

THE INFLUENCE OF MASS MEDIA ON ADOLESCENT PSYCHOLOGY

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The transition to adolescence is characterized by the appearance of qualitatively new formations, which are understood as the formation of a new level of self-awareness, "self-concept". Adolescence includes the period from 11-12 years old to 14-15 years old. For most students, the transition to adolescence usually begins in the 5th grade. "A teenager is no longer a child, but not an adult either" - this definition indicates the important character of adolescence. Adolescence is a period of transition from childhood to adulthood, characterized by its own physiological and psychological characteristics. At this stage, children's physical and mental development accelerates, their interest in various things in life increases, their desire for new things increases, their character is formed, their spiritual world is enriched, conflicts escalate. Adolescence is a period of transition from childhood to adulthood, characterized by its own characteristics from the physiological and psychological aspects. At this stage, children's physical and mental development accelerates, their interest in various things in life increases, their desire for new things increases, their character is formed, their spiritual world is enriched, conflicts escalate. That is why teenage children have a high tendency and interest in new things, events, friends and new relationships. Nowadays, it is obvious that the attention of most teenagers is attracted by mass media. At this time, adolescents form stable forms of behavior, character traits and emotional reaction methods, and they determine the life of adults in the future, their physical and mental health. Therefore, the role of the family environment in providing conditions that do not hinder the healthy development of the adolescent, but rather serve it, is very important. Adolescence is an important and difficult stage in a person's life, a time of choice that determines the rest of life in many ways. Adolescence is characterized by the rapid development and restructuring of the child's social activity. Strong changes are taking place in all areas of a child's life, and it is not for nothing that this age is called the "transition period" from childhood to adulthood. Adolescence is considered a stage of personality development, a process of transition from a dependent, protected childhood to an independent life, in which the child lives according to special rules established by adults.

At this time, stable forms of behavior, character traits and emotional reaction methods are formed, and they determine the life of an adult in the future, his physical and mental health. Therefore, the role of the family environment in providing conditions that do not hinder the healthy development of the adolescent, but rather serve it, is very important. L.S. Vgotsky was able to clearly define the neoplasm - This is the generalized

result of these changes, the entire mental development of the child during the corresponding period, which becomes the starting point for the formation of the mental processes and personality of the next child. Neoplasms are characterized by profound changes in the conditions affecting the child's personal development, which are determined in the form of psychological characteristics. Often they are related to the physiology of the body, relationships that develop in adolescents with adults and peers, the level of development of cognitive processes, intelligence and abilities. For the first time, the psychological characteristics of adolescence were described by S. Hall, who showed the inconsistency of adolescent behavior (for example, intensive communication is replaced by isolation, self-confidence turns into self-doubt and self-doubt, etc.) . He introduced the idea of adolescence to psychology as a period of crisis in development. The feeling of adulthood is a psychological sign of the beginning of adolescence. By definition, D.B. Elkonin, the sense of adulthood is a new formation of consciousness, through which a teenager compares himself with others (adults or peers), finds models for assimilation, builds relationships with other people and grows. z will reorganize its activities. The transition period of adolescence certainly includes a biological aspect. This is the period of puberty, the intensity of which is emphasized by the concept of hormonal storm. Physical, physiological, psychological changes, the emergence of sexual desires make this period very difficult, including for a teenager who is growing the fastest in all respects. Adolescence is characterized by the following psychological features:

1. The emergence of a sense of adulthood and emancipation reaction;
2. Grouping of reactions with peers;
3. The emergence of interest in the opposite sex;

4. Self-awareness development Based on the above, we can say that a teenager should feel strong changes in his physical and mental development, feel the opportunity to be socially active and socially important in the family and at school.

A teenager tries to fit in by imitating the life of adults. First, he accepts things that are more comfortable for him: appearance and behavior. At such times, parents should pay more attention to their children and control which social networks they use. If left unchecked, teenagers can receive information from social networks that is important and not important to them. The level of aspiration of a teenager depends on the nature of self-esteem. Self-esteem appears and is formed in the process of communication of a teenager with other people. M. V. Gamezo says, "If the evaluation is adequate, then self-esteem is formed, but if the teenager is underestimated or overestimated, then insufficient self-esteem is formed." In fact, when a teenager is underestimated or overestimated, the child's self-esteem is damaged. Understands the child's ability to participate in activities specific to this age to solve social problems, to show a level of mental activity. It contributes to the achievement of results that are important for others and for oneself in terms of the formation of socially important personal characteristics. The unique social activity of a teenager means a greater tendency to adopt the values, norms and behaviors

that exist in the world of adults. A teenager tries to fit in by imitating the lives of adults. He will accept the things that are more comfortable for him (appearance and behavior) and of course he will be able to master them.

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