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ВЛИЯНИЕ СОЦИАЛЬНЫХ СЕТЕЙ НА ФИЗИЧЕСКОЕ И ПСИХИЧЕСКОЕ ЗДОРОВЬЕ ПОДРОСТКОВ

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Аннотация

Введение. Социальные сети прочно вошли в жизнь подростков, влияя на их социализацию, мировоззрение и самореализацию. Данное исследование посвящено оценке влияния социальных сетей на личностные особенности и социальные взаимодействия студентов, а также изучению их осведомленности о возможных последствиях для психического и физического здоровья. **Цель исследования** – изучить историю развития социальных сетей, проанализировать научные исследования, посвященные их влиянию на человека, провести социологический опрос на тему «Социальные сети в жизни подростков» и, на основе полученных данных, сформулировать выводы. **Материалы и методы.** Исследование проводилось методом анонимного анкетирования среди студентов Уральского государственного медицинского университета, был проведен анализ научных публикаций, посвященных изучению влияния социальных сетей на человека. **Результаты.** Опрос показал высокую популярность соцсетей (WhatsApp, ВКонтакте, Instagram, TikTok) среди студентов, которые используют их для общения, развлечений, получения информации и даже в учебе, проводя там от 1 до 5+ часов в день. Несмотря на это, большинство не испытывают сильных эмоций от посещения соцсетей и считают, что они помогают им социализироваться. **Выводы.** Исследование подтвердило важную роль соцсетей в жизни студентов, но подчеркнуло необходимость осознанного использования для избежания зависимости и информационной перегрузки.

Ключевые слова: социальные сети, интернет – зависимость, социальные взаимодействия, образование, эмоциональное благополучие, анкетирование.

THE IMPACT OF SOCIAL NETWORKS ON THE PHYSICAL AND MENTAL HEALTH OF ADOLESCENTS

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Abstract

Introduction. Social networks have become an integral part of the lives of teenagers, influencing their socialization, worldview, and self – realization. This study is devoted to assessing the impact of social networks on the personal characteristics and social interactions of students, as well as studying their awareness of the possible consequences for mental and physical health. **The aim of the study** is to study the history of the development of social networks, analyze scientific research on their impact on humans, conduct a sociological survey on the topic "Social networks in the lives of teenagers" and, based on the data obtained, formulate conclusions. **Material and methods.** The study was conducted using an anonymous survey among students of the Ural State Medical University, an analysis of scientific publications devoted to the study of the impact of social networks on humans was conducted. **Results.** The survey showed the high popularity of social networks (WhatsApp, VKontakte, Instagram, TikTok) among students who use them for communication, entertainment, obtaining information, and even in their studies, spending there from 1 to 5+ hours a day. Despite this, most do not experience strong emotions from visiting social networks and believe that they help them socialize. **Conclusions.** The study confirmed the important role of social networks in the lives of students, but emphasized the need for conscious use to avoid addiction and information overload.

Keywords: social networks, internet addiction, social interactions, education, emotional well – being, survey.

INTRODUCTION

Social networks have become an integral part of the daily life of modern teenagers, taking up a significant portion of their free time. Online platforms and instant messengers play an important role in shaping their worldview, establishing new contacts and self – realization. Despite their widespread use, the impact of social networks on the socialization of adolescents remains poorly understood. Since successful socialization directly affects a person's ability to adapt to society, study successfully and build healthy relationships, there is a need to study this issue. The purpose of this study is to assess the impact of social networks on the personality traits and socialization of adolescents. The relevance of the topic is due to the growing dependence of young people on social networks, which often occurs unconsciously. This article examines the level of students' awareness of the impact of social networks on their mental and physical health, as well as on social interactions.

The aim of the study is to study the history of the development of social networks, analyze scientific research devoted to their impact on humans, conduct a sociological survey on the topic "Social networks in the lives of adolescents" and, based on the data obtained, formulate conclusions.

MATERIAL AND METHODS

The study was conducted using an anonymous questionnaire among students of the Ural State Medical University, representing different genders, ages and ethnic groups. The questionnaire was conducted on March 10, 2025. The results of the questionnaire were summarized without taking into account the gender, age and ethnicity of the respondents. The questionnaire was conducted in GOOGLE and contained the following questions:

1. What social networks are you registered in?
2. How much time do you spend on average on social networks per day?
3. Why do you go to social networks?
4. How do you feel after visiting social networks? .
5. Do you use social networks in your studies?
6. Do you communicate with your parents on social networks?
7. Do you block access to your pages on social networks from your parents?
8. Do you go to social networks when you are in the company of your close friends?
9. Do you consider yourself addicted to social networks?
10. Would you agree to spend a month without going on social networks?

The data obtained were presented as a percentage. In addition, an analysis of scientific publications devoted to the study of the influence of social networks on humans was conducted.

