

INCREASED STRESS AMONG YOUNG PEOPLE: EFFECTS OF SOCIAL MEDIA AND WAYS TO REDUCE STRESS

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Abstract: This article analyzes the increase in stress among young people and its causes related to social networks. The biological basis of stress, the role of the hypothalamo-pituitary-adrenal system and the long-term effects of cortisol are highlighted. Also, the impact of social media on self-confidence, cyberbullying and comparison culture on the psychological health of young people is examined in detail. The article recommends effective ways to reduce stress, including exercise, cognitive-behavioral therapy, pharmacological treatment, mindfulness techniques, healthy eating, and promoting quality sleep. These recommendations are aimed at improving the mental and physical health of young people.

Keywords: stress, youth, social networks, cortisol, hypothalamic-pituitary-adrenal system, psychological health, cognitive-behavioral therapy, mindfulness, pharmacological treatment, exercise, cyberbullying, mental stress.

Increased stress among young people: Effects of social media and ways to reduce stress.

Stress has become an increasingly common problem among young people. And social media can make this problem worse. While the digital world keeps young people connected, it can have dangerous effects on their mental health. We will talk in detail about how stress affects the physical and mental health of young people, and how to reduce it. Social networks play a huge role in the daily life of young people. Young people spend most of their time on platforms like Facebook, Instagram, and TikTok. Through such platforms, they get information about the lives, successes and ideals of others. However, these ideal images lead young people to compare themselves with themselves, which leads to low self-esteem, increased internal tension and, as a result, increased stress. Comparing oneself to others increases self-doubt, which can lead to mental problems such as depression and anxiety. Also, spending a lot of time on social networks separates young people from the virtual world and weakens their connections in real life. It makes them feel lonely. Situations such as negative comments, teasing (cyberbullying), and intimidation on social media make young people more stressed. These conditions prevent them from feeling safe, and can seriously damage their mental health. Stress is the response reaction of the body, which prepares the body against dangerous situations. But continuous stress, especially among young people, causes various physical and mental diseases. Prolonged stress can lead to a weakened immune system, sleep disorders, stomach problems, and cardiovascular disease. High levels of stress also lower levels of neurotransmitters in the brain, including serotonin and dopamine, which worsen mood and increase anxiety. Therefore, it is important to reduce stress and protect young people from its negative consequences. There are several effective ways to reduce stress.

First, physical activity is very effective in reducing stress. Exercise stimulates the body to produce endorphins, which improves mood and helps the body relax. Aerobic exercise, yoga,



and breathing techniques are particularly helpful in reducing stress. Exercise relaxes the body and increases the ability to fight stress. Secondly, psychotherapy methods are of great importance in reducing stress. Cognitive-behavioral therapy (CBT) is an effective approach to managing stress and reducing its negative consequences. With this therapy, people analyze thoughts that cause stress and learn positive, healthy ways of thinking. Also, getting psychological counseling can help manage stress. The effect of stress on the body is related to complex processes. In the case of stress, hormones are produced in the body, including cortisol, adrenaline, and noradrenaline. They activate the body's "fight or flight" response, which increases heart rate, blood pressure, and breathing. However, if these processes continue for a long time, they have a negative impact on physical and psychological health. High levels of cortisol as a result of chronic stress can lower levels of neurotransmitters, particularly serotonin and dopamine, over the long term. This condition leads to the development of mental disorders, such as depression, anxiety disorders and sleep disorders. Also, the duration of stress weakens the hypothalamo-pituitary-adrenal system, reduces the protective function of the immune system, which makes the body vulnerable to various infections. Biochemical processes of stress activate the "dark" side of the body. Long-term stress can cause permanent damage to vital organs such as the brain and heart. In particular, stress causes brain cells, especially the hippocampus, to shrink, which reduces memory and learning abilities. Diet therapy also plays an important role in reducing stress. When the level of stress is high, there is a lack of vitamins and minerals in the body. Foods rich in nutrients such as vitamin B6, magnesium, and omega-3 fatty acids can help reduce stress. It is also recommended to reduce caffeine and sugar, because these substances can cause an increase in stress hormones in the body. Improving sleep is also an effective way to reduce stress. Quality sleep reduces stress levels and improves mood. To improve sleep hygiene, it is recommended to stay away from screens (phone, computer, TV) before sleep. Getting 7-8 hours of sleep improves melatonin production, which reduces stress. Techniques such as mindfulness and meditation can also be helpful for reducing stress. Mindfulness helps manage stress by focusing one's attention on the present moment. Breathing exercises and meditation are effective stress management tools because they reduce the sympathetic nervous system and activate the parasympathetic system. In conclusion, the increase in stress among young people is a serious problem, and to prevent and reduce it, a number of medical, psychological and lifestyle measures are available. From social networks to manage stress, it is necessary to limit the use, exercise regularly, eat healthy and improve sleep. Teaching young people how to manage stress is important to maintaining their mental health.

Stress is an important factor that has a negative impact on the human body and is the cause of most diseases worldwide. According to the World Health Organization (WHO), 70-80% of diseases in the world are directly related to stress. Long-term stress can damage the cardiovascular system, endocrine system, and mental health. The consequences of stress worldwide have been observed as follows: 33% of cardiovascular diseases and strokes are stress. occurs due to Depression and mental health problems have risen by 15% globally. Increased stress levels among young people are linked to social media, leading to self-doubt and depression. In Uzbekistan, the impact of stress on the health care system is also significant. According to psychologists in the Republic: Stress causes 40% of cardiovascular diseases. 20-25% of the population suffers from eating disorders and obesity, which are often associated with stress. 30% of young people face mental problems due to psychological pressure on social networks. Stress is one of the main factors that pose a threat to health not only in the world,

but also in the conditions of Uzbekistan. Statistics show that a comprehensive approach is needed to reduce the effects of stress. The negative consequences of this problem can be reduced by supporting a healthy lifestyle, expanding psychological support services, and early identification of the causes of stress. In conclusion, the increase in stress among young people is a serious problem, and to prevent and reduce it, a number of medical, psychological and lifestyle measures are available. From social networks to manage stress, it is necessary to limit the use, exercise regularly, eat healthy and improve sleep. Teaching young people how to manage stress is important to maintaining their mental health. Stress is an important factor that has a negative impact on the human body and is the cause of most diseases worldwide. According to the World Health Organization (WHO), 70-80% of diseases in the world are directly related to stress. Long-term stress can damage the cardiovascular system, endocrine system, and mental health. The consequences of stress worldwide have been observed as follows: 33% of cardiovascular diseases and strokes are stress. occurs due to Depression and mental health problems have risen by 15% globally. Increased stress levels among young people are linked to social media, leading to self-doubt and depression. In Uzbekistan, the impact of stress on the health care system is also significant. According to psychologists in the Republic: Stress causes 40% of cardiovascular diseases. 20-25% of the population suffers from eating disorders and obesity, which are often associated with stress. 30% of young people face mental problems due to psychological pressure on social networks. Stress is one of the main factors that pose a threat to health not only in the world, but also in the conditions of Uzbekistan. Statistics show that a comprehensive approach is needed to reduce the effects of stress. The negative consequences of this problem can be reduced by supporting a healthy lifestyle, expanding psychological support services, and early identification of the causes of stress.

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