

The Impact Of Social Networks On Youth Anxiety

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Abstract: In modern times, social networks have played an important role in people's lives. Their most active users, on the other hand, are undoubtedly young people. Schoolchildren, college and university students try to spend all or part of their free time on social networks. At the same time, the direct and indirect influence of social networks on the psyche and psychology of young people, finding their place in society is gaining momentum. With the help of modern news media, young people can not only receive new information that they are interested in, but also exchange ideas, find friends and make themselves known to the general public. At the same time, they also face various risks and risks.

Keywords: Social networks, youth, internet, information exchange, information technology, risk, exchange of ideas, psychology, mental state.

Introduction: In modern society, social networks are becoming an integral part of a person's life. Today, as a result of the development of Information Technology, people take advantage of the enormous opportunities of social networks to communicate, be aware of the news, gain knowledge and strengthen personal and professional ties. Over time, such platforms have become one of the main sources of life, especially of the younger generation. For many, they serve not only as a supplier of information, but also as a program for active intervention in social life, free expression, acquaintance with people with similar interests and expanding their worldview. The importance of social networks is reflected not only in the framework of communication, but also in personal development, education, creative activities and professional success. Today, it is through these platforms that many important problems, social projects, Current News and concepts in various fields are brought to the public. With the help of new technologies, we see that people who live far from each other are trying to take an active part in the life of society, becoming closer. The processes of mutual exchange of ideas, intercultural communication, cooperation and feedback are reaching a new level through social networks. Meanwhile, the influence of social networks can be manifested in different aspects. As long as these platforms have positive aspects, there are not some negative consequences either. For example, aspects

such as people spending more time in virtual space than in real life, the spread of false information, the occurrence of an unpleasant environment, as well as the increase in psychological pressure and anxiety are also observed. In particular, at a time when social media activity among young people is increasing day by day, how this condition affects their mental and emotional development remains one of the current topics. In this regard, the impact of social networks on the socialization, worldview and mental state of a person, especially the younger generation, and the study of the correct and effective use of these platforms are among the most important issues today. A clear and in-depth analysis of the role, capabilities and problems of social networks in modern society, the formation of a culture of their correct use, is important for everyone, families and the general public. For this reason, studying this topic and analyzing it in depth is of great importance not only for the current generation, but also for future development.

METHODS

The interest of young people in social networks is increasing day by day. For many young people, these platforms provide a convenient opportunity for others to communicate their opinion, express themselves and find people with similar interests. In such a situation, every young person should not forget about how he uses the social network, how he perceives information there, his own personal boundaries and moral criteria.

At the same time, some young people can face a number of mental problems, comparing themselves to others due to the environment in these networks that emphasizes artificiality and appearance. For example, “successes” in the lives of others, excessive material wealth, “ideal” appearance and lifestyle, among others, can weaken the sense of self-confidence of young people, cause them to become undeservedly dissatisfied with their own life. The majority of information disseminated on social media is random or unsubstantiated. Young people still do not have all the fullness of the level of in-depth analysis of each received information, the ability to study it and distinguish between truthfulness. There is a possibility that this leads to false, inaccurate information and false conclusions. As a result, young people can become depressed, lose their goals in life, and suffer dangerous mental states such as feeling unnecessary to society. Many young people, unable to share their true feelings and problems, watch the lives of acquaintances, strangers or celebrities on social networks. In addition, cases of controversies, shocks, pressure and threats taking place on social media can also have a negative impact on youth mental health. Young people may constantly turn to social networks in the process of defining their place in society and self-awareness, and may struggle to find a balance between virtual life and reality and ways to solve real-life problems. In some cases, young people, seeing successful images of their peers on the network, are dissatisfied with their life and do not feel successful enough. This can lead to a state of mental tension, depression, and depression. Images such as “those who lead a matured life”, “those who have an ideal body”, “those who have achieved fame and wealth”, which are common on social networks, encourage many young people to live as if with a feeling of lack for them. Whereas real life is actually completely different from what is shown on social media, and everyone has their own path and their own value.[1]

