# THE PSYCHOLOGICAL EFFECT OF TRAPS IN THE SOCIAL NETWORK ON YOUTH MIND AND SPIRITUALITY

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## Abstract

Since social networks have become a powerful information weapon today, they serve as an important factor in the promotion and promotion of ideological and ideological threats around the world. Special attention is paid to the influence on the hearts, minds and psyche of young people through social networks. This leads to a decline in the spirituality of young people. Therefore, we should not underestimate the escalation of various ideological, ideological and information attacks. Only then will we be able to raise a spiritually harmonious person, a healthy generation in the future.

**Keywords:** Social networking, network content, online platform, contact order, social attitude, virtual dependence, psychological problems.

## Introduction

This article talks about today's social networks, their psychological impact on the minds of young people, global social network problems and their solutions, rules for using Internet networks.

As of today, the number of pages "promoting" spiritual and moral depravity in the social network of the Internet system is more than a few hundred million, which worries humanity even more. Chingiz Aytmatov writes about this: "It is not necessary to put a camel's skin on a man's bald head. The wars that will take place now will not take place on the battlefield, but on the battlefield of ideology. From this point of view, it is a great tragedy that young people waste a lot of time on the Internet" [1]. Because, in the course of globalization, the scope of ideological influence has been greatly expanded and accelerated to an incomparable level. If a person does not have his own independent opinion, life-national values that have passed the test of time, a worldview formed on a healthy basis, and a strong will, he is exposed to various spiritual threats, their sometimes overt and sometimes hidden effects. it is impossible to endure.

First of all, when talking about the global Internet and social networks, the following words of the first president of our country come to mind:

no one can deny that it has an incomparable role and importance in obtaining the necessary information and information, increasing knowledge and enlightenment.

We fully support the aspirations of our people to make wider use of the Internet. I want to say it again and again - we do not like the way of erecting some kind of wall in the world of information, wrapping ourselves in one's shell and facing limitations..." said the first president of the Republic of Uzbekistan, I.A. Karimov.

It is known that the social network is primarily an online platform used for communication, acquaintance, social relations between people with similar interests, as well as for entertainment and business purposes. Today, it is difficult to imagine our life without the Internet and social networks. They have already become a part of our daily life and rely on the Internet in every field. Of course, this is useful for humanity and serves to increase the work productivity and efficiency of every field. Also, networks are divided into several groups according to the purpose of use: a) Horizontal social networks - they are not created for any specific type of user, on the contrary, any persons interact in them. They create their own teams. b) Vertical social networks - they address a specific audience. They are known as specialized social networks. c) Professional social networks - they are a type of vertical social network, useful for specialists, companies or workers in various fields who interact with a business goal. d) Social networks aimed at spending free time - the topic of this type of social network is various sports, music, video games, etc. e) Mixed vertical social networks - they combine professional and leisure topics, so they have a more formal tone. f) University social networks - they are intended for the university community. In it, students can chat, meet and download notes at the same time. g) Social news - some social networks allow people to post links to multiple news or external articles and create an opportunity to "vote" that user's article. The works with the most votes are the most visible works. Through this, it decides which news people see more on the Internet. h) Blogging - blogs are social media where thoughts, stories, articles, and links to other websites are written from a personal website. Blogs allow you to create an interactive environment where people with common interests can connect. i) Microblogs - These social networks are characterized by the publication of very short notes or updates that allow interaction and provide interpersonal communication. Users can subscribe to other users' content, send direct messages, and reply publicly. j) Shared content - these are social networks that allow downloading of videos, images or media with different content. These will have many service profiles, reviews and other additional social features.

Twenty years ago, it was hard to imagine that a borderless Internet network would appear. As an unprecedented process, the number of users of mass-global networks is growing day by day. It is very difficult to find people who do not know what social network is and do not understand it, regardless of the part of the world. By itself, this

is creating an addiction to the Internet in humanity. Along with Internet addiction, the development and growth of individual abilities cannot be left without direct impact. Due to this, psychological aggression, stress, depression, lack of attention, and memory loss are increasing in people. Of course, these psychological problems were not taken into account in the early days of the creation of the Internet, but only aspects aimed at making people's lives easier were considered, but we must admit that there are some reliefs in our social life through the Internet. This can be seen in the economic, social, political, cultural, moral, educational aspects of our life, in the example of organizations, leaders, and individuals. So, the above points show that receiving unfiltered information from social networks in a chronic manner causes aggressiveness in teenagers.

