

Psychological Problems Of Adolescents: Their Impact On Personal Development In The Modern Social Environment (Theoretical–Conceptual Analysis)

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Abstract

This article provides a theoretical analysis of the essence of psychological problems encountered during adolescence, their causes, and their impact on personal development. Adolescence is one of the most complex and contradictory stages of human psychological development, during which the individual's self-concept, attitudes toward social roles, emotional stability, and behavioral patterns are formed. The modern information environment, the influence of social networks, the transformation of family relationships, and changes in the education system contribute to the intensification of such problems among adolescents as stress, internal conflicts, aggression, social isolation, and low self-esteem. The article reveals the interconnection of these problems with psychological, social, and cultural factors and substantiates conceptual approaches aimed at overcoming them.

Keywords: adolescence, psychological problems, personal development, social environment, stress, identity, self-concept, emotional stability.

Introduction

In the context of contemporary globalization and digitalization, the range of factors influencing adolescents' psyche is expanding rapidly. Adolescence represents a transitional period in human life characterized by rapid physical, psychological, and social changes. At this stage, individuals face complex psychological tasks such as self-awareness, striving for independent decision-making, and finding their place in society.

Scientific literature emphasizes that the causes of psychological problems emerging during adolescence are not limited to internal psychological changes but are closely related to the external social environment, family relationships, the school community, peer groups, and mass media influences. Therefore, a systematic and conceptual analysis of psychological problems among adolescents is of particular relevance.

The purpose of this article is to reveal the theoretical foundations of psychological problems in adolescence and to conceptually analyze their causes and impact on personal development.

Psychological characteristics of adolescence. In psychology, adolescence is interpreted as a specific stage of personality development. Along with physical growth, this period is characterized by increased emotional sensitivity, a striving for independence, and the formation of a critical attitude toward adults.

From a psychological perspective, the formation of the adolescent's self-concept proceeds intensively. During the process of self-awareness, internal conflicts intensify as the individual experiences contradictions between personal capacities and the demands imposed by society. This may lead to emotional instability, frequent mood swings, and, in some cases, depressive states.

Furthermore, the system of social relationships expands during adolescence. The influence of peer groups increases, and adolescents' behavioral patterns are often shaped by the values of these groups. This, along with positive socialization, increases the risk of the emergence of negative behavioral forms.

Main psychological problems of adolescents. Psychological problems encountered during adolescence are multifaceted and manifest in several key areas.

Emotional instability and stress. Emotional instability refers to the frequent and abrupt changes in emotional states and difficulties in regulating one's mood. Among adolescents, this is manifested in frequent irritability, unjustified crying or sudden joy, excessive reactions to minor causes, difficulties in managing emotions, and rapid fluctuations in self-confidence. Scientifically, these manifestations are associated with hormonal changes characteristic of adolescence, the formation of the self-concept, and social pressure.

Stress is defined as the psychological and physiological response to external or internal pressures (problems, fear, anxiety, responsibility). Among adolescents, stress may arise due to academic pressure (tests,

examinations), high parental expectations, difficulties in peer relationships, self-comparison with others, pressure and criticism on social networks, and uncertainty about the future. Typical stress symptoms include persistent anxiety, fatigue, sleep disturbances, difficulty concentrating, irritability, headaches, and appetite disorders. These conditions disrupt adolescents' emotional balance and negatively affect behavior and social adaptation.

Low self-esteem and identity problems. Low self-esteem and identity problems involve difficulties in understanding one's own value, abilities, and social status, as well as internal doubts and contradictions in the formation of the self-image. Low self-esteem leads to insecurity, reduced social activity, and tendencies toward self-deprecation, whereas identity problems intensify uncertainty regarding personal identity, values, and social roles. These conditions are interrelated and negatively affect personal development and social adaptation.

Aggressive behavior and internal conflicts. Aggressive behavior and internal conflicts arise from contradictions between social demands and internal needs. Aggression often manifests as an external expression of stress, emotional instability, and difficulties in self-awareness. Internal conflicts are expressed in the contradictions between the adolescent's striving for independence and the necessity to conform to social norms, instability of self-esteem, and identity-related problems. These conditions negatively affect personal development and may create a basis for deviant behavior.

Social isolation and communication problems. Some adolescents experience difficulties in establishing relationships with peers, which leads to an intensification of feelings of loneliness. Social isolation is associated with avoidance of communication, challenges in building effective social relationships, and disruptions in social adaptation. Communication problems manifest in difficulties in expressing thoughts and emotions openly, as well as in resolving conflicts constructively. Social isolation is often linked to low self-esteem, experiences of bullying, or a lack of social support. These two conditions are interrelated and negatively affect adolescents' social adaptation and psychological stability.

The influence of the modern social environment and digital factors. In recent years, digital technologies and social networks have become an integral part of adolescents' lives. The excessive flow of information negatively affects adolescents' psyche, leading to fragmented attention and an increasing gap between virtual images and the real self.

Idealized images on social networks intensify adolescents' tendency to compare themselves with others, which leads to low self-esteem, dissatisfaction, and psychological discomfort. In addition, negative phenomena such as cyberbullying may cause psychological trauma among adolescents.

In the modern information environment, enhancing adolescents' media literacy is an important condition for ensuring psychological stability.

Conceptual approaches to addressing psychological problems in adolescents. Addressing psychological problems in adolescents requires a systematic and comprehensive approach. First, improving the family upbringing environment is of great importance. Increasing parents' knowledge of child psychology helps to form adolescents' sense of trust and support.

Second, strengthening psychological services in educational institutions and systematically organizing preventive and counseling activities of school psychologists are necessary.

Third, implementing educational programs aimed at developing emotional intelligence in adolescents is important, as this contributes to increasing their resilience to stress.

Fourth, reducing the negative impact of harmful information through the development of safe digital behavior skills and the enhancement of media literacy in the digital environment is essential.

Conclusion

Psychological problems during adolescence are significant factors that strongly influence personal development. The causes of these problems are multifaceted and are associated not only with internal psychological changes but also with the influence of the external social environment and digital factors. The theoretical-conceptual analysis demonstrates that ensuring adolescents' psychological stability requires cooperation among families, educational institutions, and society. Preventive and educational measures implemented on the basis of a comprehensive approach contribute to the formation of adolescents as healthy personalities.

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