

**THE DIGITAL ENVIRONMENT AND ADOLESCENT PSYCHE:
PSYCHOLOGICAL AND BEHAVIORAL CHANGES ARISING FROM THE
INFLUENCE OF SOCIAL NETWORKS**

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Abstract. This study investigated the impact of the digital environment, particularly social networks, on the adolescent psyche. The study involved 40 adolescents, analyzing the correlation between their level of social media use and their psychological state (depression, anxiety, and behavioral changes). The results indicated that excessive use of social media is associated with an increase in symptoms of Depression and Anxiety Disorder. Furthermore, cases of sleep disturbance, aggression, and social isolation were also observed among the adolescents.

Keywords: social networks, adolescents, psyche, depression, anxiety, digital stress

**ЦИФРОВАЯ СРЕДА И ПСИХИКА ПОДРОСТКА:
ПСИХОЛОГИЧЕСКИЕ И ПОВЕДЕНЧЕСКИЕ ИЗМЕНЕНИЯ,
ВОЗНИКАЮЩИЕ ПОД ВЛИЯНИЕМ СОЦИАЛЬНЫХ СЕТЕЙ**

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Аннотация. В данном исследовании изучено влияние цифровой среды, в частности социальных сетей, на психику подростков. В исследовании приняли участие 40 подростков, была проанализирована взаимосвязь между степенью использования ими социальных сетей и их психологическим состоянием (депрессия, тревожность и поведенческие изменения). Результаты показали, что чрезмерное использование социальных сетей связано с усилением симптомов депрессии и тревожного расстройства. Также у подростков наблюдались нарушения сна, агрессивность и социальная изоляция.

Ключевые слова: социальные сети, подростки, психика, депрессия, тревожность, цифровой стресс

RAQAMLI MUHIT VA O'SMIR PSIXIKASI: IJTIMOY TARMOQLAR TA'SIRIDA YUZAGA KELADIGAN PSIXOLOGIK VA XULQIY O'ZGARISHLAR

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Respublika ixtisoslashtirilgan ruhiy salomatlik
ilmiy- amaliy tibbiyot markazining Psixiatriya xizmati
bo'yicha Buxoro viloyat filialida bolalar va o'smirlar bo'limi mudiri*

Annotatsiya. Mazkur tadqiqotda raqamli muhit, xususan ijtimoiy tarmoqlarning o'smirlar psixikasiga ta'siri o'rganildi. Tadqiqotda 40 nafar o'smir ishtirok etib, ularning ijtimoiy tarmoqlardan foydalanish darajasi hamda psixologik holati (depressiya, xavotir va xulqiy o'zgarishlar) o'rtasidagi bog'liqlik tahlil qilindi. Natijalar shuni ko'rsatdiki, ijtimoiy tarmoqlardan ortiqcha foydalanish Depressiya va Xavotir buzilishi simptomlarining ortishi bilan bog'liq. Shuningdek, o'smirlarda uyqu buzilishi, agressivlik va ijtimoiy izolyatsiya holatlari ham kuzatildi.

Kalit so'zlar: ijtimoiy tarmoqlar, o'smirlar, psixika, depressiya, xavotir, digital stress

In recent years, digital technologies and social networks have become an integral part of adolescent life. According to the World Health Organization, mental health issues are on the rise among adolescents, and the digital environment is considered one of the important factors in this.

The constant flow of information through social networks (Instagram, Telegram, TikTok, etc.), the prevalence of social comparisons, and virtual communication significantly affect the emotional and psychological state of adolescents. Studies show that excessive use can lead to increased levels of depression, anxiety disorders, and stress.

The objective of this study is to determine the correlation between the level of social media usage and psychological and behavioral changes in the adolescent psyche.

Materials and Methods. This study was conducted based on a cross-sectional design. A total of 40 teenagers aged 13-17 participated in it. Participants were divided into two groups depending on their level of social media use: 20 adolescents constituted the group of active social media users for 4 hours or more per day, while the remaining 20 constituted the group of normal users using up to 2 hours per day.

A comprehensive methodological approach was applied during the research process. Initially, a specially designed survey was conducted to determine the duration, purpose, and level of activity of the participants in using social networks.

Subsequently, standardized psychodiagnostic tests were used to assess the psychological state of the adolescents. Specifically, the Beck Depression Scale was used to identify depressive symptoms, and the Spielberger Anxiety Scale was used to assess anxiety levels.

The obtained data were statistically processed and analyzed. Statistical calculations were performed using the SPSS program, and the reliability of the results was assessed at a level of $p < 0.05$.

Results. According to the study results, a number of significant psychological and behavioral changes were identified in the group of adolescents who actively use social media, which were significantly higher compared to the group of normal users. In particular, depression indicators were statistically significantly higher ($p < 0.01$), and an increase in the level of anxiety disorders was also noted ($p < 0.05$).

Furthermore, among active users, sleep disturbances were identified in 65% of participants, indicating the negative impact of the digital environment on biological rhythms. Aggressive behavior is observed in 40% of cases, which is explained by a decrease in emotional stability. It was also found that cases of social isolation were recorded in 55% of participants and were associated with a decrease in real social contacts.

In the normal use group, the aforementioned indicators are at a much lower level, confirming that the intensity of social media use directly affects the psychological state of adolescents.

Discussion. The results obtained confirm that excessive use of social networks has a negative impact on the psyche of adolescents. In particular, the increase in symptoms of depression and anxiety disorders is explained by the dependence on social comparison, "like," and "feedback" in the digital environment.

Also, the disruption of sleep rhythm and the use of gadgets in the evening have a negative impact on neurophysiological processes. This, in turn, reduces cognitive functions and emotional stability.

The results also align with other international studies and indicate the need to monitor social media usage.

Conclusion. Excessive use of social networks can lead to the occurrence of negative psychological and behavioral changes in the adolescent psyche. This condition, in turn, manifests as a decrease in emotional stability, difficulties in social adaptation, and behavioral disorders. Therefore, it is important to regulate the time spent on social networks among adolescents, strengthen the psychological monitoring system, and implement constant monitoring and preventive measures by parents and educators.

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