

THE IMPACT OF INFORMATIVE THREATS IN THE YOUNG MENTALITY

ARIPOVA MATLUBA LUTFULLAYEVNA

Candidate of Pedagogical Sciences, Associate Professor, department of Pedagogy and Psychology,
Uzbekistan State World Languages University, Tashkent, Republic of Uzbekistan

E-mail address: aripova-matluba@mail.ru

ABSTARCT:

This article has a discussion about the impact of informative threats in the young mentality. It is the fact that an overwhelming majority of people who are scholars, scientists, psychologists or pedagogies and educators always worry about almost everything which may be innovative information technologies or else global informative threats, especially, in the young perspective and mentality in a perceptible manner. Apart from them, this article argues about psychological effects of risks for young ones mind. In accordance with this paper readers can easily comprehend how the essence of cognitive processing in education today as well as a wide range of activities for enhancing instruction that is built on the theories of discussed. Moreover, author attempt to prove the impact of informative threats by calculating in the percentage.

KEY WORDS: The effect of informative threats, cognitive psychology, information processing, memory.

INTRODUCTION:

Since the beginning of up-to-date information technologies, information as well as communication technologies play a special role. Having a discussion about the whole spheres of life, it is impossible not to focus on the process of training specialists along with experienced individual. The adoption by the Republic of Uzbekistan of numerous laws on the development of information and

communication technologies in a lot of areas has supplied a mechanism for the movement and promotion of technology and the higher education institution. To achieve following atmosphere, it is important to enhance information of a professional grade and the only way is to ensure the activities of educational institutions with modern information as well as communication technologies. And to fulfill it as needed, it is significant to conduct rudimentary research and accomplish the consequences in the process of educational industries.[1]

As a matter of individuals' cognition studied by a variety of researches is memory. That is to say that there a great number of hypotheses and recommendations as to how this kind of integration happens or else several new theories have built upon established beliefs in this area. What is more, it is undoubtedly true that current educators who are really engaged in learning how efficacious today's global information or not effective to some extend. This is mainly because how one acquires, learns new information and keeps in mind previous information guides option of long-term learning goals and methods of effective instruction.

As a result, it should be mentioned that cognition as a psychological area of study goes far beyond commonly the taking in and retrieving information. It is a wide branch dedicated to the study of the mind holistically. In accordance with some psychologists' point of views, as an excellent example of Nesser(1967), one of the most

valuable and influential researchers in cognition, defined it as the study of how people encode, store, use, structure or otherwise learn knowledge. Cognitive psychologists hypothesize an intervening variable or set of variables between behavior and environment—which opposes it with behavioral theories. [2]

MAIN PART:

Owing to the fact that with the advance of advanced technologies, the whole young generations' mind has totally changed, namely their horizon and psychological cognition are eternally new with the impact of innovative information and communication technologies along with the means of media communication. For this crucial reason, it should be focused on avoiding some obstacles which are meant the occupation of young ones' mentality by showing colourful and wonderful features of media, such as fascinating virtual games, interesting social films are based upon appealing the young to be altered their future intentions, future plans or future objectives in a sensible manner. It is universally true that "Actions speak louder than the words", current social lives or policy that manifest itself as a real life. Due to the fact that in spite of being skilful and superb intelligent person, he/she is not able to fight against the informative risks or threats; if they are powerful and strong in any cases, they can easily overcome such kinds of barriers.

So as to know about how many people use social media. Namely following statistics which took place in both adolescents and young adults. With 45 % of adolescents reporting that they are online "nearly constantly" and another 44 % stating they are online at least several times a day, at that time, the vast majority of experts are

requesting if social media usage can be harmful to mental health. Here is what we need to notice about social media utilize among teenagers as well as young adults. The result can be categorized below essential questions' responses:

-What are the different social media platforms, besides, how are they utilized?

