

DOI: <https://doi.org/10.5281/zenodo.10900158>

## THE EFFECT OF SOCIAL MEDIA ON TEEN'S BEHAVIORS

**Abdirasulova Nigina Gafurjon kizi,**

4th course student of Navoi State Pedagogical Institute

**Khasanova Yulduz Mukhtor kizi,**

Scientific supervisor, NSPI teacher,

E-mail: [yulduzhasanova025@gmail.com](mailto:yulduzhasanova025@gmail.com)

### ABSTRACT

*This paper examines the impact of social media on teenagers' behaviors. With the rise of social media platforms in recent years, adolescents have become increasingly engaged in online interactions, leading to significant changes in their attitudes, emotions, and behaviors. Social media platforms, while offering unparalleled opportunities for socialization, self-expression, and information access also present significant challenges including cyberbullying, privacy issues, and an increased risk of mental health problems. At the same time, we can not imagine our lives without social networks in today's developing age. First, by teaching the young generation how to use social networks, it is possible to teach them the knowledge and skills of social networks. In this research paper, I tried to find out their interest in the phone and the internet, as well as how many hours they spend on the Internet, through questions from 30 students using the qualitative method. Conversely, social media can also support teenage identity formation, provide educational content, and foster connections with peers who share similar interests. The findings emphasize the need for a collaborative approach among parents, and educators to support teenagers in achieving a balanced and healthy digital life.*

**Keywords:** social media, digital life, social media platforms, mental health problems.

### INTRODUCTION

In the past decade, the proliferation of social media platforms has revolutionized how we communicate, interact, and perceive the world around us. This transformation has been particularly profound among teenagers, for whom social media has become a dominant mode of communication and a significant influence on their socialization process. The omnipresence of platforms such as Instagram, Snapchat, and TikTok in

the lives of adolescents has prompted a growing body of research into the effects of social media on their behaviors, mental health, and overall well-being. This paper seeks to explore these effects, both positive and negative, with a focus on how social media influences teenagers' social interactions, self-esteem, body image, and sleep patterns, among other aspects of their behavior.

As digital natives, today's teenagers navigate a complex online landscape that previous generations did not encounter during their formative years. The ease of access to information, coupled with the ability to connect with peers across the globe, presents unique opportunities for learning, self-expression, and community building. However, alongside these opportunities are challenges including the risk of cyberbullying, the pressure to conform to unrealistic standards of beauty and success, and the potential for overuse, which can lead to addiction and displacement of offline activities. This introduction sets the stage for a comprehensive examination of the nuanced ways in which social media impacts adolescent behavior. Through an analysis of existing literature and empirical studies, the paper will delve into the mechanisms by which social media can shape the identities, aspirations, and social interactions of teenagers. Furthermore, it will discuss the psychological implications of social media use, including its association with anxiety, depression, and other mental health issues. By synthesizing current findings, this research aims to offer insights into the complex relationship between social media and teenage behavior, providing a foundation for recommendations on how parents, educators, and policymakers can support teenagers in navigating the social media landscape healthily and productively.

## METHODOLOGY

The methodology used in this paper provides readers with exact answers on how social media platforms affect young generations' studies and also if they show their negative impacts on their mental health problems. So 20 students from different classes were selected and their ages were also different. Overall, 8 questions were asked in the survey method.

The respondents of the research were pupils aged 14- 16. As I am a teacher at Smart land Center, I selected from other teachers' pupils during lesson time. Because I am a teacher of beginner-level learners.

There are two parts to this questionnaire. The first part contains personal information, names are not included to maintain the privacy of the participants and to keep the data confidential. The second part caters to social media usage among the identified respondents. It encloses questions for the identification of the contents favored by the participating groups. Answers to these questions lead to how social

platforms affect their understanding of their field of study and also have harmful results in their health problems.

To gather sufficient data, specific procedures are followed. Permission to conduct the study among the English learners is acquired by sending a letter of request to the junior school principal. When granted permission, a consultation among the prospective respondents is held to come up with specific dates for the conduct of the survey.

Open communication is established to build rapport with the survey participants to minimize hesitations in answering the survey questions.

