

TOSHKENT TIBBIYOT AKADEMIYASI
«YOSH OLIMLAR TIBBIYOT JURNALI»

TASHKENT MEDICAL ACADEMY
«MEDICAL JOURNAL OF YOUNG SCIENTISTS»

ТАШКЕНТСКАЯ МЕДИЦИНСКАЯ АКАДЕМИЯ
«МЕДИЦИНСКИЙ ЖУРНАЛ МОЛОДЫХ УЧЕНЫХ»

IXTISOSLASHUVI: «TIBBIYOT SOHASI»

ISSN: 2181-3485

Mazkur hujjat Vazirlar Mahkamasining 2017 yil i5 sentabrdagi 728-son qarori bilan tasdiqlangan O'zbekiston Respublikasi Yagona interaktiv davlat xizmatlari portali to'g'risidagi nizomga muvofiq shakllantirilgan elektron hujjatning nusxasi hisoblanadi.

№ 6 (05), 2023

ТОМ 1

«Yosh olimlar tibbiyot jurnali» jurnali O'zbekiston Respublikasi Oliy ta'lim, fan va innovatsiyalar vazirligi huzuridagi Oliy attestatsiya komissiyasi Rayosatining 2023 yil 5 maydagi 337/6-son karori bilan tibbiyot fanlari buyicha dissertatsiyalar asosiy ilmiy natijalarini chop etish tavsiya etilgan milliy ilmiy nashrlar ruyxatiga kiritilgan.

Решением Президиума Высшей аттестационной комиссии при Министерстве высшего образования, науки и инноваций Республики Узбекистан от 5 мая 2023 г. № 337/6 «Медицинский журнал молодых ученых» внесен в перечень национальных научных изданий, рекомендованных для публикации основных научных результатов диссертаций по медицинским наукам

НАУЧНЫЕ ОБЗОРЫ

- Асадова Г.А.** / Диагностические и лечебные мероприятия перинатальной службы в Узбекистане 101
- Джалилова Г.А., Асадов Р.Х., Саттарова З.Р.** / Организационные аспекты гемодиализной помощи населению в Узбекистане 109
- Джалилова Г.А., Мирдадаева Д.Д., Одилова М.А.** / Охрана материнства и детства в Республике Узбекистан..... 114
- Mustafaqulova K.I., Jumanazarov S.B.** / Yurak ishemik kasalligi stabil zo‘riqish stenokardiyasida refleksoterapiyaning qo‘llanilishi..... 118
- Исломжонова М.М., Саидмуродов К.С., Исмаилов Д.Ш., Садриддинова М.С., Рахматова Ф.У.** / Функциональное состояние сердечно-сосудистой системы юных спортсменов и подростков, не занимающихся активными видами спорта, с разным уровнем физической подготовленности..... 123
- Юсупова Ш.А., Камилова Б.М., Пинязов А.Х.** / Эффективность применения лазера Q-SWITCH при удалении Невуса Ота..... 130
- Курбанбаева С., Мустанов А.Ю., Матназарова Г.С., Брянцева Е.В.** / Динамика заболеваемости менингококковой инфекцией 135
- Rishabh, Mirkhamidova S.M.** / The impact of different types of addiction on human health 141
- Deepanshu Tanwar, Mirkhamidova S.M.** / Problems and challenges faced by hostel students 146
- Himanshu Tanwar, Mirkhamidova S.M.** / The impact of smoking on students’ life..... 150
- Chirag, Mirkhamidova S.M.** / The impact of social media on student health 155
- Himanshu Dahiya, Mirkhamidova S.M.** / The impact of alcohol on student health 160

