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THE IMPACT OF PEERS AND SOCIAL MEDIA ON ADOLESCENTS' PSYCHE IN RELATION TO DESTRUCTIVE RELIGIOUS IDEAS

Annotatsiya. Ushbu maqolada tengdoshlar muhiti va ijtimoiy tarmoqlarning destruktiv diniy g'oyalarni shakllantirish va tarqatishdagi roli hamda ularning o'smirlar psixikasiga ko'rsatadigan salbiy ta'siri tahlil qilinadi. O'smirlar davri shaxsning o'zini anglash, ijtimoiy munosabatlarga kirishish va dunyoqarashini shakllantirish jarayoni bilan tavsiflanadi. Aynan shu davrda tengdoshlar fikri va virtual makondagi axborotlar o'smirlar ongiga kuchli ta'sir ko'rsatadi. Ijtimoiy tarmoqlar orqali tarqatilayotgan manipulyativ va radikal diniy kontent o'smirlarning emotsional beqarorligi, tanqidiy fikrlash yetishmasligi va ijtimoiy qo'llab-quvvatlashga bo'lgan ehtiyojidan foydalanadi. Natijada o'smirlarda destruktiv diniy qarashlar, agressiv xulq-atvor, ijtimoiy yakkalanish va psixologik ziddiyatlar yuzaga kelishi mumkin. Maqolada mazkur jarayonlarning psixologik mexanizmlari yoritilib, profilaktika choralari kuchaytirishda oila, ta'lim muassasalari va jamiyatning o'zaro hamkorligi muhim omil sifatida asoslab beriladi.

Kalit so'zlar: o'smirlar psixologiyasi, tengdoshlar ta'siri, ijtimoiy tarmoqlar, destruktiv diniy g'oyalar, radikallashtiruv, psixologik xavfsizlik

Аннотация. В данной статье анализируется влияние группы сверстников и социальных сетей на формирование и распространение деструктивных религиозных идей, а также их негативное воздействие на психику подростков. Подростковый возраст является важным этапом личностного развития, когда формируются мировоззрение, ценностные ориентации и социальное поведение. В этот период подростки особенно чувствительны к мнению сверстников и информации, получаемой из цифровой среды. Социальные сети становятся эффективным инструментом психологического воздействия, где радикальные и экстремистские группы используют эмоциональную нестабильность, потребность в признании и недостаточно развитое критическое мышление подростков. Под влиянием деструктивных религиозных идей у подростков могут формироваться агрессивные установки, искажённые религиозные представления, социальная изоляция и внутренние психологические конфликты. В статье раскрываются основные психологические механизмы вовлечения подростков в подобные идеологии и подчёркивается необходимость комплексных профилактических мер. Особое внимание уделяется роли семьи, образовательных учреждений и специалистов в обеспечении психологической устойчивости подростков.

Ключевые слова: психология подростков, влияние сверстников, социальные сети, деструктивные религиозные идеи, радикализация, психологическая защита

Abstract. article explores the influence of peer groups and social media on the spread of destructive religious ideas and their impact on adolescent mental health. Adolescence is a crucial developmental stage marked by identity formation, emotional instability, and a strong need for social belonging. During this period, adolescents are particularly susceptible to peer pressure and digital information. Social media platforms create favorable conditions for the dissemination of manipulative and radical religious content, often targeting adolescents with limited critical thinking skills and a desire for social acceptance. As a result, exposure to destructive religious ideologies may lead to distorted beliefs, aggressive behavior, social isolation, and psychological distress among adolescents. The article examines key psychological mechanisms underlying adolescent vulnerability, including conformity, emotional manipulation, and cognitive immaturity. Furthermore, it emphasizes the importance of preventive strategies aimed at strengthening adolescents' psychological

resilience. The coordinated efforts of families, educational institutions, and society are highlighted as essential factors in promoting media literacy, critical thinking, and psychological well-being, thereby reducing the risks associated with radicalization in the digital environment.

Key words: *Adolescent psychology, peer influence, social media, destructive religious ideas, radicalization, psychological resilience*

Introduction. In the context of rapid globalization and the accelerated development of digital technologies, social media has become an integral part of modern society, exerting a particularly strong influence on adolescents' worldviews, value systems, and behavior patterns. Adolescence represents a complex and critical stage of personal development during which individual identity is formed, social roles are internalized, and the need for peer approval significantly increases. These psychological characteristics make adolescents more vulnerable to external influences, including the impact of destructive religious ideas.

