

**THE ROLE OF INTERNET NETWORKS IN THE DAILY LIFE OF
ADOLESCENTS**

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Abstract

This article is an attempt to show the role, positive and negative consequences of Internet networks in the daily life of adolescents.

Keywords: Internet, teenagers, Facebook, Instagram, Vkontakte, worldview, ethics and education, videos, films, books.

Introduction

According to the Internet Development Fund, almost 80% of children and adolescents in the CIS consider themselves 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 up to 4-6 years old use gadgets, mainly under the supervision of their parents, then older boys and girls are at risk of becoming addicted to the phone and social networks. At the same time, every 6th child has more than 100 friends (and this is not all his interlocutors!). More than 40% of Russian-speaking children on the Internet meet virtual acquaintances in real life - this is a separate risk factor that poses a physical danger to the 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 up 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 their sleep and study.[2] Social networks have long become a habit for children, and their influence cannot be overestimated: 92 percent of teenagers communicate on various instant messengers every day, and the problem of teenagers' addiction to social networks has been worrying parents for more than twenty years. How much do social networks, which have so intensively taken over our daily lives, affect human health?

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

1. The easiest way to broaden a child's worldview is through communication. People from other social classes, cultures, and countries can tell a child many things, and their worldview, moral And international social networks can even help you learn languages - after all, a new friend can live on the other side of the world!
2. You can stay in touch with friends and relatives. Moving, changing schools - there are many reasons why a child is separated from his usual environment. But now this traumatic transition can be alleviated, because on social networks the user can connect with an interlocutor anywhere in the world. It is easier for a child to get psychological help from close and dear people, he feels safer and does not seek comfort from strangers on the Internet.

3. Teach communication. If a child is shy about the details of his appearance, if his shyness prevents him from finding a common language with peers, developing his communication skills, trying out different behaviors and affirming his best sides, he can do so on the Internet. Here, only what he says and thinks is important, and he can express his thoughts more freely, without fear of peer pressure. Here he does not risk losing his reputation due to unsuccessful experiments. Scientists have long proven the positive effect of social networks on a child - they help develop kindness, a sense of humor and beauty, a sense of social justice!
4. Opportunity for self-expression. Post a poem or a picture? Post a video of a dance or song? Social media is a great way to make a bold statement and attract feedback and attention! It's a great incentive to continue doing what you love.
5. Obtaining new information for self-development. Free courses, videos, films, books, and news are distributed through thematic groups on social networks - and subscriptions help the child learn systematically.[3]
6. Spending time safely. Statistics show that children who spend time on social media are less likely to go out at night during adolescence, and are less likely to smoke cigarettes, drink alcohol, and have sex.

Hidden Threats:

1. Information is a "trash can." Not all information on social media is useful. The important part of the content is "yellow," entertaining posts and attractively packaged, but absolutely unnecessary information takes away the child's attention and time. And even takes away health, because addiction to the phone and social networks, excessive consumption of information is associated with high stress on the nervous system!
2. Less sleep and more oxytocin. Children who are addicted to social networks "push back" sleep and other useful activities in order to learn more, communicate more. Such actions lead to increased production of the hormone oxytocin, which is responsible for empathy and trust. "Networked" children are more sensitive and may not trust people who deserve it.[4]
3. Deterioration of social skills. Your communication and writing skills may not only improve, but also deteriorate on social networks. In instant messengers, children ignore syntax and punctuation, express their emotions with stickers and parasitic words, and forget how important facial expressions, intonation, and the "pronunciation" of emotions are for those around them in the real world.
This often makes children unpredictable, impatient, irritable, and irritable. Real-life skills also suffer, as they are "not needed" to attract attention and admiration in the virtual world. 27 percent of children addicted to phones and social media also have communication disorders.
4. Decline in information processing skills. There is so much information that children do not have time to understand it. Therefore, they easily believe what they read, and their ability to think logically gradually decreases.
5. The conflict between expectations and reality. Friends on social networks may not be what they say they are. And the enthusiastic attitude of social network users can differ sharply from the attitude of their peers at school. The impact of social networks on a child can lead to withdrawal and even depression.
6. Inappropriate content and other threats. Drugs, alcohol and tobacco products, adult content,

electronic payment systems and other incoming requests make up 0.3-0.5% of the total number of Internet searches made by children. More than 60% of children under 14 have come across such materials at least once, and about 19% view them regularly. And social networks are no exception. Here a child can see things that he should not know about for his age, "get into money" or encounter intruders.

7. The behavior of peers on social networks cannot be harmless either. And if a 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, posts, comments and notes. In addition to the listed threats, there is also a risk that teenagers will become 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 adolescents is especially prone to addiction - and addiction to social networks is no exception. The desire to show off, lack of real life experience, psychological trauma and an unfavorable environment - all this increases the risk of children becoming addicted to social networks. Of course, it is clear to everyone that not all problems can be solved within the framework of one article. Therefore, the time demands that we turn to this topic again and again.

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