https://wordlyknowledge.uz/index.php/gpble
Qabul qilingan sana: 07.12.2025
Nashr etilgan sana: 29.01.2026

Radjabova Madina Rahim qizi
PhD student, Bukhara State University
madinarajabova922@gmail.com

MANIFESTATION OF EXISTENTIAL CRISIS IN THE MINDSET OF MODERN YOUTH

Annotation. This study examines the expressions of existential crises in the contemporary youth's psyche amid swift technical, socio-cultural, and psychological transformations. The study, utilizing a mixed-method approach of surveys and interviews, uncovers significant levels of anxiety, identity fragmentation, purposelessness, and pressures characteristic of the digital era. The findings underscore the influence of social comparison, future uncertainty, and emotional estrangement on modern teenage psychology, highlighting the necessity for institutional and psychological support.

Key words: existential crisis, identity, modern youth, anxiety, digital culture.

Аннотация: В исследовании рассматриваются проявления экзистенциального кризиса в сознании современной молодежи в условиях стремительных технологических, социально-культурных и психологических изменений. На основе смешанного метода — опросов и интервью — выявлены высокие уровни тревожности, фрагментации идентичности, потери смысла и давления цифровой среды. Результаты подчеркивают влияние социального сравнения, неопределенности будущего и эмоциональной отчужденности, что требует поддержки со стороны образовательных и психологических институтов.

Kalit so‘zlar: экзистенциальный кризис, самоидентичность, современная молодежь, страх, цифровая культура.

https://wordlyknowledge.uz/index.php/gpble
Qabul qilingan sana: 07.12.2025
Nashr etilgan sana: 29.01.2026

Annotatsiya: Ushbu tadqiqot zamonaviy yoshlar ongida ekzistensial inqirozning namoyon bo‘lishini texnologik, ijtimoiy-madaniy va psixologik o‘zgarishlar sharoitida o‘rganadi. Aralash tadqiqot usuli — so‘rovnoma va suhbatlar — yordamida tashvish darajasi, identitetning parchalanganligi, ma’nosizlik va raqamli bosimning kuchaygani aniqlandi. Natijalar yoshlar psixologiyasiga ijtimoiy taqqoslash, kelajakdan xavotir va hissiy ajralish kuchli ta’sir ko‘rsatishini ko‘rsatadi hamda institutsional va psixologik yordam zarurligini ta’kidlaydi.

Kalit so’zlar: ekzistensial inqiroz, o‘zlik, zamonaviy yoshlik, qo‘rquv, raqamli madaniyat.

Introduction

The difficulties encountered by contemporary youth have escalated owing to technical advancement, evolving social standards, and the proliferation of digital environments. Classical existential themes — such as anxiety, meaning, and alienation — articulated by Kierkegaard, Sartre, and Camus, persist in their influence on juvenile psychology, albeit in altered forms within the post-digital era. Young people feel pressure to do well, show off their best selves online, and meet conflicting expectations. This leads to widespread existential exhaustion and mental instability.

Methods

This study utilized a mixed-method research methodology to thoroughly investigate the manifestations of existential crises among contemporary youth. The quantitative aspect involved an online survey conducted with 120 university students aged 18–25 from three academic faculties. A 20-item Likert-scale questionnaire was derived from the Existential Anxiety Questionnaire (EAQ), assessing variables including meaninglessness, future uncertainty, identity stability,

https://wordlyknowledge.uz/index.php/gpble
Qabul qilingan sana: 07.12.2025
Nashr etilgan sana: 29.01.2026

and emotional well-being. The data were analyzed using descriptive statistics, such as frequencies and percentages.

The qualitative aspect consisted of semi-structured interviews with 12 volunteer participants chosen via purposive sampling. The interview questions examined individual experiences pertaining to identity, purpose, digital culture, and emotional difficulties. The interviews were transcribed and processed through theme coding to discern repeating patterns and evaluate subjective perceptions.

By combining both forms of data, we were able to get a better picture of existential struggle. This made sure that statistical trends were backed up by detailed, narrative insights.

Results

The study's results suggest that many young people nowadays worry about existential issues. The numbers show that they are very uncertain, feel like they have no purpose, and doubt themselves. According to the survey, 68% of people who answered said they are always afraid about their future, and 54% said they feel like their life has no meaning. Also, 76% feel pressure from comparing themselves to others, and 71% have trouble figuring out their long-term goals. This suggests that their identities and personal directions are not stable. 42% of people said they felt emotionally isolated, which shows that even if people are interacting more online, they still feel disconnected.

