

THE METHODOLOGY OF USING DIGITAL TOOLS IN ACADEMIC RESEARCH: THE CASE OF PSYCHOLOGICAL EFFECTS OF SOCIAL MEDIA PLATFORMS

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Annotation. This article examines the use of digital tools in academic writing and research and offers a thorough examination of psychological effects of social media. Particular focus is placed on how social media affects young people's emotional states. The study also looks at how online libraries, digital platforms, and analytical tools are used when publishing scientific publications. The results show that digital technologies greatly increase the effectiveness of research operations; yet, overuse of social media might result in stress, anxiety, sadness, and other psychological issues.

Key words: research, digital technologies, academic writing, stress, depression, anxiety, social media, and psychological effects

Annotatsiya. Ushbu ishda ijtimoiy tarmoqlarning psixologik salomatlikka ta'siri hamda ilmiy faoliyatda raqamli texnologiyalardan foydalanish metodologiyasi tahlil qilingan. Tadqiqotda virtual muloqotning yoshlar ruhiyatiga ko'rsatadigan ijobiy va salbiy oqibatlari atroflicha o'rganiladi. Shu bilan birga, akademik yozuv jarayonida onlayn resurslar va tahliliy vositalarning ahamiyati yoritib berilgan. Xulosalar shuni tasdiqlaydiki, raqamli platformalar ilm-fan uchun keng imkoniyatlar yaratasa-da, ijtimoiy tarmoqlarga haddan tashqari bog'lanib qolish turli psixologik xastaliklarga zamin yaratishi mumkin.

Kalit so'zlar: ijtimoiy tarmoqlar, ruhiy salomatlik, stress, depressiya, akademik yozuv, raqamli vositalar, ilmiy tadqiqot, internet

Аннотация. В этой статье рассматриваются влияние социальных сетей на психическое здоровье человека и использование цифровых инструментов в академическом письме и исследованиях. Особое внимание уделяется тому, как социальные сети влияют на эмоциональное здоровье молодежи. Кроме того, рассматривается, как цифровые платформы, онлайн-библиотеки и инструменты анализа играют важную роль в процессе написания научных работ. Результаты показывают, что цифровые технологии помогают в научной деятельности, но чрезмерное использование социальных сетей может привести к депрессии, стрессу и другим психологическим проблемам.

Ключевые слова: Социальные сети, психическое здоровье, стресс, депрессия, академическое письмо, цифровые технологии, академические исследования

Introduction

Social media has grown to be one of the most important aspects of contemporary society in recent years. Every day, millions of individuals utilize social media sites like Facebook, Instagram, Telegram, and Tik Tok. Users can freely express themselves, communicate, and share information on these sites. Social media serves as a communication and learning tool in addition to being a source of enjoyment for pupils. But the quick rise in social media use has sparked grave worries about how it may affect mental health. Simultaneously, the

advancement of digital technologies has profoundly altered the academic writing and research process.

Digital technologies are being used by researchers and students to conduct data analysis, conduct information searches, and generate scientific work. The use of digital tools in the classroom has opened up new possibilities for raising the caliber of study. As a result, it's critical to look at how social media affects mental health as well as how digital technologies are used in academic writing.

Literature review

There is a strong connection between social media usage and psychological effects. Twinge (2019) found that teens who spend more time on screens have higher levels of anxiety and depression. In a similar vein, Keels et al. (2020) discovered that excessive social media use lowers life satisfaction and causes mental distress. The dual character of social media is emphasized by several scholars. On the one hand, it can help people feel connected and offer social support. However, it can also result in unfavorable experiences like online harassment, cyberbullying, and unfair comparisons. Scholars like Brown (2007) and Harmer(2007) emphasize the significance of interactive and technology-based learning approaches in the field of academic writing. Students may now more easily access information, work with others, and improve their writing abilities thanks to modern digital technologies

