

IMPACT MODERN TECHNOLOGIES ON PSYCHOLOGICAL HEALTH

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Abstract: Technology has made it easier for individuals to access online therapy services, mental health apps, and information on various mental health conditions. Social media and messaging apps allow people to stay connected with friends and family, reducing feelings of loneliness and isolation.

Key words: Telemedicine, health tracking apps, virtual reality therapy, accessibility, convenience, stigma reduction, mental health care revolution, real-time monitoring, coping strategies, relaxation techniques, increased access to support, immersive therapy, controlled environments, desensitization, treatment methods. Social comparison, self-esteem, information overload, cognitive overload, stress, anxiety, sleep disturbances, melatonin production, blue light exposure, disrupted sleep-wake cycle, poor sleep quality, insomnia, fatigue, screen time boundaries, mindfulness, balance, self-care.

Modern technologies have made it easier for individuals to access mental health services remotely through telemedicine and online therapy platforms. This has increased the availability of mental health resources, especially for those in rural or underserved areas.

Health tracking apps: There are numerous apps available that allow individuals to track their mental health symptoms, monitor their mood, and practice mindfulness and relaxation techniques. These apps can help individuals better manage their mental health and seek help when needed.

Virtual reality therapy: Virtual reality is being increasingly used in psychological treatment to simulate real-life situations and help individuals overcome phobias, PTSD, and other mental health issues. This technology has shown promising results in improving psychological well-being.

Social media platforms often present an idealized version of others' lives, leading individuals to compare themselves unfavorably and trigger feelings of inadequacy and low self-esteem. This can contribute to the development of anxiety and depression.

Information overload: With the constant influx of information from various sources online, individuals may feel overwhelmed and struggle to focus, leading to increased stress and cognitive overload. This can have a negative impact on mental health and well-being.

Sleep disturbances: The blue light emitted from screens can disrupt the production of melatonin, the hormone responsible for regulating sleep. Excessive screen time before bedtime can lead to poor sleep quality, insomnia, and other sleep disturbances, which can in turn impact mental health.

It is important for individuals to be aware of both the positive and negative impacts of modern technologies on their psychological health and take steps to mitigate the negative effects. Setting boundaries on screen time, practicing mindfulness, seeking professional help when needed, and engaging in offline activities can help promote a healthy balance between technology use and mental well-being.

Remote work opportunities: Technology has made it possible for individuals to work remotely, reducing stress related to commuting and providing more flexibility in work schedules.

Increased screen time: Excessive use of screens, such as smartphones and computers, can lead to eye strain, sleep disturbances, and increased feelings of anxiety and depression.

Cyberbullying: The anonymity of the internet can make it easier for individuals to engage in cyberbullying, leading to negative impacts on mental health.

Addiction: Technology addiction, such as compulsive gaming or social media use, can have detrimental effects on psychological health and lead to feelings of isolation and disconnection from the real world.

Overall, it is important for individuals to be mindful of their technology usage and to find a balance that promotes mental well-being. Seeking professional help when needed and practicing digital detoxes can also contribute to maintaining a healthy psychological state in the digital age.

Health tracking apps: Health tracking apps offer individuals a way to monitor and manage their mental health symptoms in real-time. By tracking their mood, stress levels, sleep patterns, and other factors, individuals can gain insights into their mental well-being and identify patterns or triggers that may be affecting their mental health. These apps can also provide coping strategies, relaxation techniques, and resources for seeking professional help when needed.

Virtual reality therapy: Virtual reality therapy is a cutting-edge treatment method that uses immersive technology to create simulations of real-life environments or situations. This therapy can help individuals with a variety of mental health conditions, such as anxiety disorders, PTSD, phobias, and substance use disorders. By exposing individuals to controlled environments that trigger their fears or stressors, virtual reality therapy can help them learn coping strategies and desensitize them to these triggers in a safe and supportive setting.

Social comparison and self-esteem: Social media platforms can create a breeding ground for social comparison, where individuals constantly compare their lives to others and feel inadequate or envious of their peers' seemingly perfect lives. This can lead to a negative impact on self-esteem, feelings of loneliness, and a distorted view of reality. The pressure to present a curated and idealized version of oneself online can contribute to anxiety, depression, and other mental health issues.

Information overload: The constant stream of information from various digital sources can overwhelm the brain and lead to cognitive overload. The rapid pace of information consumption online can make it difficult for individuals to focus, retain information, and process complex ideas. This can contribute to increased stress, anxiety, and feelings of being constantly "plugged in," which can negatively impact mental well-being.

Sleep disturbances: The use of electronic devices, such as smartphones, tablets, and computers, before bedtime can disrupt the production of melatonin, the hormone responsible for regulating sleep. The blue light emitted from screens can suppress melatonin production and interfere with the natural sleep-wake cycle. Poor sleep quality, insomnia, and sleep disturbances can have a detrimental impact on mental health, leading to irritability, fatigue, and difficulty concentrating during the day.

In conclusion, while modern technologies offer numerous benefits for mental health care and well-being, it is essential for individuals to be aware of the potential negative impacts on their psychological health. By practicing mindfulness, setting boundaries on screen time, engaging in activities, seeking professional help when needed, and prioritizing self-care, individuals can maintain a healthy balance between technology use and mental well-being.

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