

ORIGIN AND PSYCHIC CHARACTERISTICS OF PSYCHE AND  
CONSCIOUSNESS

Ibroximova Dildora

Zebiniso Norqobilova

*Student of Termiz State Pedagogical Institute*

**Abstract:** *This article discusses the history, theory, and distinguishing features of the origin of psyche and consciousness.*

**Key words:** *psyche, consciousness, human, animal, theory, doctrine, characteristic.*

Mental processes are a special property of the brain and occur only depending on the activity of the brain. The human brain is highly structured matter, and the psyche is a product of this matter, its function. Psyche and consciousness did not appear suddenly, but formed, grew and improved as a result of a long historical evolution. When life first appeared on earth, single-celled animals appeared. They are characterized by sensitivity to mental processes. Gradually, as a result of a long evolution, as a result of the improvement of animals, their nervous system and brain also grew. The development of the brain has given rise to various mental processes. If psyche is interpreted as the result and product of activity, then the principle of development of psyche and consciousness in activity is correctly understood. This principle was developed by Russian psychologists L.S. Vygotsky, P.P. Blonsky, S.L. Rubinstein, A.N. Leontev, B.M. Teplov, B.G. Anan'ev and others' scientific research. According to the principle of the unity of consciousness and activity, consciousness and activity are neither opposite to each other nor the same thing. They form a whole. Consciousness organizes the internal plan and program of activity. This principle allows psychologists to discover the internal psychological mechanism, that is, the objective laws of the psyche, which ensures the achievement of goals and achievements from behavior, actions and activities of a person. The emergence of psyche is explained by the long development of matter. All matter, from inanimate inorganic matter to the highest and most complex form of matter - the human brain, has the ability to reflect, that is, the ability to respond to influences, which is a general feature of the material world. The forms of reflection depend on the living forms of matter. Movement in inanimate nature can be manifested in the form of mechanical, physical or chemical interactions of bodies or substances. For example, water



washing and erosion of river banks and rocks, reflection of sunlight from glass (refraction). When moving to living matter, the forms of movement change qualitatively. Biological forms of reflection are characteristic of living matter. A new form of reflection on living matter appears - psychic reflection. Different theories explain the transition from inanimate matter to living matter in the evolution of matter. Among them, the theory put forward by Academician A.I.Oparin can be mentioned. According to Oparin's hypothesis, about two billion years ago, oxygen was released in the atmosphere. This caused the occurrence of photochemical reactions and photosynthesis processes in organic substances. Watson on Psyche and Consciousness: "If behaviorism is to have any prominent place in science (even if only as a clear, objective method), it must absolutely reject the concept of 'consciousness.' "Consciousness and its structural elements are all made up of nonsense." We often use psyche and mind interchangeably. But the psyche is characteristic of both humans and animals, and consciousness is a characteristic of humans. When talking about the development of the psyche:

- 1) development of animal psyche,
- 2) the historical development of human consciousness,
- 3) a person it is assumed that his psyche develops according to age.

It is known that the psyche is a property of highly organized matter and a product of the brain. Psyche is formed on the basis of the direct impact of the human being on the brain through the sense organs, and is expressed in cognitive processes, characteristics and situations of a person, attention, feelings, character traits, interests and needs.

At the heart of the psyche lies the reflective activity of the brain. Internal or external biological organs respond to stimuli from the outside world. Temporary nerve connections formed in the large hemispheres of the brain are considered the physiological basis of mental phenomena, and they occur as a result of external influences.

The development of human consciousness is manifested in its active reflection of the external world

will be. The material life of a person is not based on the material basis of the system in which he lives, but is a set of lifestyles, universal images, worldview, profession, relations to social reality, aspirations, creative pursuits and actions of the people who surround him.

In conclusion, it can be said that psychology is adaptation to the living environment, that is, direct satisfaction of needs. Consciousness is preparation for the process of preparation for expected and expected situations. Psyche is



the struggle for survival, and consciousness is the creation of conditions for survival.