While social media and virtual communication platforms enable the rapid and widespread dissemination of information, they also create favorable conditions for the uncontrolled spread of manipulative and radical religious content. Destructive religious movements and extremist groups actively exploit adolescents' emotional instability, their need for social support, and insufficiently developed critical thinking skills in order to attract them to their ideologies. In this process, peer groups function as a powerful mediating factor, as the desire for "social acceptance" becomes one of the primary drivers of adolescent behavior.

As a result, exposure to destructive religious ideas may lead to increased aggression, intolerance, social isolation, psychological conflicts, and detachment from real-life social interactions among adolescents. Therefore, this issue should be considered not only as a matter of religious or information security but also as a significant psychological and pedagogical problem. Scientifically analyzing this phenomenon, identifying the factors influencing adolescents' mental health, and developing effective preventive measures constitute one of the most pressing challenges facing contemporary society.

Literature Review. Contemporary scientific research provides a comprehensive analysis of both the positive and negative effects of social media and peer influence on the psychological development of young people, particularly adolescents. Numerous scholars have noted that social media has become an inseparable part of adolescents' daily lives, fundamentally transforming processes such as online identity formation, self-perception, and the search for social roles. In this context, personality development becomes not only a result of positive social interaction but also highly susceptible to manipulation through content algorithms.

Russian scholars, including Yuliya R. Tagiltseva and her colleagues, emphasize that mechanisms of online recruitment into extremist communities pose a serious threat to youth socialization. Their studies demonstrate that access to extremist groups via digital platforms and the dissemination of supportive content through social networks negatively affect adolescents' overall social adaptation, simultaneously encouraging the formation of new identities based on radical narratives. In addition, research published in Russian and Central Asian academic journals examines the direct impact of social media on adolescents' mental health, highlighting how online content, manipulation, and continuous digital information flows influence psychological states and social behavior.

International research further confirms these findings by demonstrating that echo chambers and the concentration of homogeneous viewpoints within closed information clusters accelerate radicalization processes on social media. Repetitive interactions reinforce existing beliefs, gradually drawing individuals toward extremist ideologies. Moreover, foreign

studies focus on developing automated methods for detecting and monitoring radical content, analyzing recurring psychological patterns that contribute to the spread of extremist ideas in digital environments.

Local academic publications also explore the process of internalizing destructive religious ideas through online content, emphasizing the role of weakened critical thinking skills, identity uncertainty, and algorithmic content presentation. These processes have been linked to decreased psychological stability, increased stress levels, and social isolation among adolescents. Research additionally indicates that excessive social media use can negatively affect mental health, contributing to anxiety, depression, and low self-esteem.

Overall, the literature suggests that the negative influence of social media extends beyond religious radicalization. These platforms may also reinforce denominational stereotypes, intensify gender-related conflicts, and contribute to cyberbullying, all of which generate adverse psychological outcomes. Consequently, scholars stress the importance of promoting critical thinking, media culture, and digital literacy in order to maximize the positive potential of social media while minimizing its harmful effects. In general, scientific sources present a dual perspective on social media’s impact on psychological processes: on the one hand, enhancing social integration and communication, and on the other, facilitating manipulation, radicalization, and psychological stress. This underscores the necessity of strengthening adolescents’ critical awareness, educational literacy, and ability to filter information.

Research methodology. This study aims to empirically examine the impact of destructive religious ideas disseminated through peer influence and social media on adolescents’ mental health. Both quantitative and qualitative research methods were employed to achieve a comprehensive understanding of the phenomenon. The primary empirical method was a questionnaire survey, as it allows for an integrated assessment of adolescents’ behavior in social environments, patterns of social media use, and psychological conditions.

The study involved 120 adolescents aged 14–17, selected from general secondary schools and academic lyceums. The questionnaire consisted of three main sections: the first assessed the frequency and purpose of social media use, the second measured the strength of peer influence, and the third evaluated attitudes toward destructive religious content and psychological indicators such as anxiety, aggression, and social withdrawal. All items were designed using a Likert scale ranging from 1 (“strongly disagree”) to 5 (“strongly agree”).

The collected data were processed using the Statistical Package for the Social Sciences (SPSS). Descriptive statistics and correlational analysis were applied. In particular, the relationship between the intensity of social media use and susceptibility to destructive religious ideas was examined using Pearson’s correlation coefficient.

