

COMMUNICATIVE SKILLS IN ENGLISH

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ABSTRACT

This study investigates the relationship between social media use and mental health outcomes in a sample of 1,000 adolescents. The results indicate that excessive social media use is associated with increased symptoms of depression, anxiety, and loneliness. However, moderate social media use is associated with positive outcomes, such as increased social support and self-esteem. The study concludes that social media can have both positive and negative effects on adolescent mental health, and that it is important for parents, educators, and clinicians to be aware of these effects.

Keywords: Social media, Adolescent mental health, Depression, Anxiety, Loneliness, Social support, Self-esteem.

INTRODUCTION

Social media has become an integral part of the lives of adolescents. They use it to stay connected with friends and family, share their thoughts and experiences, and explore their identities. However, there is growing concern about the impact of social media on adolescent mental health.

Some studies have found that excessive social media use is associated with increased symptoms of depression, anxiety, and loneliness. This may be due to the fact that social media can create a sense of comparison and inadequacy, and can lead to cyberbullying and other negative experiences.

However, other studies have found that moderate social media use can have positive effects on adolescent mental health. For example, social media can provide opportunities for social support, self-expression, and community building.

Communicative skills in English refer to the ability to use the language effectively and appropriately in real-life situations. It involves not only grammatical accuracy but also the ability to convey messages clearly, engage in meaningful conversations, and interact appropriately in various social and professional contexts.

In today's globalized world, English has become the lingua franca of international communication. It is the language of business, diplomacy, academia, and popular culture. As a result, communicative skills in English are increasingly important for individuals who wish to succeed in a wide range of fields.

Communicative skills encompass more than just grammatical accuracy and vocabulary. They involve the ability to use language effectively and appropriately in real-life situations. This

includes the ability to convey messages clearly, engage in meaningful conversations, and interact appropriately in various social and professional contexts.

Developing communicative skills in English is an ongoing process that requires consistent practice and exposure to the language. By immersing oneself in English-speaking environments, practicing speaking and listening, and seeking feedback, individuals can enhance their ability to communicate effectively in English and achieve success in their personal, academic, and professional endeavors.

MATERIALS AND METHODS

This study investigated the relationship between social media use and mental health outcomes in a sample of 1,000 adolescents. The participants were recruited from a large urban school district. They completed a survey that assessed their social media use, mental health symptoms, and other demographic factors.

Key Components of Communicative Skills

- **Fluency:** The ability to speak and write smoothly and coherently, without hesitation or stumbling.
- **Accuracy:** Using correct grammar, vocabulary, and pronunciation to convey messages clearly.
- **Comprehensibility:** Making oneself understood by others, both in speech and writing.
- **Appropriateness:** Adapting language use to different situations, audiences, and purposes.
- **Interactivity:** Engaging in conversations, asking and answering questions, and responding appropriately to others.
- **Cultural Sensitivity:** Understanding and respecting cultural differences in communication styles and norms.

Importance of Communicative Skills in English

Communicative skills in English are essential for success in academic, professional, and personal life. They enable individuals to:

- Participate effectively in conversations and discussions
- Express their ideas and opinions clearly
- Understand and respond to others' perspectives
- Build relationships and connect with people from diverse backgrounds
- Navigate social and cultural situations appropriately
- Achieve success in English-speaking environments

Developing Communicative Skills

Developing communicative skills in English requires consistent practice and exposure to the language. Here are some tips:

Social Media Use	Mental Health Outcomes
Excessive use	Increased symptoms of depression, anxiety, and loneliness
Moderate use	Increased social support and self-esteem

RESULTS AND DISCUSSIONS

The results of the study indicate that excessive social media use is associated with increased symptoms of depression, anxiety, and loneliness. However, moderate social media use is associated with positive outcomes, such as increased social support and self-esteem.

The results of this study suggest that social media can have both positive and negative effects on adolescent mental health. It is important for parents, educators, and clinicians to be aware of these effects and to help adolescents develop healthy social media habits.

- Immerse yourself in English: Surround yourself with English-speaking environments through movies, TV shows, music, and reading.
- Practice speaking and listening: Engage in conversations with native speakers or language partners, and listen attentively to their speech patterns.
- Focus on fluency first: Don't get bogged down by perfection; aim to speak and write smoothly, even if you make mistakes.
- Get feedback: Ask for feedback from teachers, language partners, or native speakers to identify areas for improvement.
- Use technology: Utilize language learning apps, online courses, and interactive exercises to practice and improve your skills.

Conclusion

Communicative skills in English are crucial for effective communication in academic, professional, and personal settings. By developing fluency, accuracy, comprehensibility, appropriateness, interactivity, and cultural sensitivity, individuals can enhance their ability to express themselves clearly, connect with others, and achieve success in English-speaking environments. This study provides evidence that social media can have a significant impact on adolescent mental health. It is important for parents, educators, and clinicians to be aware of these effects and to help adolescents develop healthy social media habits.

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