#### REFERENCES:

1. P.I.Ivanov.M.E.Zufarova Umumiy Psixologiya
2. G'oziyev E “Umumiy psixologiya” 1-kitobi Toshkent 2004
3. Ashurova, S. F., & qizi Karimova, M. N. (2023). OILADA O ‘SMIRLARNING SOG‘LOM TURMUSH TARZI VA OILAVIY HAYOT HAQIDAGI TASAVVURLARI SHAKLLANISHINING PEDAGOGIK-PSIXOLOGIK OMILLARI. Educational Research in Universal Sciences, 2(5), 363-368.
4. qizi Ashurova, S. F. (2023). MAKTABGACHA YOSHDAGI BOLALARNI PSIXOLOGIK VA PEDAGOGIK QO ‘LLAB-QUVVATLASHDA PSIXOLOGIK XIZMATNING O ‘ZIGA XOS JIHATLARI. Educational Research in Universal Sciences, 2(9), 418-421.
5. qizi Ashurova, S. F. (2023). OILADA YOSHLARNING SOG ‘LOM TURMUSH TARZIGA MUNOSABAT SHAKLLANISHINING PEDAGOGIK-PSIXOLOGIK OMILLARI MUAMMO SIFATIDA. Educational Research in Universal Sciences, 2(10), 32-35.
6. Иманов, Б., & Имонова, М. (2021). Развитие творческих способностей учеников при выполнении проблемных экспериментов по физике с помощью инновационных технологий. Общество и инновации, 2(2), 222-227.
7. Imonova, M. B. (2023). Oila tinchligi–jamiyat faravonligi asosi. Finland academic research science publisher, 1148-1151.
8. qizi Imonova, M. B. (2023). MUSIQANING INSON HISSIYOTIGA TASIRI. Results of National Scientific Research International Journal, 2(3), 156-161.
9. Имонова, М. (2023). Musiqiy tarbiya–qudratli quroldir yohud musiqiy tarbiyaning shaxs shakllanishiga tasiri. Современные тенденции психологической службы в системе образования: теория и практика, 1(1), 35-37.
10. Имонова, М., & Таджиева, Д. (2023). Boshlangich sinf oquvchilarida milliy tarbiyani pedagogik va psixologik rivojlanishi qonuniyatlari. Современные тенденции психологической службы в системе образования: теория и практика, 1(1), 74-76.



