

## A LOOK AT THE HUMAN STATE OF MIND

Xashimov Abdumutalib Mamadaliyevich

A Senior teacher at Andizhan state university

E-Mail: [abdumutalibxoshimov25@gmail.com](mailto:abdumutalibxoshimov25@gmail.com) +998911735013

Bakhramov Khabibullo Sodiqovich

A Senior teacher at Andizhan state university

E-Mail: [khabibullobakhramov55@gmail.com](mailto:khabibullobakhramov55@gmail.com) +998905450707

### Annotation:

This article deals with the mysterious aspects of the human spiritual world and the issues related to the problems of supernatural phenomena in its unique world of thought.

**Keywords:** mental process, mental personality, theory, emotional experience, emotional reaction, simulation

Psychological science is a separate field of reality that studies mental phenomena and experiences. It is well known that our mental phenomena include our sensations, perceptions, imaginations, thoughts, feelings and aspirations. The word psychology is a combination of two Greek words: psycho (that is, soul, soul) and logos (word, science). So, if we translate the word "psychology" into Uzbek, it means soul, science. The whole set of mental phenomena is usually referred to by the word "psyche". Psyche is a reflection of reality in the brain. Psyche is not a separate world in itself, it is one of the higher forms of the organic world and is unique to animals and humans. The human psyche is qualitatively different from the animal psyche. A person has a higher form of mental life - consciousness. Psyche in humans is manifested as three types of mental phenomena.

1. Mental characteristics of a person are his temperament, character, abilities and stable features of mental processes, as well as inclinations, aspirations, knowledge, skills, qualifications and habits.

2. Mental states - although it does not last long, it is a very complicated process. This includes cheerfulness or sadness, activity or fatigue, restlessness, confusion, good and bad mood, and so on.

3. Mental processes are simple, elementary mental phenomena that belong to a more complex type of mental activity. They last a very short time.

Mental properties, states, processes are strongly interconnected, and one can turn into another, pass, fill.

Aristotle (384-322 BC) first explained the doctrine of the human psyche in his book "On the Soul". For this reason, Aristotle is considered the scientist who founded psychology as a separate discipline, or the "father" of psychology. He wrote several works in which he expressed his views on psychological issues. Aristotle believes that the soul is inextricably linked with the body. "Spirit," he says, "is by its nature the dominant base, and the body is subordinate." After Aristotle, Democritus, then Epicurus (342-271 years), Roman poet and philosopher Lucretius Carr (99-95 years) contributed to the development of psychology with their theories. Lucretius substantiated the dependence of mental phenomena on the body in experience. He said, "the mind grows and fades together with the body, the mind is subject to disease like the body, it becomes dull as a result of drunkenness" and gave similar arguments. Ch. Darwin's evolutionary theory became extremely important in the development of psychology. The external environment has a decisive influence on the dynamics of evolutionary development of mental processes. E. Heckel said that none of the knowledgeable and thinking people should doubt that the foundations of psychology should be sought only from the physiology of the nervous system.

In order to prove that the influence of a person's mental state on the organism is related to the physiological basis of any mental process, Ibn Sina took two lambs and tied one of them near a hungry wolf, and kept the other one in a simple, peaceful environment without showing it to the wolf. He gave both of them the same amount of food, even measuring it on a scale. Soon after, the lamb, which was closely tied to the wolf, became very emaciated due to the long fear of the wolf's attacks, and despite being well fed, fell ill and died.

A lamb kept under normal conditions grew fatter and healthier every day. It is concluded that the influence of a person's mental state on the organism is related to the physiological basis of any mental process, and it has been proven that the influence of the external environment on the organism is great.

1. Related to a person's soul, mental mood, and inner experiences. Mental state. Spiritual upliftment. Mental oppression **"A person who suffers from constant mental suffering is always ready for new shocks"**. (Муттасил рухий азоб чеккан

одам хаамиша янги зарбаларга чоғланиб туради) S.Ahmad, "Ufq". **"Hafiza came home disappointed. He was quiet and in a bad mood. Like some girls, she could not hide her inner state of mind - her sadness was immediately known."** (Хафиза ноумид уйга келди. У сўник, кайфи паст эди. Баъзи қизларга ўхшаб ички рухий ҳолатини яшира олмас — ҳафалиги дарров билиниб қоларди.) Mirmukhsin **"Umid"**.

Mental lightness (or refreshment) Good mood, cheerfulness, happiness. **"A mental lightness, like any person who wakes up from illness, filled his heart with joy."** (Касалдан турган ҳар қандай одамда бўладиган алланечук бир рухий енгиллик унинг ҳам қалбига қувонч тўлдирди.) О' Koshimov **"Listen to your heart"**. **"Remembering the happy moments of yesterday gave Yodgor a great spiritual refreshment."** (Кечаги бахтиёр дамларини эслашнинг ўзиёқ Ёдгорга баланд бир рухий тетиклик берган эди.) О' Koshimov **"Listen to your heart"**.

2. Spiritual mental supply. **"Lullabies reflect a mother's love and dreams for her child."** (Аллаларда онанинг дунёси фарзандга бўлган муҳаббати, орзу-ўйлари акс этади.) **"Saodat"**. It does not reflect the destruction of the ecology that is happening around us, but the destruction of the spiritual world. **"Mushtum"**.