More than 40 % of adolescent girls and over 20 % of adolescent boys report utilizing social media for 5 or more hours per day. The most heyday social media platforms are Instagram, YouTube, Twitter and Facebook. Moreover, Snapchat allows users to share various photos that disappear once they have been opened as well as "stories" that disappear after 24 hours. Such types of stories allow users to deal with their experiences with the whole their followers through photos or else videos. [3]

Facebook lets users share articles, photos, videos or information about their social lives, additionally, chat with friends, cohorts and more. It is undeniably true that YouTube allows users to deal with original videos, for instance, cooking, music, make-up tutorials and video blogs. Furthermore, Twitter permits users to share their own individual thoughts and personal updates in 280 characters or less, besides, share a variety of pictures. Instagram has a selection to share "stories" for 24 hours as well, but it also permits for sharing colourful photos or else videos that stay on a user's profile. Unless somebody selects to set their Instagram account to "private", anybody can look at these videos and these photos that are posted. Most people use Instagram as a form of photo blogging, posting videos from amusing vacations and daily life, sharing their interests in cooking, art and other activities.

DISCUSSION:

-Is social media related to mental health issues?

Even though social media can allow people to reach out and connect with others, it can also make some people feel worse. Nearly 25 % of adolescents rely on that social media has a mostly negative effect. [4]

Indeed, with 13 % of 12–17 years old reporting depression, also 32 % reporting anxiety, mental diseases are a concern for adolescent health. It is a concern for young adults as well since 25 % of 18–25 year olds report having some form of mental illness. Depression is mostly increasing among girls. According to some researchers have recommended that this increase in mental disease is, at least in part, connected to the rise of social media use among adolescents and young ones.

-How might social media harm mental health?

In accordance with lots of studies have found an association between time spent on a number of social media platforms used and symptoms of depression and anxiety. Most of these studies illustrate that time waste on social media is correlated with anxiety and depression. Nevertheless, that does not essentially mean that social media leads these issues. By the way, it is unclear whether utilizing social media causes to anxiety and depression symptoms or if people who have already been depressed or more anxious use social media use might, at least to some degrees, lead to these symptoms. As an example of one study from 2020, people who deactivated their Facebook account for a month reported lower depression and anxiety as well as increases in life satisfaction and happiness.

An overwhelming majority of researchers reckon that one matter is that social media use can disrupt sleep and poor sleep can cause depression and anxiety. Social media utilize at night bothers sleep in a wide range of ways: most of ones stay up late online, the light from the screen can disrupt person`s circadian rhythm and some of them wake up at night in order to respond to the messages or check the information. [5]

In fact, teenagers and young adults frequently worry about what they call "FOMO", particularly, which means that "fear of missing out", which is anxiety about missing out special experiences. As a result, they can be addictive to utilize above-mentioned social media platforms in a constant manner although they are not worth doing so. However, the vast majority of experts state that on a daily basis such types of social media messengers which are beneficial and thoroughly helpful to educate the young learners successfully. In particular, it is accomplished by teaching young ones how to use them appropriately and how to implement them practically. Besides, using Twitter and Instagram learners can easily enhance their lack of skills, for example, writing, reading and grammar. Additionally, they can improve their speaking skills by posting some specific videos according to the hints of speaking.

CONCLUSION:

Taking everything into account it can be concluded that it is doubt whether it is useful or not it will be pivotal to reform education system perceptibly. Nonetheless, the organization of oppositions in the cognitive process and its presence in the product of scientific research, state, in the text of scientific works, are totally distinctive things. This is mainly because both above

point of views which are devoted to get better and better young generations` mentality even if they are diving into utilizing social media platforms at present. Finally, it should be noted that informative threats` impact on young generations mind is not possible if it is nurtured excellently, namely via connection between psychological aspects and social sciences, information and communication technologies in harmony. The best way of avoiding informative threats is the most valuable selection of correct direction in order to persuade young generations to lead creativities and further enhancement of their academic success.

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