1. How frequently do you use social media platforms (e.g., Facebook, Instagram, Snapchat, Twitter) on a typical day?

- Once a day or less
- 2-3 times a day
- 4-6 times a day
- More than 6 times a day

2. What is your primary reason for using social media?

- Connecting with friends and family
- Sharing personal experiences and updates
- Following celebrities or influencers
- Entertainment and leisure
- Other (please specify)

3. Have you ever experienced cyberbullying or negative interactions on social media?

- Yes
- No

4. How do you feel social media affects your self-esteem?

- It boosts my self-esteem
- It has no impact on my self-esteem
- It sometimes lowers my self-esteem
- It frequently lowers my self-esteem

5. Do you compare your life to the posts and images you see on social media?

- Rarely or never
- Sometimes
- Often
- Always

6. Have you ever made changes to your physical appearance (e.g., clothing, makeup) to align with social media trends or standards?

- Yes
- No

7. How often do you feel pressure to present a "perfect" image of yourself on social media?

- Never

- Rarely
  - Sometimes
  - Often
8. Have you ever felt excluded or left out due to social media activities or posts?
- Yes
  - No
9. How much time do you spend on social media per day, on average?
- Less than 1 hour
  - 1-2 hours
  - 2-3 hours
  - More than 3 hours
10. Have you ever experienced a decline in academic performance or productivity due to social media usage?
- Yes
  - No

Through these questions, it is quite easy to grasp the relationship of students with social media. Moreover, this questionnaire holds significant importance in improving the precision of the research.

## RESULT

If we consider the results of this survey, it can be seen that many young people nowadays spend a significant amount of time on internet platforms, and their valuable time is often spent online. They encounter various mental issues, but alongside them, some young people only use internet networks for positive purposes, such as gathering information and engaging in learning activities related to different subjects. I will now open up the results of this survey in various spheres.

- **Increased Social Connectivity:** Social media provides teenagers with opportunities to connect with friends, family, and peers. It can enhance social interactions, facilitate communication, and strengthen relationships.

- **Influence on Self-Esteem and Body Image:** Extensive exposure to carefully curated and idealized images on social media platforms may contribute to negative body image perceptions and lower self-esteem among teenagers. Comparisons with others' seemingly perfect lives and appearances can lead to feelings of inadequacy and dissatisfaction.

- **Cyberbullying and Online Harassment:** Social media platforms can be a breeding ground for cyberbullying, harassment, and online abuse. Teenagers may experience negative psychological effects, such as increased stress, anxiety, and depression, as a result of these experiences.

- **Impact on Mental Health:** Excessive social media use has been associated with higher rates of mental health issues among teenagers, including symptoms of anxiety,

depression, loneliness, and poor sleep quality. However, it's important to note that the relationship between social media use and mental health is complex and can vary among individuals.

- **Academic Performance and Productivity:** Research suggests that excessive time spent on social media may be linked to lower academic performance and decreased productivity among teenagers. Frequent distractions, multitasking, and reduced focus on educational activities can contribute to these effects.

- **Information Overload and Misinformation:** With the abundance of information on social media, teenagers may be exposed to misinformation, rumors, and false narratives. This can impact their ability to critically evaluate information and make informed decisions.

From the answers, we can understand that 80 percent of students try to use the Internet regularly during their daily activities. More than 70 percent of young people like to make friends through the internet, be active on various social networks, and get acquainted with videos on various topics. Around 30 percent use the internet for educational purposes.

It's important to emphasize that the effects of social media on teens' behavior can vary widely among individuals. Factors such as individual characteristics, patterns of use, and the quality of online interactions can influence the outcomes. Additionally, positive aspects of social media, such as access to educational resources and support communities, should also be acknowledged.

## DISCUSSION

The effects of social media on teens' behavior have been the subject of extensive research and discussion in recent years. Numerous studies have explored the potential impacts of social media use on various aspects of teenagers' lives, including their mental health, self-esteem, social interactions, and academic performance.

One prominent area of concern is the influence of social media on teens' mental health. Research has indicated that excessive use of social media platforms is associated with higher rates of anxiety, depression, and feelings of loneliness among teenagers. The constant exposure to carefully curated and idealized images on social media can contribute to negative body image perceptions and lower self-esteem. Moreover, cyberbullying and online harassment are prevalent issues, with social media platforms serving as a breeding ground for such behavior, leading to adverse psychological effects on teens. The impact of social media on social interactions and relationships is another important aspect to consider. While social media can provide opportunities for teens to connect with friends, family, and peers, there are concerns

about the quality and depth of these connections. Some studies suggest that excessive reliance on social media for social interactions may lead to a decrease in face-to-face communication skills and a sense of social isolation.