Psychological effects of social media

Social media influences psychological effects in both beneficial and harmful ways. Positively, technology enables people to maintain relationships with friends and family, particularly when in-person communication is not feasible. Additionally, it gives users access to motivating resources, instructional content, and support groups that can enhance their mental health. Social media has grown to be one of the most important aspects of contemporary society in recent years. Every day, millions of individuals utilize social media sites like Facebook, Instagram, Telegram, and Tik Tok. Users can freely express themselves, communicate, and share information on these sites. Social media serves as a communication and learning tool in addition to being a source of enjoyment for pupils. But the quick rise in social media use has sparked grave worries about how it may affect mental health. Simultaneously, the advancement of digital technologies has profoundly altered the academic writing and research process. But social media's detrimental impacts are becoming more apparent. Addiction, which occurs when people spend too much time online and lose control over their usage, is one of the primary issues. This frequently results in a loss of focus and decreased production. Social comparison, in which people contrast their life with the idealized portrayals of others, is another significant problem that causes discontent and low self-esteem. Furthermore, social media use is closely linked to mental health issues like despair and anxiety. Stress levels might rise as a result of constant exposure to unfavorable news, unattainable expectations, and online criticism. Another major issue that can cause emotional pain and perhaps long-term psychological harm is cyberbullying, particularly among teenagers, which may result in long-term psychological harm as well as emotional discomfort. Another common consequence of excessive social media use is sleep disturbance. Many people spend hours at night scrolling through their phones, which has a detrimental impact on both general health and the quality of their sleep. As a result, over time, both physical and mental health may deteriorate.

Digital tools in academic writing and research

Furthermore, excessive use of social media is associated with psychological effects such as anxiety and depression. Stress levels might rise as a result of constant exposure to

unfavorable news, unattainable expectations, and online criticism. Another major issue that can cause emotional pain and perhaps long-term psychological harm is cyberbullying, particularly among teenagers. Another common consequence of excessive social media use is sleep disturbance. Many people spend hours at night scrolling through their phones, which has a detrimental impact on both general health and the quality of their sleep. As a result, over time, both physical and mental health may deteriorate. Digital tools provide substantial benefits for academic writing and research, in contrast to the drawbacks of social media. Students today use a variety of platforms and apps to hone their research and writing abilities. For instance, a variety of scientific journals and articles are accessible through internet platforms like ResearchGate and Google Scholar. Students may increase their vocabulary, fix grammatical problems, and make their writing more clear by using writing tools like Grammarly. Citations can be automatically generated and sources can be arranged using reference management software like Mendeley and Zotero. These resources lower the possibility of plagiarism and raise the standard of academic writing in general. Digital tools also speed up and improve the efficiency of research. With a variety of software tools, students can swiftly locate pertinent information, compare diverse sources, and analyze data. This has made the process of writing academically more dynamic and participatory.

Methodology of using digital tools

A methodical approach is necessary for the efficient use of digital instruments. Students must first recognize trustworthy and legitimate information sources. Because not all online content is reliable, it's critical to carefully consider your sources. Second, in order to evaluate and comprehend data, students should cultivate critical thinking abilities

Information must be comprehended and delivered in a novel way; simply duplicating it is insufficient. Third, data organization is crucial. Effective reference management and information organization can be facilitated by digital tools. Lastly, students are required to adhere to academic writing norms, which include originality and correct citation. Plagiarism checkers and other similar tools guarantee that the work is legitimate and satisfies academic standards. Students can efficiently use digital resources for their study by following these procedures.

Discussion

Social media can be a distraction if utilized improperly, despite the fact that digital tools significantly improve academic writing. Many students find it difficult to manage their time between social media use and studying. Overuse of social media diminishes concentration, loses time, and has a detrimental impact on academic achievement. As a result, developing digital discipline is essential. While avoiding needless social media use, students should use technology for study and research. Teaching students how to use digital tools efficiently is another way that educational institutions can contribute.

Conclusion

In summary, social media plays an important role in shaping psychological effects, both favorably and unfavorably. Although it offers chances for learning and conversation, excessive use can result in major psychological issues like anxiety, despair, and low self-esteem. However, digital technologies are essential for enhancing academic writing and research procedures. They assist students in organizing their work, gaining access to material, and conducting excellent research. As a result, it is crucial that students utilize digital tools responsibly, striking a balance between their personal and academic lives.

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