqada bo'lish ruhiy farovonlik va identifikatsiyaning shakllanishiga qanday ta'sir qilishi tahlil qilinadi.*

Kalit so'zlar: *ijtimoiy tarmoqlar, psixologiya, til evolyutsiyasi, zamonaviy ingliz tili, ruhiy salomatlik, raqamli muloqot.*

Аннотация: *Стремительное развитие цифровых коммуникаций существенно повлияло на то, как люди используют язык сегодня. В данной*



статье исследуется многогранное психологическое воздействие платформ социальных сетей на подростков и молодежь. Социальные сети и мессенджеры создали новые формы общения, которые быстрее и более неформальны, чем традиционный письменный язык. В статье анализируется, как постоянная связь влияет на психологическое благополучие и формирование личности в контексте эволюции современного английского языка.

Ключевые слова: социальные сети, психология, эволюция языка, современный английский язык, психическое здоровье, цифровая коммуникация.

1. INTRODUCTION

The development of the internet and digital technologies has transformed the way people communicate. Millions of users interact daily through social media platforms, which encourage faster and more informal communication. These environments lead to the emergence of internet slang, such as 'LOL' or 'OMG', helping users express ideas quickly. The primary objective of this research is to identify the psychological and structural mechanisms through which digital slang alters the lives of young people.

2. METHODS

This study employs a descriptive and comparative psychological analysis based on recent literature. We observe how digital environments prioritize speed and brevity, often at the expense of deep emotional connection. The methodology involves reviewing the behavioral patterns of adolescents, who are the primary drivers of digital shifts and linguistic innovations. Following the perspective of Crystal (2011), we examine how the adaptability of human communication in digital spaces can lead to both positive and negative psychological outcomes.

3. RESULTS

The analysis reveals several key psychological trends:

Social Comparison: Users frequently modify their perceived reality to align with digital standards, leading to a "memetic" lifestyle where individuals mirror online trends for validation.



Anxiety and Speed: Digital communication platforms prioritize immediate feedback, which increases pressure on message encoding and response times.

Connectivity vs. Isolation: While social media serves as a catalyst for creativity and community building, it can also create a paradox of feeling "always-on" yet emotionally detached.

4.DISCUSSION

The results indicate that the psychological impact of social media is a sign of functional adaptability to a mobile world. The boundary between one's private self and public digital persona becomes blurred. For young people, the challenge lies in remaining "communicatively competent" in a digital space while maintaining a healthy psychological balance. As described by Baron (2008), the "always-on" nature of modern technology creates a constant state of cognitive load that can impact long-term mental development.

5.CONCLUSION

Social media significantly influences the psychological well-being of young people. It demonstrates how human behavior evolves in response to technological changes and the need for efficient, albeit superficial, communication. While these platforms enhance creativity and global connectivity, it remains essential to foster digital literacy to mitigate negative psychological effects. Future research should focus on the long-term impact of digital social markers on the standardization of mental health norms.

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