THE IMPACT OF SOCIAL MEDIA ON MODERN COMMUNICATION

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ANNOTATSIYA

So‘nggi ikki o‘n yillikda ijtimoiy tarmoqlar raqamli davrning eng ta’sirli kuchlaridan biriga aylangan bo‘lib, odamlar muloqot qilish, ma’lumot almashish va global aloqalar o‘rnatish usullarini tubdan o‘zgartirdi. Instagram, Facebook va TikTok kabi platformalar kontentni tezkor baham ko‘rish imkonini beradi va shaxsiy fikrlarni ifodalashga imkon yaratadi, shuningdek, bizneslar uchun ham samarali vosita hisoblanadi. Shu bilan birga, ijtimoiy tarmoqlar qaramlik, yuzma-yuz muloqotning kamayishi, shaxsiy ma’lumotlar xavfi va noto‘g‘ri ma’lumotlarning tez tarqalishi kabi muammolarni ham keltirib chiqaradi. Haddan tashqari foydalanish esa ayniqsa yosh foydalanuvchilar uchun ruhiy salomatlikka salbiy ta’sir ko‘rsatadi, masalan, xavotir, depressiya va o‘ziga ishonchning pasayishi. Ushbu maqola kommunikatsiya texnologiyalarining rivojlanishi, ijtimoiy tarmoqlarning afzallik va kamchiliklari hamda jamiyatga ta’siri haqida tahlil beradi. Ijtimoiy tarmoqlar aloqani va samaradorlikni oshirsa-da, ularni me’yorida va ongli ishlatish zarur.

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ijtimoiy tarmoqlar, raqamli kommunikatsiya, global aloqalar, axborot texnologiyalari, ruhiy salomatlik, kiberzo‘ravonlik, yolg‘on yangiliklar, onlayn qaramlik, ijtimoiy o‘zaro ta’sir, texnologiya ta’siri.

ANNOTATSIYA

За последние два десятилетия социальные сети стали одной из самых

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социальные сети, цифровая коммуникация,

влиятельных сил цифровой эпохи, существенно изменив способы общения, обмена информацией и глобального взаимодействия. Платформы, такие как Instagram, Facebook и TikTok, позволяют мгновенно делиться контентом и предоставляют каждому пользователю возможность выражать своё мнение, а также служат мощными инструментами для бизнеса. Несмотря на преимущества, социальные сети создают проблемы: зависимость, снижение личного общения, риски конфиденциальности и быстрое распространение ложной информации. Чрезмерное использование может негативно влиять на психическое здоровье, вызывая тревожность, депрессию и низкую самооценку, особенно у молодых людей. Данная работа рассматривает развитие технологий коммуникации, преимущества и недостатки социальных сетей, а также их влияние на современное общество. Хотя социальные сети повышают продуктивность и связанность, важно использовать их умеренно и осознанно.	*глобальная связь, информационные технологии, психическое здоровье, кибербуллинг, фейковые новости, онлайн-зависимость, социальное взаимодействие, влияние технологий.*
ABSTRACT	***KEY WORDS***
Over the last two decades, social media has become one of the most influential forces in the digital age, transforming the way people communicate, share information, and connect globally. Platforms such as Instagram, Facebook, and TikTok allow instant sharing of content and provide a voice to individuals, while also serving as powerful tools for businesses. Despite its benefits, social media presents challenges, including addiction, reduced face-to-face interaction, privacy risks, and the rapid spread of misinformation. Furthermore, excessive use can	*social media, digital communication, global connectivity, information technology, mental health, cyberbullying, fake news, online addiction, social interaction, technology impact.*

negatively impact mental health, leading to anxiety, depression, and low self-esteem, particularly among young users. This paper examines the development of communication technologies, the advantages and disadvantages of social media, and its overall effects on modern society. While social media enhances connectivity and productivity, careful and balanced use is necessary to mitigate its potential harms.

INTRODUCTION

In the last two decades, social media has become one of the most influential powers in the digital age. Social media has greatly changed the way people communicate. Platforms such as Instagram, Facebook, and TikTok allow users to share photos, videos, and opinions instantly. Today, news spreads faster through social media than through traditional television or newspapers. One important impact is global connection. People from different countries and cultures can communicate easily, make friends, and exchange ideas. Social media also gives everyone a voice; users can express their thoughts and even influence others. Many businesses use social media for marketing and communication with customers. However, social media also has negative effects. It can cause addiction, reduce face-to-face interaction, and sometimes spread false information. Despite these challenges, social media remains one of the most powerful tools shaping modern communication.

Social media has become very important for communication today. To understand how it reached this stage and why it has grown so much in recent years, we need to look at the past. Modern media and communication technologies may seem new, but in reality, they have been developing for many decades and through many different platforms and tools. Even though new technologies appear quickly, traditional communication methods are still used and remain important. Society usually needs a long time to accept and trust a new technology before it becomes a permanent part of everyday life.

