

THE IMPACT OF THE DIGITAL ENVIRONMENT ON THE PSYCHOLOGICAL STATE OF YOUTH: SOCIAL MEDIA USE AND PSYCHOLOGICAL WELL-BEING

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Abstract: This in the article digital environment, especially social from networks of use youth psychological to the well-being impact analysis Social networks communication, social support and information to take opportunities with one in line, social comparison, loneliness, anxiety and emotional to strain take arrival possible was aspects is illuminated. Youth digital from the environment use culture psychological prosperity determinant important from factors one as is based on.

Keywords: digital environment, social networks, youth, psychological welfare, social comparison, anxiety, digital behavior

Introduction

Today globalization and digitization under the circumstances internet and social networks of the youth daily of life inseparable to the part is spinning. Digital of technologies intense development people between communication forms change, information to acquire, knowledge exchange, self manifestation to do and social relationships formation for new opportunities to the surface Especially the youth digital from platforms education, vocational development, entertainment activity and social connections done in increasing active is using.

This with together, digital of the environment human to psychology impact one side positive to the feature has not. Social from networks of use duration, content and use motives of the youth emotional status and psychological to the well-being various impact to show possible. In particular, other of people his life idealization doer images with regular acquaintance social comparison to strengthen oneself to evaluate impact to do and protest feeling to the surface to bring probability increases.

Psychological prosperity person's from life satisfaction, positive emotions from the head forgiveness, self opportunities understanding, social from relationships satisfaction and life content feeling to be able with related complicated psychological Youth during person's identity understanding, independent decision acceptance to do and social in the environment own instead find processes active It's going to happen. because of digital in the environment social ratings, likes, comments and virtual relationship of the youth oneself assessment and emotional to the state noticeable impact to show possible.

However social networks only negative factor as The assessment is also correct. not. Of them reasonable use social support strengthen, new friendship and professional connections formation, knowledge and experience exchange and person's himself manifestation to do opportunities expands. So, the main issue is social networks in the presence not, maybe from them how for the purpose, how much time and how psychological motives based on in use manifestation It will be.

At this point from the perspective of young people digital in the environment behavior psychological in terms of learning, social from networks use and psychological prosperity between relationship determination today's psychology science current from directions is one.

Literature analysis

Digital technologies and psychological prosperity between attitude foreign psychology and social in sciences wide studied by E. Diener working issued subjective prosperity in the concept human from life satisfaction and positive emotional status psychological of well-being important indicators as is considered.

PK Cross and partners in research social from networks passive use some in cases subjective of well-being decrease with connection shown. Researchers other of people his life observation in the process to the surface coming social comparison negative emotional experiences strengthen possible they emphasize.

J. Twenge and other researchers from digital media of use youth psychological to the state the impact learn, screen in front of transferable time, social of connections change and emotional prosperity between to the relationship attention those who have paid attention.

Also, S. Verduyn and partners social from networks of use active and passive forms of distinction the necessity shows. Active communication and social support positive results to give possible if, passive observation and permanent comparison psychological to prosperity negative impact to show probability high.

In Uzbekistan, young people digital in the environment activity, from the internet use culture, information safety and youth to psychology impact provider factors according to research take Local psychological in research person's socialization, communication needs of young people emotional situation, self assessment and modern information environment educational to the possibilities separately attention focused.

Uzbek psychology at school person development social environment with related without study tradition available. E.G'.G'oziev's person, thought, communication and psychic to processes related research of the youth social environment with mutual their relationship psychological in terms of in understanding important theoretical basis become service does. Today digital the environment this theoretical approaches based on study virtual and real social networks of young people relations between the differences determination opportunity gives.

Discussion

Analyses this shows that social networks youth psychological to the well-being impact complicated and many factorial to the feature has. Social from networks of use himself/ herself automatic accordingly negative psychological the situation to the surface It does not bring. Its impact use form, content, duration, personality psychological features and in real life social to their relationship related. Active communication, knowledge exchange, friends with communication to do and social support to take of the youth psychological to the state positive impact to show possible. On the contrary, social from networks passive use, others his life permanent observation and oneself they with comparison oneself evaluation decline, dissatisfaction, anxiety and loneliness feeling strengthen possible.

Especially young people between virtual confirmation of need increase important psychological problem " Likes" are number of subscribers and social online positive grades person's own value external to evaluate tied to put take arrival possible. Therefore youth with at work digital literacy with one in line digital psychological culture Formation is also important.

Psychological prosperity storage for young people in real life communication development, physical activity increase, digital from breaks usage, social on the networks the content conscious choice and himself/ herself evaluation from virtual assessments independent formation necessary.

Conclusion

Conclusion as literally, digitally environment of the youth psychological development and to the well-being noticeable impact indicative modern socio-psychological is a factor. Social networks

youth for communication, information to take and social of support important tool to be with together, plus and uncontrolled when used social comparison, anxiety, loneliness and oneself assessment with related problems strengthen possible.

For this reason of the youth psychological well-being in providing social from networks use time restriction himself/ herself enough Not. Most important task - conscious digital behavior, critical thinking, emotional oneself management and healthy social relationships is to form. In the future empirical in research social from networks use frequency, usage motives, social comparison, oneself assessment and psychological prosperity indicators together study to the goal according to.

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