THE IMPACT OF SOCIAL MEDIA ON STUDENT HEALTH

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Abstract. *The article discusses the role of social networks and their impact on the psyche and human health. This influence has its positive and negative sides. The search for literary sources was carried out using the bibliographic databases Web of Science, Scopus, DBLP, Medline. When selecting sources, they paid attention to experimental articles, literary reviews, the number of their citations over the past year. There is two side of every coin and social media also have some negatives like cyber bullying, hacking, fraud and scams. Some people use this medium to influence people with fake story or news. Now people are addicted to this virtual world which is creating problems like mental and physical medical issues.*

Keywords: *Social media, habit, healthy, lifestyle, student, activity*

ВЛИЯНИЕ СОЦИАЛЬНЫХ СЕТИ НА ЗДОРОВЬЕ СТУДЕНТОВ

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Аннотация. *В статье рассматривается роль социальных сетей и их влияние на психику и здоровье человека. Это влияние имеет свои положительные и отрицательные стороны. Поиск литературных источников осуществлялся с использованием библиографических баз данных Web of Science, Scopus, DBLP, Medline. При выборе источников обращали внимание на экспериментальные статьи, литературные обзоры, количество их цитирований за последний год. У каждой медали есть две стороны, и социальные сети также имеют некоторые негативные стороны, такие как киберзапугивание, взлом, мошенничество и мошенничество. Некоторые люди используют это средство, чтобы влиять на людей с помощью фальшивых историй или новостей. Теперь люди зависимы от этого виртуального мира, который создает такие проблемы, как психические и физические проблемы со здоровьем.*

Ключевые слова: *социальные сети, привычка, здоровый образ жизни, студент, активность.*

IJTIMOYIY TARMOQLARNING TALABALAR SALOMATLIGIGA TA'SIRI

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Annotatsiya. *Maqolada ijtimoiy tarmoqlarning roli va ularning inson psixikasi va sog'lig'iga ta'siri muhokama qilinadi. Bu ta'sirning ijobiy va salbiy tomonlari bor. Adabiy manbalarni qidirish Web of Science, Scopus, DBLP, Medline bibliografik ma'lumotlar bazalari yordamida amalga oshirildi. Manbalarni tanlashda ular eksperimental maqolalar, adabiy sharhlar, o'tgan yildagi iqtiboslar soniga e'tibor berishdi. Har bir tanganing ikki tomoni bor va ijtimoiy tarmoqlarda kiberbullying, xakerlik, firibgarlik va firibgarlik kabi salbiy tomonlari ham bor. Ba'zi odamlar ushbu*

vositadan odamlarga soxta hikoya yoki yangiliklar bilan ta'sir qilish uchun foydalanadilar. Endi odamlar ruhiy va jismoniy tibbiy muammolar kabi muammolarni keltirib chiqaradigan ushbu virtual dunyoga qaram bo'lib qolishdi.

Kalit so'zlar: *Ijtimoiy tarmoq, odat, sog'lom, turmush tarzi, talaba, faoliyat.*

Introduction. The tasks of maintaining health, inculcating the skills of maintaining a healthy lifestyle, the formation of a motivational and value attitude to personal physical culture are the primary goals of any society. There are certain social determinants that determine the attitude of young people to a healthy lifestyle. They are both positive and negative. In order to identify their significance, 58 university students were interviewed using an anonymous questionnaire. Thus, the results of the study indicate that the attitude of students to health and a healthy lifestyle depends on social needs and norms, as well as on subjective factors. Social media are interactive technologies that facilitate the creation and sharing of information, ideas, interests, and other forms of expression through virtual communities and networks. [1,2,5] While challenges to the definition of social media arise [3,4] due to the variety of stand-alone and built-in social media services currently available, there are some common features.

