The Influence of Social Networks on the Human Psyche

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ABSTRACT

To date, the main goal of education is not only the accumulation of certain knowledge, skills, abilities by the student, but also the preparation of the student as an independent subject of educational activity. At the heart of modern education is the activity of the student, directed by the teacher. It is this goal of educating a creative, active person who knows how to learn and improve independently, and the main tasks of modern education are subordinated.

The ineffective use of social networks is dangerous not only to waste time, but also to the human psyche. The great use of social networks leads to various problems. For example, a person becomes anxious and begins to feel loneliness more strongly. People who are addicted to social networks tend to neglect work, study and loved ones. For such people, social networks have become the meaning of their lives. Instagram, Facebook, Twitter, social networks such as Telegram, how do they affect the human psyche? According to research, 40% of people on the planet use social networks. According to statistics, Telegram has 18 million users, Odnoklassniki-16.7 million, Facebook-4.7 million, Instagram-3.7 million, Vkontakte-2.6 million, LinkedIn-288 thousand, Twitter-51.6 thousand Uzbek users, many of whom make up young people. As a result of the research, it was said that an average of 2 hours a day social dictates to spend time on the network. (I think compassion says 2 hours on the surface. In fact, all our lives are passing on social networks).

Social networks do not deny their place in our daily lives. But as a result of our excessive use of it, we are sacrificing not only our time, but also our mental health. Especially now, as a result of improper use of social networks, various problems arise, it is no secret that even starting a person on the street of crime. The most painful thing is that those who work under the name «religion» widely use social networks to lure young people into their traps. Unfortunately, many young people become victims of destructive actions carried out under the guise of Islam, becoming weapons of enemies of religion.

Because they introduce themselves as «close friends», «guides» and convince young people of themselves. Most people try to take refuge in social networks with the aim of moving away from their stress and life worries. But social networks are not designed to reduce stress, but to increase nervousness and mental zeal.

In an experiment in which 1,800 volunteers participated, women who use social networks will have more mental strain on men. While Twitter, where other people share stress and mental states, studies that have shown the greatest source of stress within social networks, point out that women experience less mental sting than men when they use Twitter.

Most men do not show such an effect because they are in contact with social networks while maintaining a distance. Experts say, maybe because men are cooler, they are less nervous about women when using social media. Good and bad mood appear in humans through social media. Frustrated messages drop people's moods once and for all. Positive, and entertaining messages affect the mental state of a person in small quantities. In people who spend a lot of time on social networks, panic, anxiety, nervous isolation, irritability are noticeable.

However, it has not yet been established why social networks evoke feelings of panic and anxiety in a person. According to statistics, 80% of users check their pages at least once a day. (Maybe this is how people panic, thinking that something has happened at their expense). Social braids are often the cause of envy. According to surveys, many people track their spouses through social networks.

In fact, such jealousy is unfounded. Statistics show that many couples break up precisely for this reason. Some researchers believe that using the social network and giving up sharing photos and tweets is even as difficult as giving up tobacco and alcoholic beverages. But, to the horror, it turns out that social networks harm the human psyche even more than tobacco and alcoholic beverages.

Such dependence is becoming the biggest problem of our century all over the world. In summary, every blessing is created to serve a person. Using them in their place and in moderation will never lead to bad consequences.

All social networks can be divided into three groups. Each of them has its own advantages and disadvantages regarding security. The most popular social networks often combine different functionality, which only increases their vulnerability. The largest of these three groups are messengers, which, I must say, are no longer at all similar to the SMS messaging used before.

Apps like Telegram or WhatsApp have a group chat function and can access your contacts list. Of course, for cautious users, such functions simplify communication with other people, but for those who are not too careful about protecting their phone number, this can become a serious problem, up to hacking the device.

Social networks of the second group are blog platforms and microblogging platforms, such as Twitter or Reddit (in the Russian segment of the Internet, this role is successfully performed by "Pikabu"). And although such platforms are notorious for being literally teeming with hackers and doxers, it is still possible to remain completely anonymous there.

It's safer if you have a good VPN provider, but we recommend using the VPN service that is "sharpened" specifically for your operating system. For stable protection and stable connection, it is best to use separate VPNs for MacOS and Windows.

Finally, social networks of the third group are video streaming platforms, such as YouTube.

They differ in that there are much more commentators than content creators.

For each type of user, the methods of protection are different.

Commenter's usually rarely come to the attention of hackers, especially if their IP address is hidden or disguised.

But content creators, on the contrary, should seriously take care of the issue of their own cyber security.

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