RESULTS

Among young people, there are increasing cases of mental pressure and anxiety caused by the heavy use of social networks, as well as the habit of constantly comparing oneself to others. This sometimes leads them to loneliness, communication problems and even withdrawal from social activism. Young people who communicate through digital means may not be able to freely express their opinion in real life, having difficulty engaging in face-to-face conversation. Moreover, friendships and relationships that form on social media are not always genuine, trustworthy, and deep. Although many young people appeal to each other over the internet, in real life their relationship is superficial

and not reinforcing. The impact of social networks on important events in life is also enormous. For young people, the rate of expressing their opinion and position through social networks, awareness of various processes in the world, attention to problems is increasing. Therefore, it is important to use social networks effectively and correctly, develop intellectual and creative potential through them, and focus on building healthy relationships and communication. Otherwise, improper and aimless use can lead to a person's negative state, hinder the achievement of real-life goals, and cause a loss of self-confidence. One of the negative situations in social networks is an increase in habits that lead to excessive obsession with virtual life, waste of time, sleep patterns and internet addiction. These conditions have negative effects on youth health, attention and attention, cognitive processes, and even physical activity. Feeling dissatisfied with life, apathy towards planned activities and goals and dreams, excessive fatigue, and feelings of depression are also common among many young people. There are also other issues that concern young people. Users who cheat them, distract them, promote wrong life values are also not decreasing. In such an environment, constantly being under criticism or hearing objectionable thoughts psychologically weakens young people. For these reasons, it is important to use the social network effectively and in moderation, to correctly perceive information and to master the culture of their assessment. Social networks expand the circle of acquaintances, help you find new friends and like-minded people, and exchange ideas. However, in turn, there are also cases of gossip, false information, discrimination and pressure on these platforms. Young people strive not to lag behind their peers, to gather more attention and more likes, but as a result of this action, sometimes there is a risk of becoming indifferent to their own life, value and dreams. Parents, educators and psychologists should create an atmosphere of openness and trust in communicating with young people. It is important to teach young people the risks and problems they face on social media and ways to assess them correctly by establishing effective and reliable communication, rather than constantly controlling them. Since social networks are an integral part of our lives, it is also considered important to carry out proper and responsible communication work with them. As we can see, social networks are bringing many positive and negative effects to the lives of young people. Through them, it is convenient and quick to obtain knowledge and information, and to find like-minded people. However, the abundance of images of success in the virtual world, adaptation to non-real-life requirements, spending a lot of time on the internet, problems with

social status and reputation are causing many young people to unpleasant mental states. Therefore, it is advisable for each young person to focus on his inner world, clarify his values and goals in real life, and use social networks only for benefits and opportunities. It is important for parents, teachers, and responsible officials to provide psychological support, motivational advice, and proper guidance to young people in their work with them.[2]

DISCUSSION

Social networks are becoming an integral part of our lives. With them, we can easily communicate with our friends, family members, acquaintances and people who are far away, quickly learn about the latest news in the world, various events, cultural and scientific news. Today, almost everyone, especially young people and adolescents, has its own page on various social networks. However, these opportunities are followed by many health problems, especially those related to mental health. Infoxavf, unreasonable or negative information that spreads in different networks, can negatively affect human psychology. In addition, problems arise that lead to temporary virtual "ideal" lives, comparing yourself to others, lowering self-esteem, loneliness and depression. Therefore, the use of social networks in moderation and their correct adaptation to our daily lives is considered extremely important for mental health. To maintain mental health, it is necessary first of all to consciously establish interaction with social networks. It should be borne in mind that each of us can use social networks as a resource that benefits us, shares a positive mood, increases motivation and brings our level of knowledge to the top. And for this, it is daunting to assess our activities on social networks with a critical eye, to think about why and for how long we use it, to limit these activities if necessary. Most often, the time spent on social networks is almost imperceptible. When a human Kayf is broken or bored, he grabs his phone and starts flipping back-to-back News. This creates a specific dependence over time. As the level of dependence increases, a person deviates from his important work in real life, lessons, motivation and live communication with friends. As a result, situations such as feeling alone, depression, and mood disorders arise. In order to stop these negative processes, it is useful to plan in advance how much time you spend on social networks every day, when it can be used. As a user, you can make a one-day "social networks" mode for yourself. For example, the habit of accessing social networks only for an hour in the morning, or a certain time in the evening, not before bedtime, at a less important time of the day gives results. Through it, it is possible to save time, without distracting your