Academic performance is also a topic of interest in the research on social media. Excessive time spent on social media platforms can be a significant distraction and negatively impact teens' focus, attention span, and productivity. Multitasking between social media and academic tasks may lead to decreased academic performance and hinder the development of effective study habits. The dissemination of information and exposure to misinformation are additional concerns. While social media can provide access to a wealth of information, it also exposes teens to misleading or false content. This can challenge their ability to critically evaluate information and make informed decisions, potentially shaping their beliefs and behaviors. It's important to note that the effects of social media on teens' behavior can vary among individuals, and not all outcomes are negative. Some teenagers may utilize social media platforms for positive purposes, such as gathering educational resources, learning new skills, or engaging in supportive communities. To gain a comprehensive understanding of the effects of social media on teens' behavior, researchers employ various methodologies, including surveys, interviews, and longitudinal studies. These approaches help to identify correlations, explore underlying mechanisms, and establish causal relationships between social media use and behavioral outcomes. Overall, the research on the effects of social media on teens' behavior highlights both the potential benefits and risks. It emphasizes the importance of promoting responsible and mindful use of social media platforms, while also fostering digital literacy skills to navigate the online world effectively.

## CONCLUSION

In conclusion, the research on the effects of social media on teens' behaviors highlights a complex and multifaceted relationship. While social media platforms offer opportunities for connectivity, information sharing, and self-expression, they also pose certain risks and challenges to adolescents. The findings suggest that excessive use of social media can have detrimental effects on teens' mental health, including increased rates of anxiety, depression, and feelings of loneliness. The constant exposure to idealized images and the prevalence of cyberbullying contribute to negative body image perceptions, lower self-esteem, and adverse psychological consequences. Furthermore, social media use can impact teens' social interactions by potentially reducing face-to-face communication skills and fostering a sense of social isolation. Academic performance may also be compromised as excessive time spent on social media can lead to distractions, decreased focus, and reduced productivity.

It is crucial to acknowledge that not all effects are negative. Some teens utilize social media for educational purposes, skill development, and positive social connections. Additionally, the research highlights the potential for social media to disseminate information and provide support to communities. To address the challenges posed by social media, it is important to promote responsible and mindful use among teenagers. Encouraging digital literacy skills, teaching critical thinking, and providing guidance on online safety are essential. Parents, educators, and policymakers should collaborate to develop strategies that foster a healthy balance between social media use and other aspects of teenage life.

Further research is needed to delve deeper into specific aspects of social media use and its effects on teens' behaviors. Longitudinal studies can help establish causality and better understand the long-term impacts. By continuously expanding our knowledge in this area, we can develop interventions and guidelines to mitigate the potential negative effects and maximize the positive aspects of social media on teens' behaviors.

### BIBLIOGRAPHY

1. Buchel, Branislav. Internet Memes as a Means of Communication. Master's Thesis. Masaryk University, 2012. Web. 12 Dec. 2018.
2. Brooks, Stoney. "Does Personal Social Media Usage Affect Efficiency and Well-being?" *Computers in Human Behavior*. 46 (2015), pp. 26–37.
3. Cole, Nicki Lisa, Ph.D. "What Makes Memes So Catchy?" ThoughtCo, Oct. 22, 2018, [thoughtco.com/science-of-memes-4147457](https://www.thoughtco.com/science-of-memes-4147457).
4. Davison, Patrick. *The Language of Internet Memes*. A Social Media Reader. 2010 Diaz, C. *Defining and Characterizing the Concept of Internet Meme*. Vol. 6. No 1. Jan – June 2013, pp. 82 -104.
5. Dos Santos, C. & Padhi, I. "Fighting offensive language on media with unsupervised text fashion transfer. July 26, 2018 <https://phys.org/news/2018-07-offensive-language-social-media-unsupervised.html>
6. Hashem, Yasmin. *The Impact of Social Media on the Development of High School Students*. Research Gate. January 2015
7. Siddiqui, S. & Singh, T. "Social Media and its Impact with Positive and Negative Aspects". *International Journal of Computer Applications Technology and Research*. Volume 5– Issue 2, 2016, pp. 71 – 75.