

THE IMPACT OF SOCIAL MEDIA ON YOUNG PEOPLE'S MINDS

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ANNOTATION

This article examines how social media influences young people's thinking, behavior, and emotional well-being. It highlights both positive and negative effects and suggests ways to use social platforms more responsibly.

Key words: well-being, apps, platforms, young people, social media, content, effect, trend, cyberbullying, critical thinking

ANNOTATSIYA

Ushbu maqolada ijtimoiy tarmoqlarning yoshlar tafakkuri, xulq-atvori va ruhiy holatiga ta'siri tahlil qilinadi. Unda ijobiy va salbiy jihatlar yoritilib, ulardan oqilona foydalanish yo'llari taklif etiladi.

Kalit so'zlar: ilovalar, turli platformalar, jamiyat, ijtimoiy tarmoq, video rulik, ta'sir, kiberxavsizlik, tanqidiy fikrlash

АННОТАЦИЯ

В данной статье рассматривается влияние социальных сетей на мышление, поведение и эмоциональное состояние молодежи. Освещаются как положительные, так и отрицательные стороны, а также предлагаются способы разумного использования социальных платформ.

Ключевые слова: Кибербезопасность, Социальная сеть, Влияние (на общество), Видеоролик, Критическое мышление, Молодёжь

INTRODUCTION

In recent years, social media has become an inseparable part of young people's daily lives. Platforms such as Instagram, Telegram, and TikTok are not only tools for communication but also powerful sources of information and influence. While social media offers many opportunities, it also raises serious concerns about its impact on the minds and behavior of the younger generation.

In this generation, many young people depend on social media and internet. And as a result it also raises serious problems about its long-term influence on the minds.

MAIN PARTS**Positive effects of social media**

Social media provides numerous benefits for young people. First of all, it helps them stay connected with friends and family, even if they live far away. Communication has become faster and easier than ever before.

Secondly, social media is a powerful educational tool. Students can access online courses, watch educational videos, join learning groups, and improve their language skills. For example, many young people use YouTube or Telegram channels to study English, science, and other subjects.

In addition, social media increases awareness of global issues such as climate change, human rights, and health problems. It encourages young people to express their opinions and participate in social discussions.

Negative effects of social media

Despite its advantages, social media also has serious negative effects. One of the biggest problems is addiction. Many young people spend excessive time scrolling through feeds, which reduces their productivity and concentration.

Another issue is mental health. Constant comparison with others' "perfect lives" can lead to low self-esteem, anxiety, and even depression. Young users often feel pressure to look perfect or live an ideal lifestyle shown on social media.

Moreover, misinformation is a growing problem. Fake news, harmful content, and unrealistic standards can negatively influence young people's thinking. Without proper guidance, it becomes difficult to distinguish between truth and false information.

Cyberbullying is also a serious issue. Many teenagers experience online harassment, which can emotionally harm them and affect their confidence.

Social and behavioral influence

Social media also affects behavior and values. Young people may copy trends without understanding their consequences. Some trends can be harmful or inappropriate. In addition, excessive use of social media reduces face-to-face communication skills, making real-life relationships weaker.

On the one hand, social media has several advantages. It allows young people to stay connected with friends and family, share ideas, and access educational content. Many students use online platforms to improve their knowledge, learn new skills, and even practice foreign languages. Social media can also raise awareness about global issues and encourage social participation.

On the other hand, excessive use of social media can negatively affect young people's mental health. Constant comparison with others may lead to low self-esteem and anxiety. In addition, the spread of unrealistic lifestyles and false information can distort young people's perception of reality. Addiction to smartphones and social platforms often reduces productivity and weakens real-life communication skills.

Another important issue is the influence of social media on values and behavior. Young users may be exposed to harmful content, cyberbullying, or negative trends that shape their attitudes in undesirable ways. Without proper guidance, it becomes difficult for them to distinguish between useful and harmful information

CONCLUSION

In conclusion, social media has become a powerful force that deeply influences the minds and lives of young people in today's digital era. It cannot be denied that it offers many valuable benefits, such as fast communication, access to unlimited information, educational opportunities, and the ability to express oneself freely. These advantages make social media an important part of modern education and social interaction.

However, at the same time, its negative effects should not be ignored. Excessive use of social media can lead to addiction, reduced concentration, poor academic performance, and weakened real-life communication skills. More importantly, constant exposure to unrealistic lifestyles and filtered images may negatively affect young people's self-esteem and mental health. Issues such as cyberbullying and misinformation further increase the risks associated with digital platforms.

Therefore, it is clear that social media is neither completely good nor completely bad; its impact depends on how it is used. Young people need to develop self-discipline and critical thinking skills in order to use these platforms in a balanced and meaningful way. Parents, teachers, and society also play an important role in guiding teenagers toward responsible digital behavior and helping them understand the difference between useful and harmful content.

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