

HISTORY AND DEVELOPMENT OF THE SCIENCE OF PSYCHOLOGY

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Abstract: *This article provides information about the subject, development history, fields and research methods of psychology.*

Key words: *General psychology, soul, spirit, psyche, instinct, behavior, method, field, development.*

By studying psychology, we gain knowledge about the field of psychic life, a very large and qualitatively unique field of reality. Psychology was born from ancient science 2.5 thousand years ago as a teaching about the soul. Even in the works of the ancient Greek philosophers of the VII-V centuries, we can see that they expressed many different opinions about the living and spiritual life of a person. These issues are also prominent in the discussions of ancient Chinese and Ancient Indian thinkers. For the first time, Aristotle (384-322 B.C.) described the systematic doctrine of the human psyche in his book "On the Soul". Therefore, Aristotle is considered to be the person who created psychology as a separate discipline, or the "father" of the science of psychology. For a long time, psychology was not an independent science, but was part of philosophy. The term "psychology" in the sense of a separate scientific science did not exist either. This term appeared at the end of the 16th century and was used by everyone from the middle of the 18th century. Psychology was formed as an independent science only at the end of the 18th century and the beginning of the 19th century. The 17th century is an important period for the development of biological and psychological sciences. English scientist Hobbes (1588-1679) in the construction of the science of psychology on a scientific basis, rejected the soul completely and recognized the mechanical movement as the only reality and emphasized that its laws are the laws of psychology. Although psychological knowledge has a very long history, it separated from philosophy as a science in the 19th century. The emergence of psychology as a separate science was caused by the social, economic, and political changes of the human society at that time, because these were the political requirements of social necessity. In order to study psychological conditions, i.e., to understand the essence of the psyche, experimental scientific psychological laboratories began to be created at that time. The first laboratory of psychological research was established by the German scientist W. Wundt in 1879 at the University of



Leipzig (Germany). Several independent laboratories were opened in other countries based on the model of the same laboratories. At the end of the 19th century and the beginning of the 20th century, there were drastic changes in the scientific understanding of the science of psychology, and as a result of their influence, the influence of the environment on a person and the problems of studying his behavior were selected as the research object of psychology. Among them, Al-Khorazmi, Abu Ali ibn Sina, Mirza Ulugʻbek, Abu Rayhan Beruni, Al Farabi left their rich thoughts and views on the human psyche and educating the young generation as a legacy. Among them, Abu Ali ibn Sina's logic, metaphysics, natural sciences, especially medicine his thoughts made a great contribution to the scientific development of that time. He is one of the scientists dealing with special psychological problems. His views on the soul and nervous system are of great importance. Especially Abu Ali ibn Sina's ideas about the need to approach according to the characteristics of temperament have not lost their value for a thousand years. Abu Ali ibn Sina is one of the first scientists in the world who supported psychotherapeutic methods. Psychology is a science that examines the mental processes, states, and emotions of humans and animals during their lives. When a person realizes himself, he understands the social society around him, people's interests, behavior, theirs

begins to understand worldviews. Each science is important in self-realization, development, and perfection of a person, but the science of psychology is very important. The science of psychology is widely used in all fields. In art, education, etc., psychology has a great role in teaching and educating the young generation. Educators should know what students are learning, their interests and dreams. Medicine has been inextricably linked with the science of psychology. There are also diseases that need to be corrected using psychological means. Psychology is widely used in our daily life. As everyone interacts with people, it is important to communicate with them in order to understand others.

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