The development of communication technologies can be viewed from different perspectives. From the viewpoint of society or individuals who want to share information, the reasons for creating new communication technologies are often similar. However, the reasons why people start using them can be different. One of the first technologies that allowed two people in different places to communicate almost instantly was the telephone. Before the telephone, the telegraph

was used. The telegraph worked by sending messages that were received at a specific time, so communication was not immediate. The telephone improved this process because it allowed people to talk to each other in real time, removing the delay between sending and receiving a message.

In the 1950s, society started to change because of new technologies. These technologies made it easier to create, send, and store information. Television and radio became very popular. They allowed people to receive information very quickly, almost at the same time it was sent. Also, more people could create and share information, not only professional journalists. Because technology improved, the amount of information increased a lot. People suddenly had access to many TV channels and many sources of information. Everyone started binge-watching, ignoring people and life around them. However, something interesting happened. Even though people had many choices, they usually used only a few of them. For example, a television can show many channels, but most people watch only five to eight channels regularly. The same phenomenon occurs on the Internet. There are millions of websites, but a person usually visits only a small number of favorite sites. Because of this, communication changed. Before, information mostly moved in a linear way (from one sender to many people).

Technology has made life faster and easier. Communication is instant, and people can connect with others anywhere in the world. Information is easy to access, helping us learn and make decisions quickly. Online tools make work, study, and shopping more convenient. There is no doubt about the advantages of social media. For example, employees can work from home using laptops and the Internet. Platforms such as Zoom and Teams connect teams globally. Businesses reach customers through Instagram, Facebook, and TikTok. People can buy and sell online through websites and apps. Communication using the Internet is free or low-cost, and real-time updates and notifications are available. Overall, technology increases productivity and helps people complete tasks efficiently.

MAIN BODY

"We are more connected than ever, but are we really communicating?" Technology connects us but can also isolate us. Constant digital connection can increase feelings of loneliness and weaken real conversations.

While technology makes life easier, it also has disadvantages. People spend less time talking face-to-face, which can harm personal relationships. Social media can cause addiction and stress. Misunderstandings may happen in text messages without tone or context. Privacy and data security are also at risk, as personal

information can be hacked or misused. Vocabulary can be reduced. Frequent use of short messages may limit expression and creativity.

Social media has a serious problem with false information and fake news. Because people can share posts very quickly, wrong or misleading information can spread to many people in a short time. Sometimes this can cause real problems in society. Platforms such as Facebook and Twitter are often criticized because they do not always stop false information from spreading, especially during important situations such as elections or health emergencies.

The influence of social media on mental health has become an important concern. Research shows that using social media too much can cause problems such as anxiety, depression, and low self-confidence, especially for young people. When users constantly compare themselves to others' perfect-looking photos and lifestyles online, it can make them feel unhappy about their own lives. Problems such as cyberbullying and the pressure to appear perfect on the Internet can also harm a person's emotional well-being. In addition, social media can be addictive, making people spend too much time on their screens, which may lead to lack of sleep and increased stress. Feeling nervous and anxious when offline, harmful information and advice online, and exposure to self-harm or content promoting eating disorders are common problems.

Excessive use can lead to procrastination and poor time management. It makes people feel dissatisfaction with themselves because social media takes time away from other tasks. People on social media often display a "perfect life." This contributes to anxiety, depression, and low self-esteem due to comparison and cyberbullying. Between partners in marriage or romantic relationships, it can cause conflicts. The reason behind this is the earlier phrase "perfect life" — exchanging expensive gifts, acting as if they never argue. Happiness is not always about money; simplicity also matters. Not everyone can afford trendy things. For example, actors from Indonesia acted like a married rich CEO couple. Everything was perfect: cars, penthouses, money, companies, super high-priced clothing, bags, and jewelry. However, people later found out that everything on the screen was a scenario. Nothing was real; everything was rented. This was shocking for their subscribers. As Paul Gillin said, "Transparency may be the most disruptive innovation of social media."

Elderly people often blame young people for spending too much time on social media. Before social media, parents and even grandparents could analyze daily behavior and judge young people. Today, 72 percent of the adult population in the United States uses social media. Seventy-three percent of US adults use Snapchat, 73 percent regularly visit YouTube, 75 percent use Instagram, and 69

percent are on Facebook. These statistics only cover the US population. Worldwide numbers are likely even higher.

CONCLUSION

To conclude, social media has become an integral part of modern communication, transforming how people connect, share information, and interact globally. While platforms such as Instagram, Facebook, and TikTok offer numerous benefits, including instant communication, business opportunities, and global connectivity, they also present significant challenges. Overuse of social media can lead to addiction, reduced face-to-face interaction, mental health issues, and the rapid spread of misinformation. Despite these drawbacks, social media remains a powerful tool that shapes modern society. Therefore, it is essential to use these platforms responsibly and in moderation, balancing their advantages with awareness of potential risks.

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