In the modern world, traditional means of communication - the spoken word, writing, book, telephone - have lost their relevance. They have been replaced by the Internet, a means of mass and even global communication. He united all the world's information resources into a single system. In addition to receiving any information (including in real time), the Internet is increasingly attracted by the ability to communicate. Nowadays, more and more people of different ages communicate in social networks. The Internet today provides many options for pastime - from searching for information for your own business to correspondence and viewing information on social networks. Recently, people are increasingly turning to the Internet, replacing them with real communication. Recently, social networks occupy one of the dominant places in people's free time. It has been proven that social networks have an impact on the psyche and human health. This influence has its posi-

tive and negative aspects. All social networks have several important functions. The main function of social networks is to ensure that people stay connected even when they are far away from each other. With the help of social networks, each person can easily communicate with friends and colleagues, as well as make new pleasant acquaintances. Another function is entertainment. This is viewing photos, listening to music, searching for information and spending time in online games. There are also useful activities: you can pass a psychological test, translate the text and send a postcard to loved ones. Another important function is the search for information. With this feature, anyone can find absolutely any information they need. It should be noted that these functions are fully implemented, since it is here that you can meet a person whom you might never have met in your life. You get a unique opportunity and experience a new interesting experience. The advantage of communicating via the Internet is anonymity, that you do not have to be yourself. You can choose any role for yourself, put on any mask, and your interlocutor may never know who is behind this role, mask. Thus, you begin to feel more relaxed and spontaneous than in real life, where you are shackled by certain social roles. In addition, the positive aspects of the Internet and social networks include: ample opportunities for information search, a huge field of activity for advertisers, and the possibility of earning. However, the negative aspects of using the Internet and social networks speak for themselves. Excessive uncontrolled passion for the Internet can make a person dependent on the World Wide Web and constantly feel discomfort in the absence of the possibility of using the Internet. This discomfort affects all spheres of human life. In order to prevent the influence of the Internet on a person's mental health, one must be able to control the time spent on the Internet, take mandatory breaks for rest [1,4,6].

Positive aspects. Social media may provide individuals with a platform that overcomes barriers of distance and time, allowing them to connect and reconnect with others and thereby expand and strengthen their in-person networks and interactions.

Social media enables you to: Communicate and stay up to date with family and friends around the world. Find new friends and communities; network with other people who share similar interests or ambitions. Join or promote worthwhile causes; raise awareness on important issues.

Safety. Steer clear of oversharing. When you post personal information on social media you make yourself, your loved ones and even your physical belongings a target for local and online criminals. Avoid posting names, phone numbers, addresses, school and work locations, and other sensitive information as text or in a photo.

Top Social Media Platforms in 2022 (with users).

Facebook. 2.9 billion.
 YouTube. 2.56 billion.
 WhatsApp. 2 billion*
 Instagram. 1.47 billion.
 WeChat. 1.26 billion.
 TikTok. 1 billion.
 Facebook Messenger. 988 million*
 Douyin. 600 million**.

China, with 1,021 million users, is the country with the most social media users as of 2023.

Year	Number of Social Media Users
2017	2.73 billion
2018	3.1 billion
2019	3.51 billion
2020	3.9 billion
2021	4.26 billion
2022	4.59 billion
2023	4.90 billion
2024*	5.17 billion
2025*	5.42 billion
2026*	5.64 billion
2027*	5.85 billion

Social media harms

However, social media use can also negatively affect teens, distracting them, disrupting their sleep, and exposing them to bullying,

rumor spreading, unrealistic views of other people's lives and peer pressure. The risks might be related to how much social media teens use.

Protecting your teen. There are steps you can take to encourage responsible use of social media and limit some of its negative effects. Consider these tips:

Set reasonable limits. Talk to your teen about how to avoid letting social media interfere with his or her activities, sleep, meals or homework. Encourage a bedtime routine that avoids electronic media use, and keep cell-phones and tablets out of teens' bedrooms. Set an example by following these rules yourself.

Monitor your teen's accounts. Let your teen know that you'll be regularly checking his or her social media accounts. You might aim to do so once a week or more. Make sure you follow through.

Explain what's not OK. Discourage your teen from gossiping, spreading rumors, bullying or damaging someone's reputation — online or otherwise. Talk to your teen about what is appropriate and safe to share on social media.

