

## PSYCHOLOGICAL EFFECTS OF SOCIAL NETWORKS ON ADOLESCENT BEHAVIOR

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### ABSTRACT

The article discusses a new phenomenon of social reality - the computer network. It is written about a new form of psychological tension among young people. Internet connection issues. There are also tips for parents on how to prevent teens from being exposed to social media.

**Keywords:** Internet, Internet-based sites, the psychological impact of social networking, the pros and cons of the Internet, adolescent behavior.

### INTRODUCTION

Today, many internet users are paying a lot of attention to popular social networks. There are many proponents of such web services, but there are also many opponents. Each of them presents a lot of evidence in favor of their point of view. It is no exaggeration to say that the Internet has become a part of our lives. For us, teenagers, this is a pressing issue. But whether or not this phenomenon is a problem is a moot point. Should the whole society pay attention to this or should everyone make a decision for themselves? to be influenced by social networks or to ignore them? the question arises.

Under the influence of the environment, the individual socializes in the process of upbringing. The developmental environment of the modern person in which upbringing takes place has changed significantly. The influence of the world media, especially the Internet, is growing. In Russia, the global network is increasingly integrated into public life, and teenagers are no exception. Some people think the internet is good and some think it is bad. Social media is a business today. They are attracting more and more audiences. Not only in foreign countries, but also in Uzbekistan, the psychological impact of social networks on adolescent behavior is growing.

Not everyone knows that the concept of "Social network" actually appeared in 1954 and, of course, has nothing to do with the Internet. This concept was introduced by sociologist James Barnes: "Social network" is a social structure consisting of a group of nodes with social objects (people or organizations) and connections (social relations) between them. Simply put, this is a specific group of acquaintances, where the person himself is the center and his friends are the horns. Gradually, the scientific concept gained popularity first in developed capitalist countries and then in Eastern Europe. With the development of society, we have entered the information age, during which time we have created many forms of communication, which has led to a leap in the development of social networks, and now this scientific concept is applied everywhere.

The first social network to use computer technology was ARPA Net, an e-mail technology used by the military in 1971. At that time, the concept of social networking was considered a simple matter, that is, it served to find an acquaintance whom they had not seen for many years. Nowadays, social networks have a great impact on the education of teenagers.

A first-time visitor usually makes a good impression on the Internet. But is it really so? Only then will teenagers realize this. The longer they are on the internet, the more they see not only the pluses but also the disadvantages, but unfortunately they can't get out of the internet and can't even understand how they have benefited from the social network. Now it is difficult to distinguish between what is good and what is bad. By this I do not mean that social networks are bad, there are also positive aspects of the Internet and what they give us:

- Various services, for example:
- Income;
- Communication;
- There is a lot of information.

The Internet is a great platform for people to understand themselves, find a job they like, and go where they have never been. However, not everyone takes advantage of this opportunity...

Well, the positive aspects of the Internet are, first of all, the endless possibilities of self-awareness. There are many courses on the internet that can teach you anything: even breaking pages. You don't have to go anywhere here - just sit at home, have tea and read. For example, do you want to learn a foreign language? Tutors on Skype, all possible resources will help you. You just need to find something closer to your soul and now you can exercise at any convenient time.

Need to read? Do you have extensive knowledge of anything? Share, teach someone, create a website, engage an audience, benefit someone. Another chance for a meeting. In the 21st century, having the same interests and finding friends from other countries will probably not be a problem. But not all young people know this either.

**BUT!** All of this has many disadvantages, which are more than pluses:

- The effect of electromagnetic radiation;
- Information loss stress;
- Addiction to the virtual world;
- Public availability of information;
- Mental illness.

The first minus: Internet is only used by ordinary people, seeing a person sitting on the other side of the monitor, since it is impossible to know what is going on in his head, it can be immediately dangerous. Under the influence of such people, you can lose money or even commit suicide (there have been such cases). These are called hackers.

Viruses are a scourge of the 21st century. And what computers don't store, they know how many secrets. And once you have that kind of information, you can correct, embarrass, and eventually blackmail someone who none of the ordinary people like.

The second minus: the decline of people.

As mentioned above, not everyone uses the Internet properly. Under the influence of the internet, people do not realize how much time they are wasting.

What is Internet addiction? Internet addiction is a mental illness in which a person wants to spend as much time on the Internet as possible and is unable to disconnect from it and return to the real world. Doctors compare it to drug and alcohol addiction.

Communicating on social networks, the teenager joins various groups, subcultures, meets suspicious people. All of this leads to an unstable psyche and even an easily trusted and affected teenager to be bad for their life and to fall into bad ways rather than the right way.

Another downside of teen communication on social media is the limited opportunities to communicate in the real world, where they face problems in real dating. It is true that on the Internet a teenager can choose any role for himself, make himself better, more beautiful, think of the ideal, but not everything in life is so simple, because the teenager is himself, that is, real is alive. The psychological impact of social networking on a teenager's behavior is that the actions of their peers around them, their misuse of social media, and their access to banned sites all have an impact on their partner, the teenager. The reason why teenagers access various banned social networking sites and unknowingly connect to it is the lack of love and attention of their relatives, parents and, of course, what kind of friends their child makes at school, the lack of work with the walk is caused by indifference. When there is a negative change in a teenager's behavior, when his parents do not control him, if he does not teach him in his youth the notion of good and bad, and, of course, to use and do that bad thing himself, not to do bad? affects the child. That is, if a parent teaches their children the positive aspects of social media and gives them the right upbringing and control, the teenager will not do that bad thing.

In conclusion, I can say that a teenager, that is, your child, black-eyed, sweetheart, should be interested in reading books from an early age, so as not to be exposed to the psychological effects of social networks, and not just teach it, but parents you have to be an example to yourself, because the bird does what it sees in the nest. Today's parents hold a phone or tablet in their hand when their child cries from infancy. There is no need to caress or silence the child in this way, if he pays special attention to his child, plays with him, treats him kindly and explains him well, he will understand, because he is a human being, not an animal! The main thing is that the child should be taught good and bad, black and white, before taking the first step to school, and after going to school, the child should not waste his time. He needs to keep an eye on his studies, his friends around him, and himself. He should listen to his child, share his thoughts, and treat his child as an adult, not because he does not understand.

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