



SCIENTIFIC-THEORETICAL OF THE PROBLEM OF JEALOUSY

Narmetova Yulduzkhan Karimovna

project member of the research institute "Mahalla and family"

Abstract: *This article covers the problem of jealousy scientifically and psychologically. It was analyzed that jealousy was studied by foreign scientists. The influence of jealousy on family relationships has been shown. Psychological characteristics of jealousy, its manifestation in the individual, its negative and positive effects on the healthy psychological environment of a person have been identified.*

Keywords: *jealousy, love, attitude, psychology.*

Today, in the development of science, various emotional states of individuals are determined and analyzed, which include personality awareness, emotional communication, thinking, spiritual, moral, etc.. Despite the widespread phenomenon of jealousy, in Psychological Science there is no clear understanding of the essence of jealousy, its laws, determinants, types. Unfortunately, in psychology, the phenomenon of jealousy, its psychological mechanism, is not well studied. There are not enough specific sources of what consequences jealousy can have in the life of each person, what can be done. The reasons for the emergence of a feeling of jealousy, the issues of its influence on the stability of families were an urgent, significant and unexplored topic for researchers.

The feeling of jealousy is a mental state that negatively affects a person, causing aggression, a tendency to selfishness. Also, the problem of jealousy expresses feelings associated with the value of a person, his reactions in various relationships. At the moment, in Psychological Science, such problems as jealousy, its mechanisms, forms and tasks that a person performs in his life, invite him to conduct research with the aim of rich improvement, concretization of the theoretical, practical nature of this state. It is important to note that in foreign psychology, various situational and dynamic characteristics of jealousy associated with interpersonal influence have been studied to some extent. But in the conditions of Uzbekistan, jealousy as an independent psychological phenomenon has not yet been scientifically investigated.

Enthusiasm in activities as a condition for the existence of the phenomenon of jealousy in various fields of Science; in interaction as a desire of one person to subjugate another (in the relationship of parents, spouses, children, etc.) social relations and exist in Real life [1]. Also, jealousy also manifests in a person the possession of another person as his property.

It should be noted that in a person who experiences a feeling of jealousy, such as the fear of being deceived and left alone, the fear of hyenas occurs suddenly, corresponding phobias arise. As a result, sharp reactions, jealous people lose control over themselves, their feelings and actions.

The dangerous thing about jealousy is that it affects the emotional and physiological state of a person. As a result, it causes many psychosomatic diseases. The phenomenon of



jealousy is explained in connection with not only the psychological, but also the bioenergetic state of a person [2]. Therefore, we see a different approach to interpreting the phenomenon of jealousy: "jealousy is the fear of losing its influence. Jealousy is like cowardice. This is not a high feeling that proves the existence of love, but the fear of a constant lack of confidence in one's own strength. Jealousy is a feeling of unconscious reflection of one's own weakness» [2].

Traditionally, the feeling of jealousy is the feeling that is interpreted in connection with the concept of love-love [3]. The connection between jealousy and love is confirmed by a person's suspicious attitude towards the object of his desire for possession, his painful doubt about his loyalty or his betrayal, attention to the affective side of emotional relationships in the manifestation of the phenomenon of jealousy [4].

The effect of love in the manifestation of the phenomenon of jealousy denial is inappropriate, and the fact that it acts as the most primary force is explained as follows: «Despite the influence of the molar, the man and the fugitive, the ongoing competition to fight the police, Abdurakhmon kodigan kuh, the young man to fight diseases and fluency yunguigan and the fugitive cyclist yunggan help berdigan and figure training allow» [5].

«Love is a moral attitude towards a person. It serves as a confirmation of the existence of a particular person for a person for another. To be loved means to be for the most important of those around you for the other» [6].

At this point, due to the fact that fiction represents social life, in Uzbek classical literature there are many works, including in the novel "Past days" by Abdullah Qadiri, a feeling of jealousy towards Zainab's attitude towards the Athabek-Silverbibis; feelings of jealousy shown by the palace overseers in the work "Scorpion from Mehrab" in relation to Anwar Mirzo are observed as envy, enmity.

Jealousy, like any emotional state classified as a specific form of anxiety, is caused by a lack of confidence in the affection of a loved one. In the interpretation of jealousy, there is also such an approach as the fact that it is addressed to a third person, a competitor, and is perceived as a problem of the object of love.

In explaining the psychological nature of the phenomenon of jealousy M. Mid's thoughts about the feeling of jealousy are compared with love, namely: jealousy is not a barometer that shows the level of love in a person, but looks at his love as a way to doubt, a hackneyed, distrust. Take a similar point of view.Fenixel also supported. In his opinion, jealous people can show jealousy both to an unloved person and even to someone they hate, regardless of whether they are able to love or not [7].

Jealousy fully manifests itself at a certain age period. Jealousy manifests itself often and sharply in adolescence. This is mainly due to the fact that at the moment young people feel a certain imperfection, maturity, a certain incompleteness. With self-sufficiency and the formation of a sense of experience, the strength and severity of jealousy decreases.