Encourage face-to-face contact with friends. This is particularly important for teens vulnerable to social anxiety disorder.

Talk about social media. Talk about your own social media habits. Ask your teen how he or she is using social media and how it makes him or her feel. Remind your teen that social media is full of unrealistic images.

A long stay at a computer monitor causes a variety of diseases of the organs of vision. When a person is at a computer monitor for a long time, he blinks much less often. This can cause dry eyes that increase during operation, which will worsen the clarity of vision. Searching for information on the Internet reduces the degree of need for a person to use creative thinking, does not force him to think about the problem he is looking for. The Internet is used by people in order to spend time playing computer games, which can slow down a person in mental development and even change the character of a person. Teenagers spend a huge amount of time in various chat rooms and forums. It develops into addiction. But unfortu-

nately, it is impossible to prove this to a teenager himself. He must understand and realize this himself - only then it is possible to change everything. During the study, we interviewed 58 people.

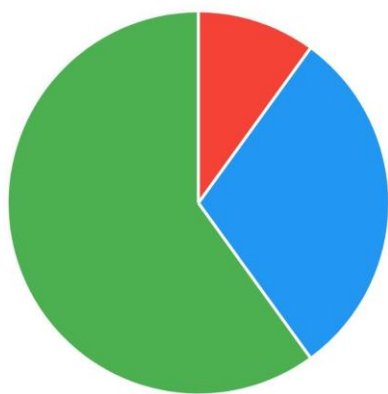
Respondents were asked to answer questions to find out their preferences for using social networks, the amount of time they spend there, and to identify their dependence on the Internet.

Survey report perform in Tashkent medical academy campus

Observing these survey report

1. Time spend by students in a day.

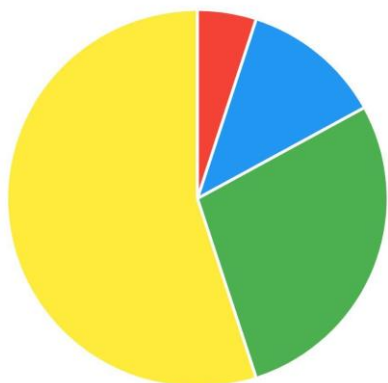
2 hrs 4hrs more than 4 hrs



- 65% student use social media more than 4 hrs

2. Which site is useful for student

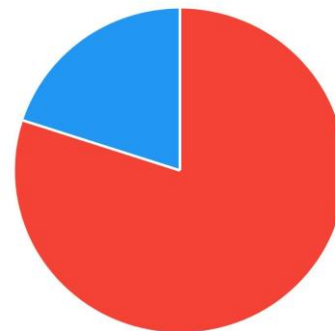
Facebook Instagram YouTube many other



Many different sites are useful for student based on there interest

3. Social media create more problem than solution

yes no



Here many students feel that social media create problem.

We all going conduct a result that

1. Mostly people use social media more than 4 hrs in a day
2. Mostly feel guilty for overuse
3. Mostly things it's creates more problem in life than solution

Conclusion.

There is two side of every coin and social media also have some negatives like cyberbullying, hacking, fraud and scams. Some people use this medium to influence people with fake story or news. Now people are addicted to this virtual world which is creating problems like mental and physical medical issues.Social media addiction is a real problem and it has grave consequences. Many people around the world are addicted to social media platforms and it is taking a toll on their personal as well as professional lives. They are not only ruining their lives but also impacting the lives of those around them.

Recommendation:

Recommendations are algorithmic suggestions made by major social networks for people to follow, pages to like, and posts to read. Recommendations provide another mode of discovery for online businesses seeking further engagement.

1. Be honest. Be transparent about your identity.
2. Be aware of your audience and be civil, respectful, and sensitive about the content you create or share.
3. Be careful and confidential.
4. Be aware of liability.
5. Be effective.

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