

The Impact of Social Media on Daily Life

#				EXAMPLE
1	platform <i>noun</i>	platforma	платформа	TikTok is the fastest-growing social media platform .
2	billion <i>noun</i>	milliard	миллиард	The company is worth billions of dollars.
3	communicate <i>verb</i>	muloqot qilmoq	общаться	Teenagers mostly communicate through messages.
4	benefit <i>noun</i>	foyda, afzallik	польза, преимущество	Learning English has many benefits .
5	challenge <i>noun</i>	qiyinchilik	трудность, вызов	Living alone brings new challenges .
6	individual <i>noun</i>	shaxs, alohida odam	отдельный человек	Social media affects both individuals and society.
7	connect <i>verb</i>	bog'lanmoq	соединяться	LinkedIn helps you connect with people in your field.
8	maintain <i>verb</i>	saqlab turmoq, davom ettirmoq	поддерживать	It's hard to maintain friendships when you move abroad.
9	relationship <i>noun</i>	munosabat	отношения	She has a close relationship with her grandmother.
10	moment <i>noun</i>	lahza, on	момент	Graduation was one of the best moments of my life.
11	event <i>noun</i>	voqea, tadbir	событие, мероприятие	The festival is the biggest event of the year.
12	post <i>noun</i>	post, nashr (ijtimoiy tarmoqda)	пост, публикация	Her last post got 10,000 likes.
13	informed <i>adjective</i>	xabardor	информированный	Read the news to stay informed .
14	risk <i>noun</i>	xavf, tavakkal	риск	There are risks in sharing too much personal information online.
15	false <i>adjective</i>	yolg'on, noto'g'ri	ложный	The rumour turned out to be false .
16	self-image <i>noun</i>	o'zi haqidagi tasavvur	представление о себе	Too many filtered photos can harm your self-image .
17	achievement <i>noun</i>	yutuq	достижение	Getting into university was a big achievement .
18	sadness <i>noun</i>	g'amginlik	грусть	There was sadness in her eyes.
19	low self-esteem <i>noun</i>	o'ziga past baho berish	низкая самооценка	Bullying can lead to low self-esteem .
20	study <i>noun</i>	tadqiqot	исследование	Studies show that sleep improves memory.
21	link <i>verb</i>	bog'lamoq	связывать	Poor diet is linked to many diseases.
22	anxiety <i>noun</i>	xavotir, tashvish	тревога, тревожность	Breathing exercises can reduce anxiety .
23	depression <i>noun</i>	depressiya	депрессия	He was treated for depression last year.

24	support <i>noun</i>	yordam, qo'llab- quvvatlash	поддержка	Thank you for your support .
25	interest <i>noun</i>	qiziqish	интерес, увлечение	We have similar interests — we both love football.
26	understood <i>adjective</i>	tushunilgan	понятый	In this group I finally feel understood .
27	accepted <i>adjective</i>	qabul qilingan, e'tirof etilgan	принятый	New students want to feel accepted by their classmates.
28	voice <i>noun</i>	ovoz, fikr bildirish imkoniyati	голос	The internet gives young people a voice .
29	powerful <i>adjective</i>	kuchli	мощный	Words can be very powerful .
30	organise <i>verb</i>	tashkil qilmoq	организовывать	She organised a party for her mother's birthday.
31	movement <i>noun</i>	harakat (ijtimoiy)	движение	The environmental movement is growing.
32	raise <i>verb</i>	oshirmoq, ko'tarmoq	повышать, поднимать	The campaign is raising money for the hospital.
33	cyberbullying <i>noun</i>	kiberbulling	кибербуллинг	Cyberbullying can be just as harmful as bullying at school.
34	hate <i>noun</i>	nafrat	ненависть	There's too much hate in online comments.
35	addiction <i>noun</i>	qaramlik	зависимость	Phone addiction is common among teenagers.
36	limit <i>verb</i>	cheklamoq	ограничивать	Parents should limit children's screen time.
37	scroll <i>verb</i>	(ekranni) aylantirmoq	прокручивать, листать	I spent an hour scrolling through Instagram.
38	privacy <i>noun</i>	shaxsiy daxlsizlik	конфиденциальность, частная жизнь	Check your privacy settings on social media.
39	wisely <i>adverb</i>	oqilona	мудро	Use your free time wisely .
40	aware (of) <i>adjective</i>	(...dan) xabardor	осведомлённый, знающий	Are you aware of the risks?

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