

SOCIAL MEDIA AND TECHNOLOGY IN EDUCATION

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Annotation: Social media and modern technology have significantly transformed the way people communicate, learn, and interact with the world. These tools are now deeply integrated into education, daily life, and professional environments. Social platforms offer new ways of sharing knowledge, building communities, and encouraging creativity. However, they also raise concerns about mental health, privacy, and the quality of human interaction. This paper explores the impact of social media and technology, highlighting both benefits and challenges.

Keywords: Social Media, Technology, Communication, Digital Learning, Mental Health, Privacy, Creativity

Annotatsiya: Ijtimoiy media va zamonaviy texnologiyalar odamlarning muloqot qilish, o'rganish va dunyo bilan aloqada bo'lish usullarini tubdan o'zgartirib yubordi. Bu vositalar hozirda ta'lim, kundalik hayot va professional faoliyatning ajralmas qismiga aylangan. Ijtimoiy platformalar bilim almashish, hamjamiyatlar yaratish va ijodkorlikni rag'batlantirishda yangi imkoniyatlarni taklif qiladi. Shu bilan birga, ular ruhiy salomatlik, shaxsiy hayot daxlsizligi va insoniy munosabatlar sifati borasida xavotirlarni ham yuzaga keltirmoqda. Ushbu maqola ijtimoiy media va texnologiyalarning ijobiy va salbiy ta'sirlarini o'rganadi.

Kalit so'zlar: Ijtimoiy media, Texnologiya, Muloqot, Raqamli ta'lim, Ruhiy salomatlik, Maxfiylik, Ijodkorlik

Аннотация: Социальные сети и современные технологии кардинально изменили способы общения, обучения и взаимодействия с миром. Эти инструменты стали неотъемлемой частью образования, повседневной жизни и профессиональной деятельности. Социальные платформы предлагают новые возможности для обмена знаниями, построения сообществ и поощрения творчества. Однако они также вызывают опасения по поводу психического здоровья, конфиденциальности и качества человеческого общения. В данной работе

рассматривается влияние социальных сетей и технологий, подчёркиваются как преимущества, так и проблемы.

Ключевые слова: Социальные сети, Технологии, Общение, Цифровое обучение, Психическое здоровье, Конфиденциальность, Креативность

In today's world, social media and technology play a central role in how people live, work, and study. Platforms like Instagram, Tik Tok, YouTube, and messaging apps have become tools for education, business, and social connection. Students now use social media not only for entertainment but also for learning through short videos, discussions, and online communities. Technology provides flexibility, allowing users to access information anytime and anywhere. It encourages creativity through content creation, digital storytelling, and real-time collaboration. For instance, many teachers now integrate social media into classroom activities to increase student engagement. Despite these benefits, there are also concerns. Overuse of social media has been linked to anxiety, depression, and attention problems among young people. The constant exposure to idealized lifestyles can harm self esteem. Moreover, privacy and data security are at risk when users share personal content online without fully understanding the consequences. Experts argue that while technology enhances learning and communication, it should not replace meaningful human interactions. Face-to-face communication, emotional intelligence, and critical thinking are skills that cannot be fully developed through screens. Balanced usage is essential. Students and educators should learn digital literacy to use these tools effectively and safely. Schools can provide guidance on healthy screen time, online ethics, and mental well-being.

The Role of Social Media and Online Communities in Learning and Collaboration in the Age of Digital Transformation

This study examines how Ukrainian university students utilize Web 2.0 social networks for independent learning and collaboration. It highlights the transformation of social media from mere communication tools to integral elements of the educational process, fostering active, interactive, and collaborative learning environments.

Social Media In Education: Can They Improve The Learning?
This article discusses the benefits of integrating social media into education, such as enhanced communication and collaboration among students and teachers, improved access to information, increased parental involvement, and the development of literacy and communication skills.

COVID-19 Pandemic: The Impact of the Social Media Technology on Higher Education

This research explores how the COVID-19 pandemic accelerated the adoption of social media in higher education. It finds that social media positively impacts teaching and learning by promoting student engagement, motivating active participation, and fostering community connections within universities.

A Systematic Review of Social Media as a Teaching and Learning Tool in Higher Education

This review analyzes the use of social media platforms like Facebook and Twitter in educational settings. It identifies trends in research focusing on student engagement, collaborative learning, and the integration of social media into learning management systems, supported by various learning theories.

Social Media Improves Students' Academic Performance: Exploring the Role of Social Media Adoption in the Open Learning Environment among International Medical Students in China

This study examines how social media adoption among international medical students in China enhances academic performance. It emphasizes the role of social media in facilitating communication, promoting positive learning attitudes, and encouraging active participation in open learning environments.

Social Media and Communication Technology in Education: A Literature Review

This literature review discusses the integration of social media and communication technologies in education. It highlights how platforms like Instagram can be used creatively to present learning materials and how advanced analytics can assist students in processing and interpreting information obtained from social media.

Conclusion. Social media and technology have opened up new possibilities for learning, creativity, and communication. They have made the world more connected and information more accessible. However, it is important to be aware of the challenges they bring. To benefit from these tools, students and teachers must use them wisely and mindfully. A healthy balance between digital tools and human interaction can lead to more effective learning and better mental health. Only then can technology truly serve as a positive force in education and life.

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