attention from important tasks. First of all, when you go down to social networks as much as possible, instead of aimless browsing, seeing unnecessary groups and pages, just fall in love with projects and pages that interest you and positively affect your state of mind. You can use social networks to get knowledge, be aware of the news about the profession, develop creativity, find acquaintances, learn recommendations about sports and health. This approach will help you manage the time you spend on social networks wisely. Develop realistic meetings, live communication with the people around you. Excessive interest in social networks can weaken the focus on real life, live communication, contacts in the family circle. This is considered dangerous in terms of mental health. Take a walk with friends, play sports, spend time in nature, try to spend more time together with your family. This way, you will organize your free time meaningfully and reduce your dependence on social media. Another of the widely recommended ways is to prevent negative information and make it a habit to consume only good, motivational and useful information. Because in networks, a lot of unfounded, false, information that hurts people or arouses panic is constantly circulating. Such information Awakens in you a feeling of unpleasant mood, anxiety, depression and even fearlessness. For this reason, check the pages you follow and subscribe to, find out who and what are not of interest to you, exit or block them if necessary. Don't put other people's lives above your own with observers and acquaintances. Photos, articles, videos seen on social networks often do not reflect real life, they seem to you as if perfect and without mistakes. Otherwise, you may feel dissatisfied with your own life when you see the lives of others, the feeling that you are lagging behind the lives of others may wake up. Look at your life with a positive spirit, always evaluate your achievements, actions, and successes, understand that everyone's path is unique, and have enough confidence in yourself. When using social media, be careful not to be overly emotional about negative comments or other people's thoughts. Everyone can write their own opinion, but you learn to control your own state of mind. Don't blame social media or someone else for this if you don't have confidence or lose. Work on creating a good environment for yourself, strictly following restrictions and procedures. If you have an increased sense of dependence on social networks and real-life time is disappearing, communication with acquaintances is decreasing, constant irritability, anxiety begins to affect your blood, you can turn to specialist psychologists without any hesitation. Educational classes, trainings, reading books, going after new hobbies and activities will help restore health and mental stability. Finding a new activity for yourself,

taking time for creative work, will lead to a reduction in the time occupied by social networks. [3]

Even in the modern world, experts recommend digital-detox, that is, a complete abandonment of social networks from a certain time, a complete rest from the phone or the internet. Try to live one day a week, or a few days a month without full social media, which will positively affect your mental health. You feel good at this moment, get new strength and inspiration, start to see the world with a different eye. The flow of information on social media is endless, and it is not always possible to obtain accurate and reliable information from them. Therefore, learn to check any information with a rational analytical approach, do not pay unequal attention to suspicious or anxious posts and messages. Most importantly, it is better to use them, accepting social networks as an assistant and a source of changing information, and not a guide, administrator of your life. Managing emotions and nervous pressure when using social networks, correctly distributing time, putting real life above virtual life always gives a positive result. Appreciating your effort, being happy with your success, continuing in your own way, creating a comfortable and useful space for yourself will help. Through it, you will not only maintain your mental health, but also manage to have a more meaningful, productive and happy everyday life. Social networks are one of the indispensable, original amenities of modern life. They serve as a necessary tool for familiarizing the world, gaining new knowledge, making friends, comfortable and quick communication. But it is important for every person to use these opportunities correctly and in moderation, not to put virtual life above real life, to consciously and critically evaluate every word, movement. It is possible to preserve mental health by planning the time spent on the social network in advance, using it without unreasonable information, not comparing oneself with others, constant vacation and rest. Do not forget, your life, feelings of joy and happiness are first of all in the real world, in the circle of people you love, in personal development and achievements. By keeping social media under your control and turning it into a tool that brings positive energy and knowledge into your life, you will have a strong mental health and live a fully satisfying life. In the 21st century, social media has become an integral part of youth life. According to modern statistical analysis, more than 90% of young people worldwide are foamed from at least a few social networks. In Uzbekistan and other CIS countries, this figure is also higher than 75%. Meanwhile, the impact of these platforms on mental health and anxiety is the focus of global psychologists. According to the results of international remote surveys over the past few

years, 95% of young people aged 16-24 use social networks every day.[4]

