



THE ROLE OF INTERNET NETWORKS IN THE DAILY LIFE OF ADOLESCENTS

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Received 4 th September 2022	This article an attempt is made to show the role, positive and negative consequences of Internet networks in the daily life of adolescents.
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According to the Internet Development Fund, about 80% of children and adolescents in the CIS consider themselves to be regular users of social networks. Active communication with the help of such services begins at the age of 8-9 - when the child is not yet able to rationally assess the risks and consequences of his actions on the Internet. If children under the age of 4-6 use gadgets, mainly under the supervision of their parents, older boys and girls are at risk of becoming addicted to phones and social networks. At the same time, every 6th child has more than 100 friends (and this is not all of his conversation partners!). More than 40% of children on the Russian-speaking Internet meet virtual acquaintances in real life - this is a special risk factor that poses physical danger to a child. The danger of a company without children is that they use traditional "adult" services for communication - for example, VKontakte (86% of children have an account on this social network) and Odnoklassniki (16% are registered).[1]

Popular social networks on the Internet (Facebook, Instagram, VKontakte) take more than 3 hours of teenagers' time every day. At the same time, every 5th (and according to other sources - every 2nd) teenager is almost constantly on the Internet, which affects his sleep and studies.[2] Social networks have already become a habit for children, and their influence cannot be overestimated: 92% of teenagers communicate on different messengers every day, and the problem of teenagers' addiction to social networks has been a concern of parents for more than two decades. How much of an impact?

What are the pros and cons of the Internet? What are the advantages? Positive aspects:

1. The easiest way to expand your worldview is communication. People from other social strata, cultures and countries can tell a lot to a child, help to form his worldview, moral guidelines. And international social networks even help to learn languages - after all, a new friend can live on the other side of the earth!

2. You can keep in touch with your friends and relatives. Moving, changing schools - there are many reasons for a child to be separated from his usual environment. But now this traumatic transition can be alleviated, because in social networks the user can connect with the interlocutor anywhere in the world. It is easier for the child to receive psychological support from close and pleasant people, he feels safer and does not seek comfort from strangers on the Internet.

3. Teaching communication. If the child is shy about the details of his appearance, if his shyness prevents him from getting along with peers, developing communication skills, trying different behaviors and confirming the best aspects, then he can be on the Internet. Here, only what he said and thought is important, and he can express his thoughts more freely without fear of environmental pressure. Here he does not risk losing his reputation due to unsuccessful experiments. Scientists have already proven the positive impact of social networks on a child - they help to develop a sense of kindness, humor and beauty, a sense of social justice!

4. An opportunity for self-expression. Post a poem or a picture? Post a video with a dance or song? Social media is perfect for making a bold statement and getting feedback and attention! This is a great incentive to continue doing what you love.

5. Getting new information for self-development. Free courses, videos, movies, books, and news are distributed through thematic groups on social networks - and subscriptions help the child to study systematically.[3]

6. Have a safe time. Statistics show that children who spend time on social networks are less likely to go out at night, smoke cigarettes, drink alcohol and have sex during adolescence.

Hidden Threats:

1. Information "trash can". Not all information on social media is useful. A significant part of the content is "yellow", entertaining posts and attractively packaged, but completely unnecessary information will attract the child's attention and time. And it even destroys health, because addiction to the phone and social networks, excessive consumption of information is associated with high stress in the nervous system!

2. Less sleep and more oxytocin. Children who are addicted to social networks "postpone" sleep and other useful activities in order to learn more, communicate more. Such behavior leads to an increase in the production of the hormone oxytocin, which is responsible for empathy and trust. "Networked" children are more sensitive and may mistrust people who deserve it.[4]

3. Deterioration of social skills. Not only can your communication and writing skills improve, but they can also deteriorate on social media. In instant messengers, children ignore syntax and punctuation, express their feelings with stickers and parasitic words, and forget how important facial expressions, intonation and "pronunciation" of emotions are to those around them in the real world.

This often makes children unpredictable, impatient, angry and intolerant. Real life skills also suffer, they are not "needed" to attract attention and admiration in the virtual world. 27% of children who are addicted to the phone and social networks also have communication disorders.

4. Decrease in information skills. There is so much information that children do not have time to understand it. Therefore, they believe what they read very easily, and their ability to think logically gradually declines.

5. Conflict between expectations and reality. Friends on social media may not be who they say they are. And the enthusiastic attitude of social network users can be drastically different from the attitude of their peers at school. The influence of social media on a child can make him withdrawn and even depressed.

6. Inappropriate Content and Other Threats. Drugs, alcohol and tobacco products, adult content, electronic payment systems and other unwanted requests make up 0.3-0.5% of the total number of Internet searches made by children. More than 60% of children under the age of 14 have encountered such materials at least once, about 19% see them regularly. And social networks are no exception. Here, the child can see things that he should not know according to his age, "get into money" or encounter intruders.

7. The behavior of peers in social networks cannot be harmless. And if the child can hide from real offenders or go to another school, virtual ones will find him anywhere - every time a young user enters the network, he will encounter their messages, notes, comments and notes. In addition to the mentioned threats, there is also the danger of teenagers becoming addicted to social networks. This problem requires separate consideration. What is the harm of children's addiction to social networks?

The fragile and unstable psyche of teenagers is especially prone to addiction - and social media addiction is no exception. The desire to show off, the lack of real life experience, psychological trauma and an unfavorable environment - all this increases the risk of children's addiction to social networks. Of course, it is clear to everyone that all problems cannot be solved within the framework of one article. Therefore, it is time to address this topic again and again.

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