

YOUNG PEOPLE'S EXCESSIVE DEPENDENCE ON SMARTPHONES AND SOCIAL MEDIA

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Abstract: *This article examines and analyzes young people's excessive dependence on smartphones and social media. The relationship between stress in today's youth and smartphone addiction is a hot topic in psychology. Smartphone addiction in young people leads to a wide range of psycho-emotional disorders.*

Keywords: *smartphone addiction, self-control, mood, depression, stress, mental health, youth.*

Smartphone addiction among young people has become a socio-psychologically significant issue in modern society. Studying the relationship between stress in today's youth and smartphone addiction is one of the most pressing topics in psychological science. This relevance informed the choice of our research topic, "Studying the Relationship Between Stress in Today's Youth and Smartphone Addiction". By analyzing the theoretical research questions and reviewing empirical studies conducted in this area, we explore ideas about the underlying causes of this issue in society and its negative impact on the mental health of young people.

Smartphone addiction is a new phenomenon compared to internet (computer) addiction, but it is already one of the most widespread non-material addictions, rivaling mass internet addiction and gambling, creating a dangerous conglomerate with them. Its negative impacts include psychological and behavioral disorders and social isolation among its victims.

A smartphone is a device that can access the internet. Young people are the largest number of smartphone users. Looking at the structure of society, adolescence is a time when people develop, build a career, live, and develop as individuals. However, smartphone addiction among young people will undoubtedly impact their psychological health.

In one study, V.P. Sheynov noted that 71.2% of young people have health problems related to smartphone use. Insomnia was considered the most common (23.6%) health complaint related to the use of these devices. According to the author, studies have shown a significant positive correlation between smartphone addiction

and health indicators. Poor sleep quality was a mediator in this relationship. The results suggest that, for people's well-being and well-being, they should be encouraged to limit their use, especially concluding that the harm before bed is significant. According to research in this area, the disorders caused by smartphone addiction are primarily depression and anxiety. People with high levels of personal stress and low mood are highly dependent on their smartphones.

According to international studies, people suffer from constant smartphone use. Experts from the American company Kleiner Perkins Caufield & Byers believe that someone who spends 75 minutes a day using smartphone services has become addicted. Researchers identify five types of smartphone addiction.

1. Social media. Especially using Twitter and Facebook, which post new information instantly. It's the user's initiative to discuss and debate information on social media.

2. Games. There are programs that resemble games, which are either skipped several times a day or lead to a loss. After repeatedly being frustrated by the smartphone, those who give up will miss up to three hours of play.

3. Chatting in chats such as WhatsApp and Messenger. Simultaneously communicating with several friends, acquaintances, and even several people in interesting groups doesn't mean time is of the essence.

4. Programs that allow you to manage your finances. Today, you can make various payments and transfer money online. People accustomed to such access also used their smartphones for all services. 5. Watching videos. Following sports events online, watching short jokes, and watching movies, TV series, and news at any time also depend on your smartphone.

Researchers have now established statistically significant links between smartphone addiction and low self-confidence, emotional intelligence (EI), conflict, and stress. Low self-confidence. Choosing the virtual world is one of the main characteristics of smartphone addiction. Dependent smartphone users lose confidence in their interactions with others. Smartphone addiction is common among people with low self-esteem. They use smartphones to connect with others and boost their self-confidence in the virtual world.

It can be assumed that the smartphone acts as a tool for realizing basic psychological needs on social media platforms. The above-described links between smartphone addiction and emotional intelligence and self-confidence indicate that, at earlier stages of ontogenetic development, young people with insufficient or negative experiences of emotionally rich relationships tend to use this digital form of fulfilling their needs.

The presence of a strong direct link between the factors of smartphone addiction and social media addiction (especially with the "user's psychological state" factor) indicates that young people lack basic psychological needs for real interpersonal relationships; they use the smartphone as a means of accessing these needs and attempting to fill social media gaps. The established relationships will also help identify productive areas for preventative social, psychological, and pedagogical work in educational institutions to prevent students from developing smartphone addiction, namely, developing decision-making skills, expanding the arsenal of communication methods for direct interpersonal interaction, and mastering productive self-regulation techniques.

Digital devices accelerate workflows and, in addition to making life easier, affect a person's mental state and cause stress. Every time you're worried about your phone, trying to check social media, or mimicking the sound of an incoming message, this very same technical stress is triggered. For example, 20% of the local population surveyed by the American Psychological Association reported that daily use of digital technology causes anxiety.

And according to one study conducted in Sweden, persistent mobile device use by young people and adolescents, along with sleep disruption, resulted in high levels of depressive symptoms and stress. About 70% of the study participants reported using social media before bed, and 15 percent spent one or more hours looking at their smartphone. According to these studies, using gadgets at night, especially before bed, affects anxiety and insomnia, or sleep disturbances. It has also been found that using digital devices outside of work hours also contributes to weight gain. Researchers from the University of Pennsylvania noted that constantly blocking Facebook and Instagram messengers can lead to poor health. If social media is limited to some extent, loneliness and depression have been shown to decrease.

It has been found that young people who use their phones at night have disrupted sleep and sleep relatively little. According to a scientific article published in the journal *Child Development*, there is a high probability that adolescents who actively use digital devices daily suffer from mental illnesses. These include symptoms such as an inability to regulate their emotions and actions, attention deficit disorder, and hyperactivity disorder. Mobile phones have become so integrated into everyday life that people are unable to give them up. Heavy users of digital devices will reach a psychological and emotional limit of dependence – a dilemma – and will feel uneasy if they miss a moment. As we know, we ourselves worry about going without our phones. Sometimes we even think, "What was life like without our phones?" And exhausting their power is a great fear for people. This

is the warning signal that global experts are sounding. According to him, new scientific terms and concepts arising from addiction have been identified in relation to these processes.

Overall, excessive smartphone uses and addiction among young people are a concern in modern society. Young people's smartphone addiction reflects low self-confidence, as well as a low integrated emotional intelligence score and its two components (emotional and behavioral management). University life is an important stage for students, during which they must develop their personality to adapt to life after graduation. However, it has been found that excessive smartphone use among students leads to isolation and emotional instability.

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