

THE DANGER OF SOCIAL NETWORKS

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Abstract: The role of social media in society and its impact on it. Addiction to social networks and ways to prevent it. The role of the family and society.

Key words: social media, social platform, depression, passive use, fear of missing out, stress, internet addiction.

Social media is a tool that is very popular today because of its user-friendly features and capabilities. Social media platforms like Facebook, Instagram, Twitter, etc. allow people to connect with each other over long distances. In other words, thanks to social networks, the whole world is “in our hands”. Young people, in particular, are one of the most popular users of social networks. When it comes to social networks, it is impossible not to describe their help to people. They are widely used in all areas of education. Students are learning on a variety of topics using social media. In addition, they serve to strengthen ties with people and their loved ones. Thanks to social networks, distance is no longer an obstacle. Now anyone can connect to any corner of the globe and communicate with people there. In addition, social networks have brought so many benefits to our lives. However, despite the many advantages listed above, social media often has a negative impact on its members in society, often leading to stress, loneliness, and depression. It is important to know that a number of problems and other potential risks remain.

Understanding the dangers of social media is important to prevent the problems it causes. Being aware of them will benefit not only ourselves but also those around us.

Despite its advantages, social networks can be a major threat to society if misused and unchecked. 'can cause various problems related to the play areas. In particular, research shows that the use of social networks is associated with negative conditions such as stress, depression, low self-esteem, Internet addiction, insomnia. However, the role of this network in them is great. These problems have been observed to varying degrees among users of various social media platforms such as Facebook, Instagram, Twitter, YouTube and Snapchat [1], some of which are not limited to social networks, but generally using the Internet. It is unfortunate that it has risen to a dependent level. However, most of these problems are related to social media and the circumstances surrounding it.

Due to the large number of users around the world, the reasons why people still misuse social platforms vary. The most common of these is that there is not enough or no information about the harm they can do when misused. . Also, other studies have

shown that the use of social media is associated with a fear of missing out on information, events, experiences, or life decisions that may improve a person's life, or fear of being missed. The fear of missing out is especially noticeable in people who feel the need to "belong to something" more, and these people benefit more from social media more often than others. They get bored and experience more stress when they feel they are not popular on their favorite social networks.

Certain factors are related to the growing tendency to use social media in a problematic way or to face problems as a result of using social media. These factors include:

- Suffering from depression. Modern research shows that there is a gap between depression and social media. Depressed people are more likely to use social media. For example, depressed people with decreased self-esteem may turn to social media for confirmation, recognition. Later, when people are constantly around using the Internet, moreover, more use of social media can exacerbate depression later on. [4] The feeling of "wasting time" by doing trivial things on social media can also have a negative effect on mood. In addition, the significant increase in young people spending time on the Internet, especially on social media, has led some to recognize "Internet addiction" as a separate psychiatric condition closely related to depression.

- Low self-esteem. Many studies link social media use to subjective mood swings, feelings of well-being, and decreased satisfaction with life. For example, in contrast to active communication, passive consumption of social media content is associated with a decrease in social capital binding and attachment, and an increase in loneliness. Modern research shows that passive use of social media. Using it primarily to consume content produced by others is more strongly associated with mental health problems than using it to actively communicate with others.

- Dissatisfaction with life.

- High level of narcissism.

- Be prone to social comparisons. Witnessing the idealized situations of peers on social media is a situation that leads to many negative consequences in humans, especially among young people, its prevalence among today's youth expands its importance and increases jealousy among other people. 'not playing a role and as a result eventually leading to a loss of self-confidence and despair.

- In addition, the frequent harassment of people, especially young people, by their peers, parents, and teachers, leads them to seek on social platforms a sense of reward that they do not receive from their friends and family.

In order to prevent the dangers of social networks and their misuse, it is important to have a socially active lifestyle and adhere to a healthy lifestyle. It also makes sense to spend time on social platforms for useful activities and hobbies.

In short, social networks, which bring unimaginable benefits to our daily lives and

bring us closer, will also have negative consequences for people's mental and physical health if they are not used in their proper place and in the prescribed amount. As our wise people say: "Honey is less sweet."

List of literature:

1. <https://www.publichealth.columbia.edu/public-health-now/news/just-how-harmful-social-media-our-experts-weigh>
2. “Internetdagi tahdidlardan himoya” Muhammad Amin Yahyo
“Movarounnahr” 2016 yil