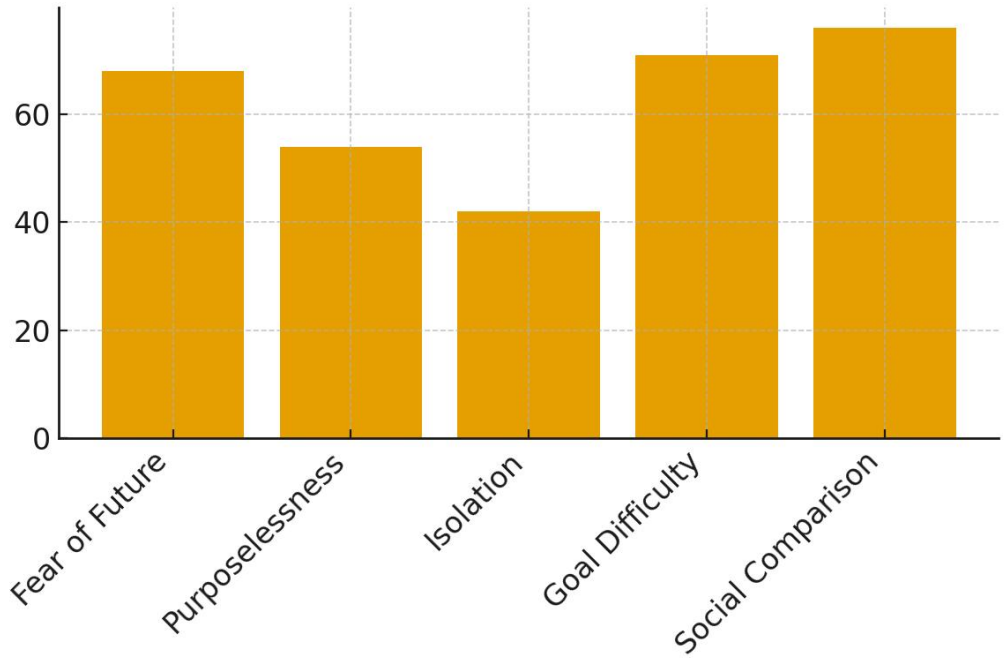
Qualitative data elucidate these patterns. People who were interviewed often talked about identity fragmentation, saying that they show different sides of themselves on different digital channels. A lot of students said that being online too much made them anxious, especially when they saw perfect lives on the internet all the time. Fear of failure was a common topic, and it was caused by high academic standards and pressure from society to do well. Lastly, the people who

https://wordlyknowledge.uz/index.php/gpble
Qabul qilingan sana: 07.12.2025
Nashr etilgan sana: 29.01.2026

took part said they really wanted meaning and authenticity, but they had a hard time putting their own personal values into words.

Quantitative findings

Indicator	% Respondents
Persistent fear of the future	68%
Feeling of purposelessness	54%
Emotional isolation	42%
Difficulty identifying long-term goals	71%
Social comparison pressure	76%



Discussion

The findings indicate that the existential crises among youth is influenced by digital culture, global instability, and identity fragmentation. Comparing oneself to others makes one feel more insecure [3]. Long-term anxiety is caused by feeling emotionally distant and being under pressure to meet conflicting expectations.

https://wordlyknowledge.uz/index.php/gpble
Qabul qilingan sana: 07.12.2025
Nashr etilgan sana: 29.01.2026

The results of this study indicate that the existential crises experienced by contemporary youth are influenced by a confluence of psychological vulnerabilities and modern socio-technological demands. Classical existentialists like Kierkegaard and Sartre saw uneasiness and meaninglessness as something that happen when people think about themselves. The results of this study, on the other hand, reveal that digital culture makes these feelings stronger for everyone. A lot of young people are having trouble with their sense of self because they are afraid of the future, don't know who they are, and don't have a purpose. Social media platforms that need constant self-presentation, comparison, and performance make this fragmentation even worse.

The qualitative findings show that online environments often set unreasonable criteria for success and pleasure, which can make people feel inadequate and doubt themselves. Fear of failure is another major issue that comes up, showing how much pressure students are under in school, how competitive the job market is, and how unpredictable the economy is. These outside factors make the problems inside worse, which causes long-term stress and a decline in mental health.

The participants' search for meaning indicates a discrepancy between their lived experiences and their profound existential requirements. Because of this, schools and mental health professionals need to take proactive steps to encourage resilience, critical self-reflection, and value-based growth. To deal with existential fears, we need to combine mental health treatment with chances for real identity building and meaningful engagement.

Conclusion

This study indicates that existential crises constitutes a substantial and escalating burden for contemporary adolescents, influenced by digital culture, social comparison, and global uncertainty. Young individuals who are trying to figure out who they are and what they want to do with their lives are quite

https://wordlyknowledge.uz/index.php/gpble
Qabul qilingan sana: 07.12.2025
Nashr etilgan sana: 29.01.2026

vulnerable to mental health problems. Qualitative insights indicate that divided identities and the need to fulfill both online and offline standards exacerbate emotional distress. To help young people, we need to take a holistic strategy that includes mental health resources, reflective education, and chances for personal growth based on values. In today's world, it's important to strengthen emotional resilience and identity stability to reduce existential stress.

References

1. Manuel, A., & Davis, L. (2021). Existential anxiety in digital-age youth. Journal of Modern Psychology.

2. Thompson, R. (2022). Digital identity and psychological fragmentation among university students.

3. Brooks, L. (2023). Social comparison and anxiety in post-digital youth culture.

4. Rivera, M. (2024). Meaninglessness and the modern adolescent mind.

5. Chen, Y. (2025). Future uncertainty and youth existential stress in global contexts.