

## SUBCONSCIOUS

Ruzmetova Sayyorakhan Timurkhanovna

Doctor of Philosophy (PhD) in Pedagogy, Department of "Pedagogy and Psychology" of Tashkent State Technical University. Tashkent, Uzbekistan.

Jumayev Oybek Khayrillo ugli

Student of the Faculty of Electronics and Automation of Tashkent State Technical University. Tashkent, Uzbekistan.

### Annotation:

This article explains in detail what the subconscious is, how to use it and how to apply it in our lives and the miraculous changes that follow. In this article, we will get acquainted with the opinions expressed by several scientists about the subconscious.

**Keywords:** subconscious, Structural psychology, positive and negative thoughts, apparatus, Wilhelm Wundt, Edward Bradford Titchener holographic universe, quantum physics, David Bohm.

Consciousness is the subject's perception of the world and his place in it, related to his ability to report on his internal mental experience, and is necessary for the rational organization of joint activity.

Consciousness is a broad concept.

General understanding of the subconscious. In psychology, there are concepts of mind and subconscious what is their difference, you let's see with .Consciousness is all through the external environment throughout our lives it is considered a tool that accepts data and can analyze them .That is, we by controlling what we think , what we do, what we admire is a controlled apparatus.And under consciousness I call the " big golden box, the reason is that all information is preserved in it , In our consciousness, not only events, but also positive and negative thoughts, dreams, worries, fears, and blocks will remain.

Our subconscious is such a powerful force that only a few people have knows how to use it properly. "Tell me what kind of power he is I can't I only know its existence," said the inventor of the telephone

Alexander Graham Bell.

“When it comes to our behavior from moment to moment, the big question is, ‘What to do next?’ ” said John A. Bargh, a professor of psychology at Yale and a co-author,



with Lawrence Williams, of the coffee study, which was presented at a recent psychology conference. “Well, we’re finding that we have these unconscious behavioral guidance systems that are continually furnishing suggestions through the day about what to do next, and the brain is considering and often acting on those, all before conscious awareness.”

Dr. Bargh added: “Sometimes those goals are in line with our conscious intentions and purposes, and sometimes they’re not. Scientists have spent years trying to pinpoint the exact neural regions that support conscious awareness, so far in vain. But there’s little doubt it involves the prefrontal cortex, the thin outer layer of brain tissue behind the forehead, and experiments like this one show that it can be one of the last neural areas to know when a decision is made.

Now let's see how to use the mind:

- All the processes that happen in the mind in your mind are around you sincerely believe that it is reflected in the world. You decide what happens to you is your mind.
- Know that the subconscious is always at work whether you want it to or not. But it is in your power to make it work to your advantage. If you have a difficult problem if you encounter it, try to find ways to solve it first. All options take a look.
- Tell your problem before going to bed. Your mind is your mind sleep works actively on time. You see, when you wake up, you will find a solution to the problem. In a dream many great discoveries are not in vain, and folk wisdom says: morning is wiser than evening.

Weak and scattered thoughts mean weak and scattered power. Strong and concentrated thoughts - means a strong and integrated force. According to the cultural-historical approach, the peculiarity of consciousness is that the elements of socio-historical practice are an intermediate link between objective reality and consciousness, and allow the formation of objective (generally accepted) ideas about the world. Structural psychology is a term coined by E. Titchener to define his own psychology as opposed to functional psychology. The method of structural psychology is analytical introspection - describing experiences in terms of elements of consciousness.

Its main authors are Wilhelm Wundt (1832-1920) and Edward Bradford Titchener (1867-1927). The main task of psychology (V. Wundt) is to divide the direct experience of the mind into elements, to separate the connections between the elements and to determine the laws of these connections. The elements of consciousness are sensations, perceptions and feelings.



At the same time as Wundt's structural psychology, Franz Brentano (1838-1917) developed the theory of acts of consciousness. The main topic in it was not the content and structure of the mind, but the activity of the mind. Brentano also tried to find the units of the psyche, but found them in elementary mental movements. Brentano published his seminal work, *Psychology from an Empirical Point of View*, in 1874.

**References:**

1. <https://interonconf.org/index.php/sues/article/view/8118>
2. [https://uz.wikipedia.org/wiki/Ong\\_\(psixologiya\)](https://uz.wikipedia.org/wiki/Ong_(psixologiya))
3. Umida Kadry “ Ong osti kuchi “ online subject 12 - july 2023-sonidan
4. Muhandislik Psixologiyasi” Z.N.Yulchiyeva, S.T.Ruzmetova.