In acquiring stronger and deeper feelings with a sense of jealousy, knowledge of the essence of jealousy plays an important role, namely, betrayal, deception, inner readiness to meet the corresponding act. During jealous adolescence, a teenager may have to witness the



betrayal of his parents and friends. This attitude arises if a person is brought up in the spirit of distrust of other people.

Studies often record that one of the family members is jealous. In this regard, such a psychological state arises as the attitude of parents to their children selectively, praising one in front of the other, showing their preference.

Older, and in married people, having a partner in a complimentary conversation with another person is seen as a risk in the relationship. Jealousy affects social relationships: leads to a deterioration in relations between spouses, termination of the affairs of partners in business, families are broken due to the jealousy of one of the spouses, as well as parents or other family members. In this way, the feeling of jealousy also leads to anger, rejection, interruption of the relationship between the best friends.

By the psychological nature of jealousy, there are these manifestations: to people, to achievements, to objects. For example, the position, reputation, appearance of some employees in the work Collective; some have cars with equipment, items, etc. in the manner of the presence of Lars and others. All these manifestations give rise to such vices as greed, inability to see. And each person's attitude to jealousy is reflected and established in his feelings, moods and desires. The psychological mechanism for this is explained as a conative aspect in the behavior of the individual. The manifestation of jealousy is reflected in the feelings of the individual-indicates the affective side. Despite the fact that there is a social demand for the study of the phenomenon of jealousy, until recently, a view of jealousy as secondary, insignificant was formed, even considering it as a symptom of a disease, thereby reflecting the interpretation of this feeling as a phenomenon belonging to pathopsychological and medical [2].

There is also a view of the problem of jealousy as a phenomenon that occurs in the system of social relations [8]. Thanks to this approach, the definition of jealousy will be different. For example, "when jealousy is observed in relation to an individual, its psychological nature is explained by interpersonal attitudes." Jealousy "reflects and regulates various aspects of interpersonal relationships"; an example is the interpretation of "jealousy is a suspicious attitude of a person towards a loved one, his loyalty is associated with a skeptical attitude or knowledge of his betrayal.

When explaining the phenomenon of jealousy individuals, it is also explained that the occurrence of triplets in a relationship is inevitable: where there is someone who is jealous, a triplet occurs: the first is jealous, the second is jealous, the third is someone(s) with whom they are jealous. Hence the conclusion that jealousy occurs in one way or another in all people. [9].

In western psychology, it is based on the fact that jealousy is a kind of attitude not only between two people, but also towards the fourth, which is the public. That is, it is given that it is necessary to add a fourth party, that is - the public, who is constantly interested in how the relationship between a partner and a rival is going on and developing: "the feeling of jealousy arises when a person does not have what he wants with personal passion, and the feeling of jealousy, due to the presence of». The manifestation of jealousy is observed in other social spheres, in addition to love, friendship, professional activity,



interpersonal relationships. But we observe a high degree of actualization of the phenomenon of jealousy in marriage-family relationships. This is because the feeling of jealousy accompanies one of the bright feelings of a person - love.

The psychological characteristic of jealousy arises in the beliefs, ideas, feelings of the individual and especially in the way he considers the feeling to be his own in relation to the other person. The result is based on the inevitability that a person constantly lives in a state of depression and is given to doubt. In our view, the chorus about the psychological phenomenon of jealousy, as can be seen from the above opinions of CIS scientists, is characteristic of expressing this feeling in an inextricable connection with such situations as: fear, anger, self-doubt. And such an approach creates the basis for the emergence in a person's own life of fears, prejudices about interpersonal relationships, distrust that he will face in the future. Hence, jealousy is a kind of unconscious manifestation of the individual's weaknesses.

Thus, it will be necessary to carry out an analysis of the state of scientific study of the mechanisms, forms of the phenomenon of jealousy of interaction in the family and the tasks that a person performs in his life.

LITERATURE:

1. Breslav G.M. Psychology emosiy / g. M. Breslav. – M. : Academy, 2004. - 544 P.
2. Vilyunas V.K. Psychology of emotional relationships / ed. Ovchinnikova O.M. M.: Moscow State University, 1986. – 144 p.
3. Nishanova Z.T. Psychological service: tutorial. T.: Yangiyol polygraph service, 2007. - 158 b.
4. Karimov X.K. Socio-psychological characteristics of double conflicts in Uzbek families. Dissertation written for the degree of candidate of psychological sciences. - Tashkent: 1994. - 142 b.
5. Rasulova Z. Raising children: mistakes and measures to prevent them. - T.: RAIAM, 2014.-110 b.
6. Fromm, E. The Art of loving / E. Fromm. translated from English, edited by D. A. Leontiev. 2nd ed. - St. Petersburg: ABC Classics, 2005. - 224 p.
7. Usmankhajaev A., Akramova F. Methods of improving the psyche (cooperation of a doctor and a psychologist). - T.: Generation of the new age, 2002. - 63 b.
8. Abdusamatov, H., & QURBANOVA, M. (2022). Some social and psychological advice for families who have been destroyed. In Conference Zone (pp. 22-24).
9. Abdusamatov, H. (2019). SOCIAL PSYCHOLOGICAL CHARACTERISTICS OF EXTRAMARITAL RELATIONS. European Journal of Research and Reflection in Educational Sciences Vol, 7(2).