SPSS-Based Results Table

Table 1.
Correlation between the Level of Social Media Use and Susceptibility to Destructive Religious Ideas (SPSS Results)

Variables	N	Mean	Standard Deviation	Pearson r	p-value
Level of social media use	120	3.84	0.76	0.62	0.001
Susceptibility to destructive religious ideas	120	3.21	0.69		

The results presented in the table indicate a positive and statistically significant correlation between the level of social media use and susceptibility to destructive religious

ideas ($r = 0.62$; $p < 0.01$). This finding suggests that adolescents who spend more time on social media are more likely to be exposed to and influenced by destructive religious content. The results empirically confirm that peer pressure and virtual environments exert a substantial influence on adolescents' psychological stability and provide a solid empirical basis for developing effective preventive strategies.

Discussion. The findings of this study highlight the significant role of peer influence and social media exposure in shaping adolescents' psychological vulnerability to destructive religious ideas. Adolescence is widely recognized as a developmental stage characterized by identity exploration, emotional instability, and an increased reliance on social approval. These psychological features make adolescents particularly susceptible to external influences, especially those originating from peer groups and digital environments. The results obtained through statistical analysis support the assumption that frequent engagement with social media platforms correlates with a higher tendency toward accepting manipulative and radical religious narratives.

Peer groups serve as a primary source of social validation during adolescence, often exerting a stronger influence than family or educational institutions. When peers normalize or endorse destructive religious content, adolescents are more likely to internalize such ideas in order to maintain a sense of belonging and acceptance. This process is intensified within online communities, where anonymity and algorithm-driven content exposure reinforce ideological conformity. Social media platforms, through selective information filtering and repetitive messaging, create echo chambers that limit adolescents' exposure to alternative viewpoints, thereby weakening critical thinking and increasing cognitive rigidity.

Moreover, the emotional dimension of social media content plays a crucial role in the radicalization process. Destructive religious narratives often appeal to adolescents' feelings of injustice, frustration, or social exclusion, offering simplified explanations and a sense of purpose. The study's results indicate that prolonged exposure to such emotionally charged content is associated with increased levels of anxiety, aggression, and social withdrawal. These psychological consequences further reduce adolescents' resilience, making them more dependent on online peer validation and ideological groups.

The discussion also underscores the importance of protective factors in mitigating these risks. Family involvement, school-based psychological support, and the development of media literacy skills emerge as essential components in strengthening adolescents' resistance to destructive influences. Encouraging open dialogue, fostering critical thinking, and promoting emotional regulation can significantly reduce the impact of harmful online and peer-driven ideologies. Overall, the findings suggest that addressing adolescent radicalization requires a multidimensional approach that integrates psychological, educational, and social interventions within both offline and digital contexts.

Conclusion. This study has examined the psychological impact of peer influence and social media on adolescents' susceptibility to destructive religious ideas within the context of contemporary digital environments. The findings confirm that adolescence is a particularly vulnerable developmental stage, characterized by identity exploration, emotional instability, and a heightened need for social belonging. These characteristics significantly increase adolescents' exposure to external influences, especially those transmitted through peer groups and social media platforms.

The analysis demonstrates that intensive social media use, combined with peer pressure, creates favorable conditions for the dissemination and internalization of manipulative and radical religious content. Destructive religious narratives often exploit adolescents' emotional needs, offering simplified explanations, a sense of purpose, and social acceptance. As a result, adolescents may develop distorted belief systems, increased aggression, intolerance, social withdrawal, and psychological distress. The statistically significant correlation identified in

the empirical findings reinforces the conclusion that digital exposure plays a crucial role in shaping adolescents' cognitive and emotional responses to harmful ideological content.

Furthermore, the study highlights that the influence of social media extends beyond religious radicalization, affecting overall psychological well-being and social behavior. Therefore, addressing this issue requires a comprehensive and multidisciplinary approach. Preventive strategies should focus on strengthening critical thinking skills, media literacy, and emotional regulation among adolescents. The active involvement of families, educational institutions, and mental health professionals is essential in fostering psychological resilience and providing adolescents with safe spaces for dialogue and support.

In conclusion, understanding the complex interaction between peer influence, social media, and adolescent psychology is vital for developing effective intervention and prevention mechanisms. By promoting informed digital engagement and reinforcing protective social environments, society can reduce the risks associated with destructive religious ideologies and support the healthy psychological development of adolescents.

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