Among them, more than 60% reported devoting more than 2 hours a day to these platforms. A Pew Research Center (USA) report in 2023 noted that this number reached 97% among adolescents aged 16-18, with 46% of them spending 4 hours and more each day on networks such as Instagram, TikTok and Telegram. According to a survey conducted by the Youth Agency of the Republic of Uzbekistan, 84% of the country's youth constantly use social networks, and 58% of those over the age of seven devote too much time to online communication through mobile applications. According to a Global Web Index study, 68% of young people who make heavy use of social media reported feeling anxiety, nervousness, or psychological pressure. In contrast, in the confirmation of the Youth Union of Uzbekistan, 74% of those surveyed among high school and college students said that social media had a negative or mixed effect on their mood. A 2023 study by Oxfam found that 41% of respondents aged 15-19 said that the number of situations that cause constant stress and anxiety has increased on social media. And 50% of them called the comments sent by strangers uncomfortable or scary. According to a Pew Research Center (2022) survey, 35% of young people report increased depressive feelings from controversial posts and feedback on social media. According to a report by the American Psychological Association (APA), 42% of social media users admit that it has a lasting negative impact on their overall mental health.

As a result of witnessing content related to other people's success, life, or appearance on social media, it is observed that young people are becoming more inclined to compare themselves to others. According to statistics, 66% of young boys and girls begin to inadvertently compare with peers who predicted their achievements on Instagram, TikTok or Facebook. Of these, 54% of themselves experience increased dissatisfaction and mental pressure. According to the results of the American Association of Clinical Psychologists, 49% of young people reported that the moment when they consider themselves inferior to others coincides precisely with the time when they are watching social network tapes. In a survey of TikTok and Instagram users, 38% openly admitted that they were dissatisfied with their physical appearance. Cyberbullying is one of the most common negative conditions among young people. According to an Anti-Defamation League (2023) report, 27% of young people on social media have been exposed to cyberbullying (online threat, bullying, fake information exposure) over the past year. In the Instagram audience, this figure was 22%, and in TikTok users-24%.

[5]

According to the Cyber Security Center in Uzbekistan, 16% of young people have been subjected to embarrassing or offensive comments several times in the last three years. 49% of them preferred to keep their emotions inside, not commenting on situations. As a result of the influence of false information, false news and imaginary "ideal" lives, a decrease in dissatisfaction and motivation from life was recorded in 31% of young people.

Spending a lot of time on the social network negatively affects the general psychological development of young people. According to psychology experts from the National University of Uzbekistan, 77% of student youth suffer from the following problems:

- Feeling of loneliness as a result of long virtual communication: 52%
- Decreased interest in study, professional development: 38%
- Dissatisfaction with the restriction of communication in the family or with friends: 42%

According to global statistics, in the absence of restrictions on the use of social networks, 63% of young people showed increased symptoms of Internet or specific application addiction.

Despite the negative statistics above, 19% of modern youth report using social networks mainly for knowledge, professional development, finding new friends and creative activities. 27% of them have recorded that online actively participates in courses, webinars or virtual contests and projects, evoking a positive outlook on life. 39% of young people studying at local and international universities are aware of and participate in programs on special training in schools and universities, effective use of social networks, and psychological support. 46% of parents constantly monitor their children on security issues on the internet and social networks. While 58% of teachers hold online communication and psychological support, conversation with students on cyberbullying prevention, and class classes.

Based on statistical and scientific sources, the following results can be obtained:

- 68% of young people using social networks face psychological pressure and anxiety situations.
- The proportion of people who encounter cyberbullying and fake content is 22-27%.
- 46-54% of young people experience a depressive or dissatisfaction mood, comparing themselves to others.
- 77% say that young people are excluded from real-life communication and activities.

-The constant introduction of prevention and assistance programs with the participation of parents and educational institutions reduces the negative impact of the social network.