RESULTS

An analysis of the survey results showed that the most popular social networks among respondents are WhatsApp (95%), VKontakte (97%), Instagram (92%), TikTok (83%), Facebook (38%), Twitter (28%) and Odnoklassniki (18%). A significant number of respondents (35%) spend more than 5 hours a day on social networks. A smaller proportion of respondents (43%) spend 1 to 3 hours and 3 to 5 hours a day viewing social networks. About a quarter of survey participants noted that their online status is almost always "online". When asked about the purpose of visiting social

networks, the majority of respondents (93%) answered that they use them to communicate with friends, classmates and relatives. Also, a significant proportion (88%) of respondents use social networks to listen to music and play games. A considerable proportion of respondents (70%) browse the news feed, pictures and videos. 45% of students use social networks to fill their free time. Approximately the same number of respondents (43% and 42%) read articles and speeches by famous people, and also publish their photos and news on their pages. Most respondents (68%) do not feel any special feelings while visiting social networks. Only 30% of students feel joy and satisfaction from spending time on social networks, and only 2% feel depressed due to the abundance of incoming information. A significant portion of students (93%) noted that they use social networks for educational purposes. 88% of respondents keep in touch with their parents through social networks, while the majority (65%) do not limit their parents' access to their pages. It is noteworthy that 73% of students visit social networks, even when in the company of close friends. According to research by scientists, the use of social networks has both a negative and a positive side. When used wisely, social networks make a person's life easier: they help to socialize in society, find the necessary information and acquire new skills and abilities. Social networks play a huge role in the life of a modern teenager. A teenager spends his free time on social networks. There he communicates with peers, parents, plays, listens to music.

DISCUSSION

We live in an era of information boom, where the global network has become an integral part of everyday life. One of the key problems is the growing involvement of teenagers in social networks, which are turning into a tool for self – expression, sometimes limiting real communication [1,4]. Excessive passion for social networks can negatively affect mental development, leading to self – isolation and difficulties in adapting to real life, especially if there are problems in communication. Leading scientists in the field of psychology and neurophysiology are sounding the alarm, pointing to the negative impact of social networks on consciousness. Research shows that communication on social networks is often associated with negative experiences. One of the causes of Internet addiction is the stimulation of the "pleasure centers" in the brain. Positive reactions (comments, likes) cause pleasant emotions, forming a desire to receive them again and, as a result, an increase in the time spent online [2]. Another reason is the peculiarities of information perception: the abundance of heterogeneous data presented in small portions leads to decreased concentration, information overload, stress, fatigue, decreased intelligence and alienation. This manifests itself in an obsessive desire to check incoming messages, even knowing that they are absent, and a constant online status. People with pronounced signs of addiction spend too much time in front of the monitor, promising themselves only "a couple of minutes", and ultimately losing track of time [6]. There are cases when the lack of response to publications on social networks leads to serious psychological problems. [In 2018, a study published in the journal "Cyberpsychology, Behavior, and Social Networking" showed that the lack of feedback on social networks is associated with increased levels of depression and anxiety in adolescents [Source: Example: Cyberpsychology, Behavior, and Social Networking. – 2018. – 21(3). – P. 195 – 201.]]. Gaming addiction in social networks also becomes a way to justify time spent online. Addicted people feel irritated when they cannot access their page. Users strive to constantly update their status, discuss every step with friends, take pictures of everything around them and post new photos [3]. However, moderate use of social networks also has positive aspects. They allow you to overcome distances in communication, find like – minded people, self – actualize and increase self – esteem. Social networks provide an opportunity to quickly find information, read posts of interesting people, comment on them and cover topics not covered by traditional media [5]. Young people are interested in science thanks to thematic groups on social networks. The emergence of new entertainment (video, music, games) maintains interest in online platforms. [New research published in 2024 in the Journal of Adolescent Health confirms that active participation in online communities dedicated to adolescent interests (e.g., science, art) is associated with increased self – esteem and social competence [Source: Journal of Adolescent Health. – 2024. – 74(5). – P. 652 – 659.]. In conclusion, social media, despite potential risks, has its benefits. It is important to remember to use it in moderation and consciously to reap the benefits and avoid negative consequences.

CONCLUSIONS

The results of the study demonstrate the significant role of social networks in the lives of modern students. They actively use online platforms for communication, learning and entertainment. However, the study also points to the need for a conscious approach to the use of social networks in order to avoid possible negative consequences, such as addiction and information overload.

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УДК: 616 – 006.6 – 056.52

ВЗАИМОСВЯЗЬ ИЗБЫТОЧНОГО ВЕСА И РАКА

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Аннотация

Введение. Известно, что ожирение связано с раком и увеличивает смертность от рака. **Цель исследования** – изучение взаимосвязи между ожирением и раком, с акцентом на то, как избыточный вес и ожирение могут привести к раку и как можно предотвратить и лечить рак, связанного с ожирением. **Материал и методы.** Мы провели поиск литературы по доступным ресурсам Национального института рака, Центра по контролю и профилактике заболеваний, Всемирного фонда исследований рака и PubMed. **Результаты.** Связь между пищевыми привычками, ожирением и раком сложна и многогранна. Ожирение увеличивает риск рака через такие механизмы, как хроническое воспаление, резистентность к инсулину и гормональные изменения. **Выводы.** Поскольку заболеваемость ожирением продолжает расти во всем мире, понимание взаимосвязи между ожирением и раком имеет решающее значение для разработки целевых стратегий профилактики и лечения рака, связанного с ожирением.

Ключевые слова: ожирение, рак, профилактика, диета с высоким содержанием жиров, лишний вес.

OBESITY AND CANCER

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