At this point, it is worth mentioning the scientific views of a number of scientists about aggressiveness in a person. In particular, according to L.I. Zakharov, the aggressive behavior of teenagers is determined by the influence of peers, family and mass media. Having considered all the main theoretical concepts of aggression, we can accept the following generalized definition of this phenomenon. Aggression is any form of behavior aimed at insulting or harming any living being. This definition emphasizes that aggression is a pattern of behavior rather than an emotion or a motive. [2, p.239]. Our personal experience, the success of others, and similar processes prove that aggression has certain benefits. Emotional excitement caused by an aggressive experience also causes aggression. The result of negative excitement often ends with aggression, which depends on what we have learned about the consequences of similar situations [3, p.18]. Although aggression is often associated with negative emotions such as anger, it is a motivated desire to harm or hurt. Of course, these factors have a great influence on aggressive behavior, but their presence is not the main condition for such behavior. [4, p. 288]. According to the Russian psychologist Yevgeny Ilin, aggression in teenagers is not only a periodic problem of the science of psychology, but this problem is a problem of the whole society, which also concerns law enforcement agencies. [5, p.35] The reason is that, as mentioned above, aggression in teenagers is a source that guarantees the growing dynamics of vices and crimes in society.

It is known that every person is not formed in the same way, they are individual. The environment creates a basis for the formation of a person in different ways. When an individual reaches a certain age, his character traits, outlook, thinking and consciousness begin to form. This period is called the "crisis" period. Any interaction with it during this period is stored in the memory. His relatives, mainly his parents, take part in this. The attention, love, upbringing, education and morals given to the

child will prepare his life for the next, big social society. A number of current problems such as communication with people, behavior in public, norms of social ethics, effective use of Internet networks are difficult issues for children who have reached the age of teenagers. At the same age, there is more egoism and age-related aggression in children. This is caused by information received through websites, videos, lectures and pictures. It is evident that Internet addiction changes a person's goals and negatively affects his motives and motivation. For each age period, the main type of activity is characterized, and in the development of the process of setting goals, unfiltered information from the social network can be misleading. Adolescence is an important period of mental development. In critical periods in physiology, the sensitivity of the child to the formation of the influence of the psychological period increases. The most important psychological hierarchy of this age is the formation of self-awareness. An important feature that characterizes the self-awareness of a teenager is considered to be a sense of coming of age. Thus, teenagers are formed in a real relationship system. It's no secret that online attacks and diseases are spreading among teenagers recently. Internet addiction contributes to the formation of a number of psychological problems, including various conflicts, chronic depression, the preference of virtual life over real life, the emergence of a feeling of discomfort in the absence of Internet use, insomnia, chronic fatigue, brain dysfunction, neuroticism. diseases, impurity, diseases of body parts, despair and a number of similar serious problems arise. In order to prevent such situations, a number of measures and plans are being discussed. Today, social networks have become the most popular and fast means of information dissemination. It is important to form the culture of working with information in students at the primary school age and during adolescence. Protecting the young generation from negative information in social networks remains the most important task in the current situation, where the desire to capture human consciousness is increasing. Not all information in the virtual system is scientifically based, reliable information proven on the basis of facts and evidence. Pupils and young people prefer to use the Internet system by phone rather than the library and data bank. Naturally, not everyone pays attention to the accuracy of the Internet. This gives the internet the ability to control us. At this point, it should be emphasized that it is the duty of every conscious person to protect the entire nation, especially the young generation, from the negative effects of any information attacks, websites that are not protected from the dangers of mass culture, and social networks. A number of significant works are being carried out in our country to determine how useful or harmful the information received through social networks is to the morale of young people and to carry out preventive propaganda in this regard, including, at

the end of 2021, "The influence of the Internet and social networks on young people" an international "workshop" was held on the topic of "secret". It was attended by representatives of the Ministries of Innovative Development, Development of Information Technologies and Communications, the Institute for the Study of Youth Problems and the Training of Prospective Personnel, and the Agency for Information and Mass Communications. They also noted positive and negative effects on education.

**Conclusion**

In conclusion, we would like to say that we are currently living in a time when the life of our society is increasingly harmonizing with the development of science and technology. Therefore, it will be beneficial for each of us to follow the culture of using social networks, and in turn, to teach it to others. Therefore, the foundation of development is created by protecting the spiritual and spiritual world of young people from harmful elements, various destructive, foreign and harmful ideas. After all, the upbringing of a generation with a high intellectual potential is becoming one of the most important tasks not only in Uzbekistan, but also in the whole world. The future of the country will be determined by the spiritually perfect generation. Spiritual maturity is an important factor in the development of society.

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