In conclusion, on the basis of statistics, it can be said that the absolute majority of modern young people are active on social networks. However, 2/3 of them face psychological pressure, ethical threats and anxious states. On this basis, the extensive implementation of preventive work, trainings and online security psychological assistance programs will serve the healthy and motivated growth of young people.[6]

In the current process of globalization and at a time when universal changes are taking place in the world, we cannot bypass social networks, one of the Great Inventions of Information Technology, which has its impact not only on the life of a specific person, but also on society as a whole. At this time, social networks covered almost the whole world. Especially the younger generation is very fond of social networks. Who would you say that you do not like to put their pictures on the internet, talk to friends and relatives from a distance, play games, listen to music and be aware of the latest news, change statuses incessantly? If we focus on the number of social networks and their types, this article will be impotent when covering them all. Let's take a look at the most popular social networks and how many users have been members of them: Facebook-750 million, Twitter-200 million, Qzone - 480 million, Odnoklassniki.ru -100 million, V kontakte-135 million, etc. As you can see here, these figures are evidence of how much humanity is penetrating into social networks. Naturally, you may have a question: is this good or bad? Of course, many people approve of these networks and give them a positive rating. Because, now social networks are the best means of spending free time. Now, let's think about how social networks affect our lives, our worldview, our mind, our mind-mind and our health. With the forceful development of the internet, mankind is more and more oblivious to its vortex, forgetting about the norm. After all, it is insistent that we do not forget one important thing: real life is another, virtual life is another. We communicate live with people in everyday life, Exchange lively thoughts and draw conclusions that we need. Virtual life, on the other hand, can change a person's complete worldview and consciousness. Let's see exactly this on the example of social networks. Currently, the PR activities and advertising of social networks are very developing. Even in 2010, the American director David Fincher's feature film "The Social Network" about the founder of the social network Facebook Mark Zuckerberg was filmed. In modern times, many young people spend

their time in social networks. They even forget about their lessons, household chores, and their own plans. This is no more hyech talk than social network addiction. Or, in other words, it is a psychological dependence. While you are a tourist in the world of the Internet, you will see such statuses of some as early as the late "Online", "v SETI'v'gotov k obtshyeniyu". These people "live" in bamisoli social networks for which the problems and concerns of virtual life prevail over everything, including real life. In our opinion, this trend can lead to negative consequences. Because since a person is in social networks, he sees his life only through these networks, draws conclusions from the point of view of the network and from the thoughts of the members in them, his worldview is formed within this network, so that the consciousness of such people lives only in one universe. A person seeks to compensate for his shortcomings, compressions and failures in his real life on the network. Pictures and comments on them, new friends, bright plaques and inter-network associations will wave a person. The Internet completely changes their thinking. [7]

In addition to it, social networks can serve the evil goals of mercenary people. For example, information and messages placed on the network can be stolen, corrupted, and sent to other network members by others. Or in fraudsters are able to achieve their goals with fake pictures and false information. Even social networks can cause whole-headed murders, rebellions, Wars. For example, in modern science there is a term called "information warfare". Information warfare can be very useful on social networks. And now let's connect social networks with current affairs. It is known that the beginning of 2011 began with the so - called "arab revolutions" or "arab Spring", which received the attention of the whole world. The coup launched in Tunisia spread throughout the chain reaction to Egypt, Libya, Syria, Jordan, Yemen and other arab states. If we look at these coups, the people who started the movements were citizens between the ages of 18 and 35. That is, they too remained under the influence of social networks and made a pact to radically change their lives, seeing how their friends from other countries lived. For example, the riots in Egypt took the name "Twitter revolution". See how much the social network was able to influence the life of society and public policy. We believe that this evidence is the beginning of a new civil society formation that has been influenced by social media. Recently, we came across a news item in the media. It is known that in Saudi Arabia, women are prohibited from driving a vehicle. Some women citizens in Saudi Arabia who followed the vagaries going on in the Arab world formed their own social Association on the Facebook network. In this

association, they were held together by an idea that called for women to drive cars and eliminate all prohibitions. Another example. The subversive movement that shook the peaceful Norwegian population in July of this year also found its reflection on the network. Anders Breivik, who brutally killed 77 people, also constantly publicized his plans on Facebook. [8]

CONCLUSION

In conclusion, the impact of social networks on the life of young people is huge and is manifested in different directions. Through them there is an opportunity to quickly receive modern information, get closer to each other. However, factors such as aimless and borderless use, excessive obsession with the virtual world, constant self-comparison with others and inability to preserve oneself from negative information concern young people mentally. It is necessary for everyone, especially young people, to use social networks in a conscious and responsible way, committed to their life goals and values, to be constantly attentive and alert so as not to harm themselves and society. In this case, social networks can become a useful platform that serves the development, cognitive and spiritual growth of young people.

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