

IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

Student: Bozorboyeva Orasta Asliddinova
Kimyo International University in Tashkent
Scientific adviser: Maftuna Nurova Teacher of
English Language Department,
Kimyo International University in Tashkent

Annotation: Over the past 20 years, social media has fundamentally altered how people engage, communicate, and get information. Social media sites like Facebook have significantly altered how people interact, communicate, and get information during the past 20 years, especially among younger generations. Social media sites such as Facebook, Instagram, Twitter, TikTok, and Snapchat have become a part of daily life, especially for younger generations. Despite the fact that social media offers numerous benefits, like instant communication, entertainment, and emotional support, there are serious concerns regarding its potential impact on mental health. This article examines the benefits and drawbacks of social media for mental health while providing practical guidance for maintaining a healthy digital lifestyle. During the article people can get information about mental health issues in real life

Keywords Social media, Mental health, Anxiety, Depression, Self-Esteem, Social comparasion, Body image, Sleep Duaturbance, Digital Lifestyle, Emotional and well-being, Social Isolation, Screen time, Online communication, youth and social media, negative effects of social media, FOMO(Fear of Missing out), Social Networks, Psychological impact

Introduction: Social media is a good way of attaching with people through web-based tools. This gives the ability to share details, videos and messages. Social networks are widely used in various fields. While it has many positive and negative sides. Social media helps people stay connected with family or friends, no matter what they are. One negative side it can Low self-esteem or feelings of inadequacy are among the detrimental effects of social media on mental health. Regular exposure to the seemingly ideal lifestyles of others can cause social comparison, which can make people feel less accomplished or inferior. This can lead to anxiety, sadness, and problems with body image.

What are negative effects of Social media on Mental health? There are some various impacts of Social media.

1. Anxiety and Depression
2. Comprasion and Low Self-Esteem
3. Distraction and Sleep Distribution

Anxiety and Depression

There's a developing body of show connecting social media make use of to elevated stages of uneasiness and misery. This affiliation is to a extraordinary extent due to youthful individuals investing greater time on-line at the value of face-to-face intelligent, which can end result in social confinement. Twenge et al. (2018) identified a quintessential interface between intemperate display screen time and elevated depressive facet effects in youngsters, particularly younger ladies.

Additionally, inquire about via Primack et al. (2017) uncovered that humans locks in with a few social media tiers were over three instances more probably to encounter raised uneasiness and discouragement. A suppose about along with American young adults matured 12 to 15 regarded that these who went via more than three hours day through day on social media had twice the danger of creating mental wellness issues, such as discouragement and uneasiness. Numerous clients compare themselves to the cleaned, idealized substance shared by others, which can domesticate sentiments of insufficiency, moo self-worth, and increased uneasiness. Also, the fear of misplaced out (FOMO) frequently emerges when humans see others participating in agreeable exercises, using to sentiments of prohibition and disappointment.

Comparison and Low Self-Esteem

Social media can be mainly hurtful to human beings with moo self-esteem. Introduction to idealized methods of lifestyles and accomplishments regularly empowers bad self-comparison. For a few, likes and remarks on posts gotten to be measures of person esteem, extending sentiments of dismissal and uncertainty. In spite of the fact that Robinson et al. (2020) famous that social media has made a distinction raise mindfulness round mental wellbeing and reduce shame, they moreover advised that it can compound uneasiness, misery, and body picture issues for those with preexisting moo self-esteem..

Distraction and Sleep Distribution

Another issue with social media is its have an effect on on core and relaxation quality. Levenson et al. (2016) observed a connect between late-night social media utilize and disturbed relaxation designs, which are emphatically related with disposition clutters. Nonstop notices and unending looking over prevent both daylight hours attention and hour of darkness rest. Utilizing phones late at night time diminishes rest quality, driving to tiredness, peevishness, and declining intellectual wellbeing. Over time, this relaxation misfortune and diversion can make bigger stretch and uneasiness whereas lessening passionate steadiness, in this way undermining mental well-being.

Conclusion

Social media has created into a powerful instrument for communication, self-expression, and information trade. But abuse of it can have a negative impact on mental

wellbeing, causing issues counting uneasiness, pity, moo self-esteem, and destitute rest. Passionate anguish and hurtful comparisons are as often as possible caused by the ceaseless presentation to idealized pictures and ways of life. It's basic to utilize social media with mindfulness, prioritizing in-person connections, selecting substance, and setting up time confinements in arrange to preserve a sound computerized way of life. Individuals can advantage from social media whereas shielding their mental and passionate wellbeing by finding a adjust.

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