

МЕДИЦИНА, ПЕДАГОГИКА И ТЕХНОЛОГИЯ: ТЕОРИЯ И ПРАКТИКА

Researchbib Impact factor: 13.14/2024

SJIF 2024 = 5.444

Том 3, Выпуск 08, Сентябрь

THE IMPACT OF SOCIAL MEDIA ON YOUTH MENTAL HEALTH

Normominov Muhiddin

Termiz Economics and Service University

Faculty of Pedagogy and Social Humanities Sciences

Department of Philology, English Language Teaching Specialization

Abstract Social media has become an integral part of young people's daily lives offering unprecedented opportunities for communication education and creativity however excessive and uncontrolled use has raised concerns about its negative impact on psychological well-being This article explores both the positive and negative effects of social media on youth mental health focusing on issues such as anxiety depression cyberbullying and identity formation The discussion emphasizes the importance of digital literacy parental involvement and policy regulations as effective strategies to reduce risks and promote balanced use The findings suggest that social media can be a beneficial tool when used responsibly but may cause serious mental health problems if misused

Keywords: Social media; youth; mental health; anxiety; depression; cyberbullying; digital literacy

Introduction

In the twenty-first century social media has transformed the way young people interact learn and express themselves Platforms such as Instagram TikTok Facebook and X formerly Twitter are widely used among adolescents and have become essential tools of communication and socialization According to recent surveys more than 80 percent of teenagers spend between three to six hours per day on social media While these platforms provide access to information and global networks they also generate psychological challenges Researchers increasingly warn about the harmful consequences of excessive use ranging from emotional distress to addictive behaviors Therefore the relationship between social media and youth mental health has emerged as a crucial area of academic inquiry

Main Part

Positive effects of social media include social connection which enables young people to maintain friendships and create supportive communities reducing feelings of

МЕДИЦИНА, ПЕДАГОГИКА И ТЕХНОЛОГИЯ: ТЕОРИЯ И ПРАКТИКА

Researchbib Impact factor: 13.14/2024

SJIF 2024 = 5.444

Том 3, Выпуск 08, Сентябрь

isolation educational opportunities that provide access to knowledge awareness campaigns and motivational content and self-expression that encourages creativity cultural participation and exploration of identity Negative effects of social media include anxiety and depression as studies reveal strong links between prolonged social media use emotional instability and reduced self-esteem cyberbullying where online harassment and bullying have become widespread harming the emotional well-being of adolescents addiction since excessive use often leads to compulsive behaviors poor academic performance and limited offline engagement and identity issues where unrealistic beauty standards and idealized lifestyles distort self-image and hinder authentic identity formation Strategies and recommendations include digital literacy where schools and families must promote responsible social media practices and critical thinking parental guidance where open communication and supervision are essential in reducing negative exposure and policy interventions where governments and technology companies should enforce stronger regulations against harmful content cyberbullying and addictive design

Conclusion

Social media represents a double-edged phenomenon for youth mental health On one side it provides valuable opportunities for education communication and creativity On the other side it contributes to anxiety depression addiction and distorted self-perceptions when overused The evidence suggests that balanced use preventive education and collective responsibility among families schools policymakers and companies are necessary With proper strategies the risks can be reduced while the benefits can be maximized ensuring that social media becomes a supportive rather than destructive force in the lives of young people

References

1. Keles B McCrae N & Grealish A 2020 The influence of social media on depression anxiety and psychological distress in adolescents International Journal of Adolescence and Youth 25(1) 79–93
2. Twenge J M & Campbell W K 2019 Associations between screen time and psychological well-being among children and adolescents Preventive Medicine Reports 12 271–283

МЕДИЦИНА, ПЕДАГОГИКА И ТЕХНОЛОГИЯ: ТЕОРИЯ И ПРАКТИКА

Researchbib Impact factor: 13.14/2024

SJIF 2024 = 5.444

Том 3, Выпуск 08, Сентябрь

3. Uhls Y T Ellison N B & Subrahmanyam K 2017 Benefits and costs of social media in adolescence *Pediatrics* 140(Suppl 2) S67–S70
4. Best P Manktelow R & Taylor B 2014 Online communication and adolescent wellbeing A systematic narrative review *Children and Youth Services Review* 41 27–36
5. Livingstone S & Smith P K 2014 Harms experienced by child users of online and mobile technologies *Journal of Child Psychology and Psychiatry* 55(6) 635–654
6. Andreassen C S et al 2017 The relationship between addictive use of social media narcissism and self-esteem Findings from a large national survey *Addictive Behaviors* 64 287–293
7. Radovic A et al 2017 Smartphone use social media and mental health in adolescents *Journal of Adolescent Health* 61(6) 755–761
8. Royal Society for Public Health 2017 Status of Mind Social media and young people's mental health and wellbeing London RSPH
9. Moreno M A & Uhls Y T 2019 Applying an affordances approach and a developmental lens to adolescent social media use *Digital Health* 5 1–13
10. World Health Organization WHO 2022 Adolescent mental health Geneva WHO