

**THE ROLE OF DIGITAL MEDIA IN TEENAGERS' DAILY LIVES**

Qo'qon Davlat Universiteti
Xorijiy til va adabiyot fakulteti
Talaba; Jo'rayeva Nilufar
Ilmiy rahbar; Abdupattayev Hasanboy

Annotation: *This article discusses how digital media has become an inseparable part of teenagers' lives in today's world. It examines both the benefits and challenges of constant online engagement and emphasizes the need for digital literacy education. The paper argues that teaching teenagers to use digital platforms responsibly helps them protect their mental health, develop communication skills, and use technology for creativity and learning.*

Keywords: *digital literacy, social media, teenagers, online safety, mental health, technology use.*

ANOTATSIYA: *Ushbu maqolada raqamli media bugungi kunda o'smirlar hayotining ajralmas qismiga aylangani haqida so'z yuritiladi. Unda doimiy onlayn faoliyatning foydalari va muammolari tahlil qilinadi hamda raqamli savodxonlikni o'rgatish zarurligi ta'kidlanadi. Maqolada o'smirlarga raqamli platformalardan mas'uliyatli foydalanishni o'rgatish ularning ruhiy salomatligini himoya qilishga, muloqot ko'nikmalarini rivojlantirishga va texnologiyadan ijodkorlik hamda o'qish maqsadida samarali foydalanishga yordam berishi ta'kidlanadi.*

Kalit so'zlar: *raqamli savodxonlik, ijtimoiy tarmoqlar, o'smirlar, onlayn xavfsizlik, ruhiy salomatlik, texnologiyadan foydalanish.*

Аннотация: *В данной статье рассматривается, как цифровые медиа стали неотъемлемой частью жизни подростков в современном мире. Анализируются преимущества и трудности постоянного онлайн-взаимодействия, а также подчеркивается необходимость обучения цифровой грамотности. В работе утверждается, что обучение подростков ответственному использованию цифровых платформ помогает защитить их*



психическое здоровье, развивать коммуникативные навыки и использовать технологии для творчества и обучения.

***Ключевые слова:** цифровая грамотность, социальные сети, подростки, онлайн-безопасность, психическое здоровье, использование технологий.*

Introduction

In the modern era, digital media plays a central role in how teenagers communicate, learn, and spend their free time. Platforms such as TikTok, Instagram, and Telegram allow young people to share ideas, gain information, and connect globally. These tools have transformed the way teenagers understand the world, build relationships, and express who they are. However, constant exposure to social media also brings several risks, including mental pressure, distraction, and misinformation.

This article explores both sides of digital media's influence and explains why developing strong digital literacy is essential for today's youth.

Positive Effects of Digital Media

Digital media provides countless opportunities for self-development and education. Teenagers can easily reach online courses, language-learning platforms, and digital libraries that expand their knowledge beyond the classroom. They can also join interest-based communities that inspire creativity and collaboration.

During the COVID-19 pandemic, for instance, millions of students continued their education through digital platforms. Many young users discovered new talents such as video editing, content creation, or online marketing. Social media also allows teenagers to share their voices, raise awareness about important issues, and connect with others who share the same goals.

Another advantage is skill-building. Teenagers who use media wisely can improve their digital competence, problem-solving, and teamwork abilities — skills that are valuable for future academic and professional success.

Negative Effects of Digital Media



Despite these benefits, excessive or careless use of social media can harm teenagers' mental and physical health. Spending too much time online often leads to addiction, sleep problems, and lower academic performance. The habit of constantly checking notifications causes anxiety and reduces focus on studies or real-life communication.

Cyberbullying is another serious concern. Teenagers may face hateful comments, rumors, or online harassment, which can negatively affect their confidence and self-esteem. In addition, social comparison plays a big role — many teenagers feel unhappy when comparing their appearance or lifestyle with the unrealistic images they see online.

Misinformation is also widespread on the internet. Without strong media literacy skills, teenagers may believe false news, manipulated photos, or misleading opinions. This highlights the urgent need to teach young people how to verify online information and think critically before sharing it.

The Importance of Digital Literacy

Digital literacy means more than knowing how to use a smartphone or computer. It involves understanding how online content is created, why it exists, and how to evaluate its truthfulness. Teenagers must learn to question online messages: Who made this? What is its purpose? Is it reliable?

Parents and schools have a key role in teaching these skills. A digitally literate teenager can identify credible sources, protect personal privacy, and maintain a healthy balance between online and offline activities. They can enjoy the advantages of social networks — learning, communication, and creativity — without being negatively influenced by them.

Conclusion

Digital media is an important part of teenage life today. It offers great possibilities for learning, communication, and self-expression, but it also demands responsibility. The goal is not to stop using social media, but to use it wisely and safely.



When teenagers are taught digital literacy, they become more thoughtful and confident online users. They can use technology as a source of education and inspiration, rather than comparison and stress. In this way, digital media can truly serve as a bridge to creativity, cooperation, and positive social development.

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