

**THE ROLE OF SOCIAL MEDIA IN FOSTERING SOCIAL
CONNECTIONS AND RELATIONSHIPS. HOW DOES IT IMPACT
THE QUALITY OF INTERPERSONAL INTERACTIONS AND SOCIAL
SUPPORT?**

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Xalqaro munosabatlar bo'yicha bakalavr, Inson huquqlari bo'yicha mutaxassis

Abstract: This article explores the impact of social media on interpersonal relationships through personal experience and academic reflection. Drawing on autobiographical examples from adolescence, the paper illustrates how early digital communication platforms, particularly *Odnoklassniki* in 2009, shaped patterns of interaction among peers. A real-life case is presented to demonstrate the risks of online misrepresentation and the emotional consequences of virtual relationships built on false identities. The discussion engages with scholarly perspectives, including Edward Shih-Tse Wang's view of social media as an efficient but psychologically influential networking tool and Nick Hajli's argument regarding the limitations of trust and belief formation in computer-mediated communication. While social media expands opportunities for connection and reduces time and effort in maintaining relationships, this article argues that it may simultaneously weaken the depth and authenticity of interpersonal interaction. The analysis concludes that face-to-face communication remains essential for genuine understanding, as nonverbal cues such as tone, facial expression, and body language play a critical role in building strong and trustworthy relationships. Ultimately, social media is characterized as a powerful yet potentially addictive instrument whose benefits depend on responsible and critical use.

Key words: school day, famous websites, social media.

Introduction

Hitherto, what I do here is to explain how social media affects my own life and enters my world. When I was a teenager, I had a phone, which was called 'Nokia.' I remember I used it just to connect to my parents and tell them how I was. However, I still can't understand why I used my phone to communicate with my friends whom I spent all day long with at school. Our communication was not about academic life. We talked about how the school day was and who wore what. And what will we wear tomorrow. However, we were one of the A-graders. Either friends reach out on school days or they meet after school. It doesn't matter where you are; people must connect with society.



O'ZBEKISTON: ZAMONAVIY ILM-FAN VA TADQIQOT MASALALARI

Albeit, with the development of the media, we become more active on social media with all the class. Whether we knew how to use the famous websites or not, we started using social media websites that were popular at that time. De facto, the name of the website when we used it, in 2009, was "Odnoklassniki." I noticed that I am not well with it. I was going to use it. This media helped a variety of people to get acquainted with people.

Notwithstanding, it was dangerous to share personal information as well. One school day a friend of mine told me that she got acquainted with a gorgeous boy who is from another school. I told her to show her the photo of him. She even didn't know that in that photo there was an actor. I tried to explain to her that a boy with whom she is getting in a relationship is not the real face of him. But she already had fallen in love. They have a strong relationship between them. The day of their meeting was tragic. My friend was crying about having an ugly boy and spending so much time with him. It was one of the simple examples that social media was lying, and having said that, social media is just fostering real toxic relationships. According to Edward Shih-Tse Wang (2013): There is a wide range of opportunities to acquire new friends and partners from social media while advertising. Besides, social media can help to economize the finances and coefficient of human energy by the process of having friends, where cyberpsychology itself says social media is one of the drugs.

Controversially, Nick Hajli (2014) hypothesized that the quality of beliefs of interpersonal interactions will not be satisfactory while people are chatting with each other by email.

Whether via social media or in person, building relationships is a long-term process, and the goal is to strengthen people's networks with one person at a time. In turn, I would like to finish all my opinions and research, which depend on this topic, with the words "Social media is a drug." But this drug is helpful only to those who don't care about time or advertisement offices, which don't care about sharing unreliable personal information. Which might have brought less belief to social media then. Another attractive feature here is that I must mention and summarize the quality of interpersonal interaction. As I came across this real situation in my life, people can't understand each other while they are using media connections.

However, when they are talking eye to eye, this is an absolutely different way of understanding and reaching out. It might be that humans have mimics, body language, emotions, and tones of speaking... It would help to have a strong relationship between partners. Official meetings are exceptions.

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