

PHENOMENAL MEMORY FUNCTIONS

Sharofutdinova Xadichaxon Gulyamutdinovna

candidate of psychology, associate professor,

Eshquvvatova Manzura Ergashevna

Termiz State University

Faculty of Social Sciences,

Psychology (practical psychology)

3rd level student


Abstract: *This article is dedicated to explaining phenomenal memory, which is considered an important component of cognitive abilities of a person, and its formation, manifestation, and functions. Opinions about the owners of phenomenal memory, the uniqueness of their memory, the possibilities of personal memory development, psychological methods such as memory training and mnemonics are described.*

Key words: *Phenomenal memory, powerful memory, phenomenal hearing, functions, subconscious influence.*

Introduction: Phenomenal memory is a robust and powerful memory, the ability of a person to recall information at high speed and then reproduce it accurately. A person with such a memory does not need a semantic connection between components, he can remember random numbers, dates and information. Many famous people are known for their extraordinary memory, but the average person can also develop it with constant practice. Phenomenal memory can also be of several types, like normal memory, depending on the area responsible for the type of memory. This means that people don't remember everything, but they remember things and events that are important to them. Phenomenal auditory memory is less common, often characteristic of composers and musicians. A person with this memorization ability can easily repeat audio information. As soon as he hears something, it is immediately stored in his brain. Such people can record what they hear in a music notebook or repeat it immediately on a musical instrument.

Core: How to Develop a Phenomenal Memory: Developing a phenomenal memory is critical to impress others with instant recall of information. Our brain has unlimited possibilities. The first step is to make memorization exercises a habit. If you practice for a long time every day, the result will be visible.





To do this, you need to sit down and try to convert the information in the brain into images:


- Colorful: the more effective, the better the information is stored;
- Volumetric: spatial thinking is useful for considering memories from different angles;
- Big: the bigger the image, the more space it occupies in the brain and the better it is remembered;
- Detailed: do not forget about details and small things, they are important;
- Bright: the brighter it is, the easier it is to remember, dull and vague images disappear quickly. In addition to developing memory with the help of images, there are other methods. Some of the most popular are associative and mnemonic.

The essence of such exercises is to find connections with anything to strengthen semantic connections and store information in the brain. Some people try to find patterns in numbers or associate them with relatives' birthdays. Others associate numbers not with dates, but with images: two is a swan, five is an Englishman. Mnemonics involves developing chains of events for better memorization. If a person is given random words that have nothing to do with each other, then you have to come up with a story that covers all the threads. For example, a series of words is given: candy, scarecrow, bottle, socks, snow. The main purpose of the technique is not only to come up with a chain of actions, but also to show it clearly. Such memorization is often used in language learning programs. During word learning, the program prompts you to look at a picture to create word associations, and prompts you to read a phrase with the learned word to create a picture and vivid story. Another effective way to train your brain and improve your memory is to read mindfully. To do this, you need to read regularly, take notes and pronounce the learned information. It is important to analyze and read every word, not for the number of pages, but for the information.

Famous people with phenomenal memory:

- Napoleon. Historians knew the names and faces of each of the military personnel of the French leader by heart. He was also considered to be able to repeat from memory the details he had read many years ago.
- Nikola Tesla. He was a world-renowned inventor, discoverer, possessor of deep knowledge in the field of engineering. He was a person with a phenomenal memory that helped him store large amounts of information in his brain.
- Alexander Alkhin . A well-known Russian chess player of the 20th century, he had a powerful memory, which, like his contemporaries, was able to play with





dozens of opponents at the same time. He was a great grandmaster with a phenomenally strong memory, able to easily remember combinations and moves.

Scientists from the University of California tested people with normal memory and phenomenal memory. They asked about events and watched for changes in feelings. They compared the data every day for the week and month after the incident. Brain scans were used to determine how these subjects behaved in both groups. No additional processes or third hemispheres were found. This may be the result of intelligence, not the cause, but music, sports, or language can stimulate the brain to build more efficient neural networks.

The phenomenon can be considered the ability to memorize and accurately memorize a lot of information that is not semantically related. This means that a person with this ability can hold any visual image in the brain for a long time: a combination of text, numbers and symbols in a local or foreign language.

All definitions of phenomenal memory in psychology refer to:

- Genetic predisposition;
- Congenital anomalies in the development of some parts of the cerebral cortex;
- Classes with children according to age, early development methods;
- Brain speed.

Almost all people have unique abilities. People show unique abilities, some can remember a large written text at a glance, and some can remember a very large number of numbers. Some psychologists consider phenomenal memory functions to be a unique ability. However, it is natural that such talented people (especially children and teenagers) require an individual approach of humanity.


Development of phenomenal memory in children

In order to develop their phenomenal memories from childhood, their participation in various clubs, chess and sports activities will have a positive effect. Of course, this causes children to develop unique abilities such as phenomenal memorization. Starting from three months, when the child begins to actively explore the world around him, he should get acquainted with bright, expressive images and talk about them in detail. It is known that children absorb a lot of information, and that is why it is so important to teach children foreign languages from a young age. This process has a positive result in the development of the child's phenomenal memory and the strengthening of the ability to remember.

Scientists have found that a person's autobiographical memory is phenomenally developed.

Summary:





The brain controls all emotional and physical movements in the human body. The main memory of a person is embodied in the brain.

The role of the subconscious in the development of memory: Many people know about the unique possibilities of the subconscious. It is one of the 146 components of consciousness that play a major role in the human psyche. The subconscious controls the deep processes that determine the activities and relationships of a person in his daily life. Any idea that is strengthened in the subconscious has a direct impact on a person's decisions, actions, and attitudes to events.

According to experts, the products of subconscious activity can be used to improve our phenomenal memory and facilitate the learning process (hypnopedia). The simplest way to use the subconscious mind is to convince yourself. The technique of self-persuasion consists in repeating (up to 20 times in a row) one sentence that contains the content of what a person wants to achieve. In turn, the process of realizing the idea takes place in the subconscious.

Examples of self-affirmation phrases for developing phenomenal memory: - I feel that my memory is improving; - I feel that I can trust my memory more and more. In order to achieve more results, a person should convince himself more: - I remember what I read better and better; - my memory for names and numbers is improving day by day. If the lack of trust in memory stems from lack of self-confidence, repeating the following statements will be highly effective: - "The more I trust my memory, the better and stronger it is; "My memory is strong and stable, I believe in myself." Incorporating the above self-reassurance sessions into our daily routine lays the groundwork for developing our phenomenal memory. You will be surprised how effective and efficient this method is.

LIST OF USED LITERATURE:

1. A.H. Mirashirova "General psychology" - Tashkent 2014;
2. S.N. Safayev, A.K. Mirashirova "Theory and practice of general psychology" TDPU - 2013;
3. V. Druzhinina "Psychology" 2003;
4. M.G.Davlatshin , S.M.Toychiyeva "General psychology" TDPU - 2002;
5. S.L. Rubenstein "Fundamentals of General Psychology" - 2008.

