DIGITAL PSYCHOLOGY AND HEALTHY LIFESTYLE

Erkinova Sevara Najmiddinovna
Academic supervisor
Orcid id: 0009-0007-3458-4891, Tel: +998998559060
Umarova Sevinch Umarovna
Student of Pedagogy and Psychology of the Tashkent Perfect University
sevinchumarova0701@gmail.com +998978861555

Abstract. *In this article, the problems of mental health problems and the factors that lead to them are analyzed among young people. Problems such as stress, depression, anxiety, anxiety, insomnia have a serious impact on young people's quality. Although young people need to receive trust online help is more than ever, social media platforms and applications are not designed to meet the needs of young people. The article is about the importance of preventing and solving these problems, including psychological assistance, healthy lifestyle, social and health, and information hygiene.*

Keywords: *mental health, information hygiene, young people, healthy lifestyles, platforms and applications, social media, digital environment, artificial intellomin.*

ACCESS

Modern society is inextricably linked to digital technologies. Internet, Social Networks, artificial intelligence, online games and smart devices entered almost every sphere of human life. These technological progress, on the one hand, increases the convenience and efficiency, on the other hand, on the other hand, human psychiatric, emotional state and social relations are serious. In particular, the excessive consumption and misinterpretation of the digital environment has a negative impact on mental health. Today, the problems of mental health among young people are becoming increasingly important. The rapid development of information technology, the spread of social networks, the spread of social networks, and the pressure in modern society has a negative impact on the psychological stability of young people. Problems such as stress, depression, anxiety, self-disbelief and insomnia have a negative impact on their psychological condition, but also on their physical health. Violation of mental health further deepens the problems associated with the educational process of young people, social life and future plans. Therefore, it is important to develop effective strategies for the conduct of research on this topic, identify the main causes of problems and solve their solution. In this,

article, a digital world's impact on the mood, main problems and ways to overcome them will be analyzed.

THE MAIN PART

One of the important factors for the general well-being and quality of life in the digital world. In recent years, young people are common among young people, including stress, depression, anxiety, self-insecurity and motivation. According to research, it faces every fourth young, mental health problems of the world. These problems have a significant impact on the professional growth, professional growth and social life of young people.

The study of the Internet dependent to the nearby environment allows the following characteristic in the relationship of family members:

-Low level of caring, the weak emotion belonging to the family;

-It is impossible to openly express his feelings or it is common for them to express them weakly;

-Low level of self-approval of self-examination and encouragement of independence and freedom in decisioning of problems and decision-making;

-Development of family respect for-established and moral values and rules;

-Low level of social, cultural and political spheres of the processing;

-Fol level of participation in different types of recreation and sports;

These features support the assumption that the features are usually contributing to the development of certain personal characteristics of family members, which can then lead to the formation of misconceptions.

People spend more and more common media channels and spend more time. According to Globalwebindex, imagine the average daily time, which can spend from 16 to 60 users that can spend on various media canals:

1. The average time of using the Internet from tablet, laptops or computers 4 hours 42 minutes;

2. The average television viewing time is 2 hours a day;

3. In one day the average time of various devices is 1 hour and 53 minutes of the use of social networks;

4. The average time to use the Internet on the smartphone 2 hours a day. Users often access the Internet using a computer, laptop or tablet. Most users visit the Internet at work, at home, transport and nightclubs. There is no important to have close friends and acquaintances for accessing the Internet.

With the number of young users today, most of it is accounted for by students. Therefore, experts, doctors, teachers, scientists can cause advice to readers, unless instructions, or fail to be completely controlled.

There are various reasons for the digital health problems between young people in the digital world. They can be divided into the following groups:

•> Today, young people are holding the main part of the day of children and adults in front of the screen. The situation between digital technologies and mental health can cause psychologically different negative consequences. Excessive use of social networks leads to a decrease in the level of self-assessment, loneliness, depression, anxiety and social isolation. According to study, the UK has a smartphone (83%), more than two-fifths of girls and more than two-year-old boys use social media three 70 or more hours a day. Health education in social media for adolescents for adolescents in mental health can be an important source of social support. However, the use of social networks is not far from the fact that depression for girls and marginal groups leads to negative consequences, related to suicide;

=> Social networks and emotional unaviets are the number of circumstances of other people, such as Instagram, Facebook, such as the life of others. The youth causes themselves to compare themselves to others and to estimate their value. Filtered, ideal vital recordings evoke a sense of self-sufficiency in many and lead to life to life, in turn, loss of self-confidence and the dispersion of action for its purpose;

=> Cyberzary is particularly common among youth and teenagers. The feeling of

protection in the digital environment lowering them into a dignity of loneliness and despair. As a result of such pressure, children can face mental compressions to their own life to suicide. Every 8 years in the UK, every 8 to 19 years old, one of the four girls aged 17 years old, is depressed or worrying, and half of whom are engaged in harm. In the last 10 years, its own injuries did not tripled, and the number of suicides per 100,000 teenagers increased almost twice.

=>In the late use of the smartphone, the wrong agenda, the misconduct, should negatively affect insomnia, and two hours before beds, the organism should be prepared and not stimulating the nervous system. He says it is not necessary to use gadgets and e-mail examination.

"It is better to postpone the news and any stress situations on the next day. The gadgets should not be taken by side. All strange things - to watch TV, even see, to see, should be outside the bed too. The bed should be used only to sleep, "Novikov said. Even when we wake up at night, the doctor believes that it should not catch the phone or not look at the clock. This also provokes the nervous system, and the bright light on the screen destroys Melatonin and the level of Eye light is high.

=> Digital addiction, that is, the advice, do not have a negative impact on these smartphones, various gadgets and Internet dependence. Sleep disorders are observed, accurately and withdrawal from communication in real life. Especially among

children and adolescents, the circumstances of the knowledge, learning, and renuncate physical activity are reaching.

=> Virtual Assistant and Artificial Intellect Applications serve as friends or interviewers. However, this process can lead to weakening of social relations. People begin to prefer artificial and superficial communication instead of real relationships. People can use many tasks to artificial intelligence and use their ability to think and analyze their ability. It negatively affects people's ability to innovative thinking.

At a time when the digital world has become an integral part of our lives, it is necessary to pay serious attention to mental health. The following recommendations play an important role in digital world in the mental health:

>>Limit the time using the desired applications using the desired apps through digital means, using a healthy lifestyle through the digital, computer, the cultures of gendages, help to control the desired apps, because of these digital goldgets;

>> Selection of quality content during the use of digital means, and instead of content negative or violent, it is recommended to see positive, scientific, and motivational supplies;

>> Healthy sleeping regime, the night of the night of a phone to break the quality of sleep should not be used by digital devices before sleep;

>> Conscious use of social networks, ie young people need to be more careful not to compare their lives with others, but success in real life;

>>The culture of children and adolescents in the minds of youth and promote the culture of the use of digital means and promoting a healthy lifestyle.

Conclusion

Digital Technologies are like a double weapon for young people: if using properly - the source of knowledge and the fact of development, when you walk in the wrong path - becomes a source of danger. The science, education system and family environment should co-educational young people living in a digital environment should bring up consciously. In addition to the convenience of the digital world, it poses serious threats and problems for mental health. Timely identification and effective measures against them will serve as an important factor in the sustainable development of society. In particular, educational institutions, parents and society must work together to prevent stress, depression and other psychological problems. Healthy lifestyles, psychological assistance, social support and information hygiene are important factors in ensuring the mental well-being and a healthy lifestyle.

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