

## **Abstract**

The bachelor thesis entitled Information overload and its impact on adolescents' psyche and coping strategies deals with information overload and adolescents' psychological condition. The aim of this thesis is to find out how too much information on social media affects the psychological well-being of adolescents. The theoretical part provides insight into the issue of information overload on digital platforms. It also looks at the different types and classifications of information overload, the causes of information overload, and the manifestations and effects of information overload on people. In addition, it also looks at strategies used to manage information overload. The theoretical section also provides a more detailed characterization of adolescents. It focuses on their cognitive development, social changes, mental development and their relationship with social networks. This section is followed by a final chapter on the characteristics of social networks and the links between them and information overload. The methodology section presents the main research objectives and research questions, which address adolescents' perspectives on social networks, the way they experience information overload, the consequences of this overload, and the strategies adolescents use to cope with it. The research data was collected using semi-structured interviews involving eleven adolescents aged 18-20 years old, who were recruited using purposive sampling and snowball sampling methods. The data collected was then analysed using thematic analysis. The final section of the thesis presents the results of the qualitative research conducted as part of this bachelor's thesis. The results show that information overload has an impact on the psyche of adolescents. Adolescents reported that they encounter psychological discomfort and pressure of today's fast-paced times during information overload. The negative effects that adolescents noted on themselves include impaired concentration and memory, decision-making problems, poorer sleep, and the inability to relax and fear of missing out.