◆ [To Sunnatillo Makhsum Shukrullo:] **"You give them spiritual supply, I support them materially."** (Сен уларга рухий озик берасан, мен моддий томондан суяйман.) Shukrullo, **"Javohirlar Sandig'i"**

Emotion is the process of reflecting in the mind the relationship to the surrounding world as a result of the existence of the ability to satisfy or not satisfy the higher needs of a person and the ability to create a mental image.

Throughout his life, a person expresses his positive or negative attitude to things, people, events and events in existence. These are his emotional experiences and he expresses them through emotions. There is no human without emotions, we all have emotions. Emotion enriches our daily lives and experiences. Emotions are one of the most important aspects of mental processes and characterize human perception of existence.

Emotions have two functions. These are signal and control. A signal acts as a stimulus to us from the external environment, and we receive the signal through our senses. Through this, we distinguish between impressions and communicate our emotions accordingly. Therefore, there is an emotional reaction, which is described as follows:





Emotional reactions are characterized by the dependence of the emerging experiences on the external circumstances that cause them. Such reactions depend on how we look at existence. Literature analysis and methodology are not indifferent to what people perceive (see, hear), do, think, and dream about. The same objects, persons, actions, events make us happy, others make us sad, and still others arouse our anger and hatred. We feel fear when we are in danger.

Victory over an enemy or overcoming a challenge gives us pleasure. Feelings (or emotions) are people's reactions to what they know and do. The source of emotions is the needs, aspirations, and desires that create the characteristics of the objects and events that we perceive and deal with. Our activities (work, study, play) and its success and defeat are also aroused by emotions. Emotion is a reflection of reality. At the same time, a person, being a living organism and a member of society, reflects in his brain the objective relations that he makes with certain objects as a separate person. Such a specific aspect of the reflection of the universe in the human brain is the emotional sphere or the emotional aspect of the human personality. Emotion is a reflection of real relationships in the human brain, that is, relationships that are important to the subject of needs.

The concept of "emotion" can be used only in the brain of living beings when it comes to the reflection of the relationship between the objects that satisfy their needs and those that resist their satisfaction. Only the concrete form of the occurrence of a mental process, which consists of experiencing feelings, whose signs are particularly evident, is called an emotion. For example: feelings of patriotism, love, and responsibility cannot be called emotions. Because we cannot see them from the outside, we cannot feel them, because they are emotions, we can feel them only through the inner world. But in the affective state, we clearly feel the emotion. An affect is a short-term or negative emotion that appears in response to the influence of external or internal factors, manifested by somatovegative manifestations. Along with this, there is also "Pathological affect". Pathological affect is a concentration of traumatic experiences of the mind that occurs in response to a sudden, intense emotional trauma. An emotional-emotional state that is considered interesting and important for many people is stress.

Stress is a non-specific reaction of the body, a general adaptation syndrome in response to any unpleasant effect. Stress is a serious condition. Emotional states that arise due to an acute situation are called stress states of two seriousness. Stress is an



action that occurs when various physical and mental activities become too much, when a dangerous situation arises, when it is necessary to quickly find the necessary measures. Knowing the psychological features of the emergence and transition of the stress state is also important for pilots, astronauts, power plant operators, dispatchers, drivers, judges, business managers, pedagogues who take exams from students, and others.

Stress levels:

- Physiological
- Psychological
- Behavior

Stages of development of stress:

- Worry
- Show resistance
- Weakness stage
- Research results

Simulation is the act of pretending to be sick without actually being sick.

In this case, a person creates symptoms of the disease on himself. It is associated with a state of mind, and people often use it to get out of a situation or save themselves. Fear is our lack of skill and experience with what we fear. Fear exists in us because we have full knowledge of the thing or situation we fear.

Fear is manifested by anticipation of a dangerous event and a feeling of tension.

Frustration - (deception, derailment of plans, frustration) is a state of mind that discourages action to solve problems or achieve goals.

Reasons that cause frustration are called frustrators. Coping with frustration is building resilience. Frustration is stable and transient in different people. Frustration mainly causes negative emotions.

Types of frustration:

- Aggressive state
- Apathy
- Depression
- A feeling of sadness
- Self-doubt
- Weakness

### Disappointment

Practical feelings. Any field of practical life of a person becomes a field of a certain attitude of a person to mental activity in accordance with the purpose.

First of all, this is observed in labor activity, where a person not only realizes a goal, but also admits or denies it, evaluates the ways to achieve these goals, approves and disapproves of methods and tools of influence, doubts their correct selection, and finally feels a sense of success or failure.

Work is the basis of human life, and a person's emotional attitude to work occupies an important place among high feelings. Moral feelings. Moral feelings express a person's relationship to other people, the community and his social duties. When a person experiences these feelings, he evaluates the behavior or mental characteristics of other people and his own behavior based on a certain morality, that is, a set of social moral rules and norms.

One of the leading moral feelings of a person is a sense of duty. This feeling is also forgiven when a person realizes that he should act in the interests of the narrow community (family, school, production enterprise) in which he lives and works. A person not only knows and understands what his social duties are, but also feels the need to fulfill them. It is a friendship based on mutual assistance, solidarity, unity of aspirations and interests in people's lives and activities. Based on the above points, it can be said that it turned out that everything depends on the mental state of a person.

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