11. Иманова, М. Б. (2021). ШАХС ХАРАКТЕРИ АКЦЕНТУАЦИЯСИ ВА ДЕСТРУКТИВ ХУЛҚ-АТВОР. Academic research in educational sciences, 2(11), 1399-1403.
12. Imanov, B. (2023). NEGATIVE FACTORS AFFECTING THE QUALITY OF EDUCATION AND WAYS TO ELIMINATE THEM. Science and innovation, 2(B3), 355-358.
13. Иманова, М. Б. (2023). ВАЖНОСТЬ СЕСТРОВЫХ ОТНОШЕНИЙ В ЛИЧНОМ РАЗВИТИИ. FORMATION OF PSYCHOLOGY AND PEDAGOGY AS INTERDISCIPLINARY SCIENCES, 2(22), 120-123.
14. Imonova, M. B. (2023). Causes of Suicide Tendency in Adolescents. Journal of Discoveries in Applied and Natural Science, 1(1), 62-67.
15. Иманов, Б., & Иманова, М. Б. Қ. (2021). ДАРС ТУЗИЛМАСИ ВА УНГА ТАЙЁРГАРЛИҚ. Academic research in educational sciences, 2(5), 1158-1162.
16. Иманова, М. Б. (2023). РОЛЬ ОТНОШЕНИЯ СИБЛИНГА В ПРОБУЖДЕНИИ МОТИВОВ ОБУЧЕНИЯ ДЕТЕЙ. Евразийский журнал социальных наук, философии и культуры, 3(10), 101-104.
17. Imanov, B. B. (2023). O'QUVCHILARNING TABIATDA SODIR BO'LAYOTGAN FIZIK JARAYONLARNI ANGLAB ETISHDA TAJRIBALARNING O'RNI. Interpretation and researches, 2(1).
18. Imanov, B. (2023). NEGATIVE FACTORS AFFECTING THE QUALITY OF EDUCATION AND WAYS TO ELIMINATE THEM. Science and innovation, 2(B3), 355-358.
19. Imanov, B. B. (2021). Competences in the quality of education and their organization. ASIAN JOURNAL OF MULTIDIMENSIONAL RESEARCH, 10(5), 419-424.
20. Imanov, B. B. (2021). Lesson and its analysis as factor of increasing the qualiyy of education. European scholar Journal. Available online at//www.scolarzest.com, 1.
21. qizi Karimova, M. N., & Ashurova, S. F. (2023). PROFESSIONAL TA'LIMDA TAHSIL OLAYOTGAN QIZLARNI OILAVIY HAYOTGA TAYYORLASH VA ULARDA SOG 'LOM TURMUSH TARZINI SHAKLLANTIRISHNING PSIXOLOGIK ASOSLARI. Educational Research in Universal Sciences, 2(5), 369-373.
22. Karimova, M. (2023). QIZLARNING MUHABBAT BORASIDAGI TASAVVURLARINING OILA MUSTAHKAMLIGIGA TA'SIRI. Журнал Педагогика и психологии в современном образовании, 3(2).



23. Ne'Matullayeva, S. (2022). MAKTABGACHA TA'LIM TASHKILOTLARIDA O 'YIN TERAPIYASINI QO'LLASHGA OID QARASHLAR. *Science and innovation*, 1(B4), 444-449.

24. Nematullaeva, S. (2023). DEVELOPING COMMUNICATION SKILLS IN PRESCHOOL CHILDREN THROUGH GAME THERAPY. *Horizon: Journal of Humanity and Artificial Intelligence*, 2(4), 86-88.

25. Ne'matullayeva, S. (2022). Maktabgacha ta'lim tashkilotlarida oyin terapiyasini qo'llashda innovatsion usullar. *O 'zbekiston milliy universiteti xabarlari*, 1(6).

26. Nematullaeva, S. (2023, April). The role of play therapy in a child's life. In *Academic International Conference on Multi-Disciplinary Studies and Education* (Vol. 1, No. 1, pp. 9-10).

27. Неъматуллаева, С. Х. (2023). Влияние Игровой Терапии В Формировании Личности Детей. *Central Asian Journal of Literature, Philosophy and Culture*, 4(2), 31-33.

28. Нематуллаева, С. (2023). Maktabgacha yoshdagi bolalarning shaxs sifatida kamolotida o'yin terapiyasining ahamiyati . *Современные тенденции психологической службы в системе образования: теория и практика*, 1(1), 43–46. извлечено от <https://inlibrary.uz/index.php/psychological-service-education/article/view/23475>

29. qizi Ne'matullayeva, S. X., & Ulug'bek qizi Abduqahhorova, M. (2023). BOLA SHAXSINING RIVOJIDA O 'YIN TERAPIYASINI QO 'LLASH SHART-SHAROITLARI. *Educational Research in Universal Sciences*, 2(9), 341-344.

30. Ne'matullayeva, S. (2022). PERSPECTIVES ON THE USE OF PLAY THERAPY IN PRESCHOOL EDUCATIONAL INSTITUTIONS. *Science and Innovation*, 1(4), 444-449.

31. Норбошева, М. А. (2023). КЛАССИФИКАЦИЯ МОТИВОВ УЧЕНИЯ. *Educational Research in Universal Sciences*, 2(5), 255-258.

32. НОРБОШЕВА, М. А. (2020). Отражение Национальных Ценностей В Национальных Играх. *ECLSS Online 2020b*, 312.

