



SCIENTIFIC APPROACHES SPECIFIC TO ADOLESCENT PERSON AND THEIR
PSYCHOLOGICAL ANALYSIS

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Abstract: *Adolescence is a period of self-awareness and a series of changes. During this period, there is also a specific influence of the social environment, and this article discusses the psychology of adolescence and ways to positively influence them.*

Key words: *adolescence, psychology, family psychology, teacher, social environment, education.*

Adolescence is a period of formation of personal characteristics such as outlook, beliefs, principles, self-awareness, evaluation. As a teenager grows up, a personal system, worldview, beliefs, etc., such as "Ideal Me", "Ethical Me" and "True Me", are formed in him, his ideas about himself are more clear and remains stable. A teenager begins to organize his activities on the basis of a certain principle, belief and personal point of view. When defining the identity of a teenager, it is necessary to take into account his attitude to the environment, social events, and people. It can be seen from the research conducted by psychologists that most of the teenagers correctly understand spiritual and moral concepts such as determination, modesty, pride, sincerity, kindness. In their life experience, as a result of mastering the basics of science, a stable religious and scientific outlook is formed, on the basis of which moral ideals begin to emerge.

It is known that during adolescence, a teenager's "I" is formed again. The people around him, especially his attitude towards himself, his interests, and the direction of his values will change dramatically. A teenager's first desire is to convince others that he is no longer a small child, but a grown-up. "I have grown up," he thinks. That's why psychologists interpret the "feeling of becoming an adult" as the main novelty of a person's adolescence. The most important feature of adolescence from a psychological point of view is the emergence of a sense of adulthood or adulthood. The feeling of greatness is expressed in the socio-moral sphere, mental activity, interest, attitude, enjoyment process, external forms of behavior. By studying the psychological features characteristic of adolescence, it is possible to understand the ways of the formation, development and maturation of the adolescent personality and the direct influence of biological and social factors affecting it. Puberty affects the behavior of a teenager at this age as the main biological tool. But this is a direct effect. The psychological "mechanism" of a young teenager is schematically evaluated as follows. The onset of puberty, which is associated with the emergence of endocrine hormones and their effect on the central nervous system, increases the physical and psychological possibilities of children's activity, as well as for them to feel like adults and feel independent. favorable condition brings conditions. However, even at this stage of mental development, the child is not yet ready to act independently.

Social factors are the following: the transition from elementary school age to high school, that is, from the leadership of a single teacher to the management of many teachers



and changes in communication, expanding socially useful work, increasing independent and practical work. to do more, and at the same time, the child's place in the family is changing. The disagreement that appears in younger teenagers in relation to older teenagers is not due to their sexual maturity, but the surrounding conditions, the attitude of parents and siblings to him in the family, neighborhood, that is, social conditions. It is necessary to connect with the secret. Bad behavior, stubbornness, lack of recognition of shortcomings as a result of directly influencing the behavior of adolescents by changing these social conditions and psychological climate in them We can prevent such negative traits. During this period, the teenager is in a state where he has said goodbye to a happy childhood, but has not yet found his place in adult life.

A teenager tries to solve complex life problems without correctly assessing his abilities and strength, but because of his superficial thinking ability, he allows a number of shortcomings in his daily life. But he prefers to argue with adults than to admit his mistake. He does not like people who criticize him, every criticism seems to be a sign of contempt for him, a deliberate act. He tries to act independently and arbitrarily, he does not pay attention to the advice of adults. Some teenagers begin to learn various negative habits to demonstrate that they have joined the ranks of adults. Such changes in a teenager's behavior are of great concern to teachers and parents. In order to change them in a positive way, it requires psychological knowledge and experience from adults. At this age, adults do not shame, humiliate, and condemn the mistakes that teenagers make unknowingly, but if they are helped in a psychological way, not by extinguishing the feeling of "being an adult", but it means what a grown man should be and what requirements he should meet. A teenager's claim to new rights will, first of all, relate to the entire environment of interaction with adults. The teenager now begins to resist the demands that he willingly complied with before.

For example:

- when restricting his independence,
- when they are guardians,
- when directing,
- when controlling,
- when they demand to listen,
- when punished,

- he is very upset and resentful when his interests, relationships and thoughts are not taken into account. A teenager develops a sense of self-worth and considers himself a person who cannot be discriminated against or deprived of the right to independence. Parents and pedagogues should work individually with teenagers, find their satisfaction and correct their behavior in time. Some teachers make incorrect diagnoses and conclusions without knowing where the roots of these changes in a young teenager, i.e. negative symptoms, belligerence, stubbornness, come from and what they are connected with, what are the effects, which in most cases can lead to tragedy. One of the factors causing the main conflict is the teenager's overestimation of his independence. A gap appears between the overestimation of one's own capabilities and the mental capabilities of a young teenager.



Disobedience to the will of adults, disobeying the decisions of school, class activists, etc. is not only a reaction to the inability to adequately assess this situation, but also a way for a teenager to present himself to others in terms of his personality. also serves as In this way, the child tries to emphasize the importance of his personality, his influence, and his ability to resist the people around him.

Therefore, knowing that this is a vital quality necessary for the full mental development of a teenager, correctly understanding the psychological nature of negative actions related to this and not preventing children from behaving like adults, on the contrary, they should try to evaluate their behavior positively. Teenagers are more interested in thoughts about their personalities, they try to know themselves, purposefully develop and educate. He limits the rights of adults and expands his own. He wants adults to respect their personality and human value, claims to give them confidence and independence, that is, he tries to achieve a certain level of equality with adults and their recognition of this.

During adolescence, great qualitative changes occur in the growth of inner freedom, self-awareness, and independent behavior. The will is very important in the occurrence of such changes.

Will is a free movement of a teenager as a higher mental function

It is considered a tool for making, as well as a main line of personality development.

The formation of a sense of self-awareness, the emergence of an attitude towards oneself as a separate independent person are important characteristics for teenagers of both sexes and desired temperament types of this period. In the maturation of the personality of teenage boys and girls, in the process of self-realization, the inclination and desire to evaluate themselves, to compare themselves with other people, and to build a structure for themselves. And these affect the mental activity of the adolescent's mental world, the formation of the attitude to the environment. During early adolescence, most adolescents give themselves negative personal characteristics. As he grows up, the self-esteem of a teenager begins to manifest itself in a differential character (behavior, behavior in social situations and certain behaviors). Concepts formed in the society about the different social roles of boys and girls determine the ways of personality formation in adolescence. A teenager begins to realize that his strength and energy, endurance are increasing, and the level of knowledge is expanding. Adolescents' ustanovkas have important functional significance and are manifested as their readiness to perform a certain activity effectively.

Its main tasks are:

- 1) determines the strict nature of activity implementation;
- 2) frees the adolescent person from freely controlling the course of activities in standard situations and making decisions.

The scientists who interpreted the features of adolescence say that at this age boys and girls strive for relationships with their friends, interest in the life of their peer group is clearly manifested. Under the influence of these changes, children become more self-confident due to the growth of their physical and mental capabilities, and now they begin to participate in the discussion of family problems.



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