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DEVELOPMENT OF EMOTIONAL INTELLIGENCE IN HIGH SCHOOL STUDENTS

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Abstract:

It is known that emotional intelligence is a highly developed ability of a person to understand his own emotions and the emotions of other people, and to manage them is likely to cause.

Key words: Students, emotional intelligence, emotion, personal life, feelings.

According to the psychological content, emotional intelligence is an easy understanding of other people's feelings or the justification of emotions based on intellectual processes. All the components of emotional consciousness in a person are inextricably linked with each other, and their interdependence contributes to effective interpersonal relations. Emotional intelligence is one of the rapidly developing fields of research in modern psychology. This phenomenon has been analyzed by many researchers. Emotional intelligence is the ability to understand emotions, understand other people and their personal goals, motivations, and thoughts, and manage their emotions and other people's emotions to solve practical problems. Without managing one's emotions, a person cannot succeed in their professional activities and in their personal life, because the successful solution of common problems is related to the awareness of emotions and. In most emotional situations, there are situations where judgment should be made with common sense. Managing and controlling emotions is an important ability of a person. Many studies have been carried out in this regard, for example: A.K. Kravtsova examines emotional intelligence and team leadership. T.I. Solodkova analyzes the resource potential of emotional intelligence in the work of teachers, K.S. Kuznetsova, I. N. Meshcheryakova and others study current problems of emotional intelligence in people of different ages. In the early 1930s, L.S. Vygotsky identified the problem of



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studying the order and connections of connections that unite both the effects themselves and emotions with more complex psychological systems, and he defined it as the main task of scientific psychology. Ideas about the unity and interdependence of emotional states and intelligence can be observed in the works of another famous Russian scientist A.N. Leontev, who emphasized that thinking cannot be considered separately from emotional activity, and the most important feature of emotions is within them. [5] It is noted that the pupil's readiness for the educational process depends on his personal-spiritual maturity, personal qualities, intellectual capabilities and social-psychological factors. It can be seen that interpersonal relations, mutual respect, empathy, which directly compete with the level of intelligence, which characterizes the mental abilities and concepts of the student, which play an important role in the formation of the social qualities of the person, also understand other people's experiences, trust and feelings read the social intelligence you get. In many cases, defects and deficiencies in the student's activity during the educational process are the result of a lack of social intelligence. Therefore, the study of the influence of social intelligence on the effectiveness of student activity in the modern educational process is becoming a new topic of psychological research. It can be said with confidence that this was a logical continuation of the socially oriented state policy, which was defined as the priority task of raising a physically healthy and intellectually mature generation from the first days of our independence. First of all, a healthy child is the fruit of a healthy and united family. Noble qualities such as respect for adults, honor for children, humanity, kindness, loyalty to one's country and people are formed in the family environment. Also, one of the important issues facing world pedagogy and education today is to search for ways and means of forming not only educated, but also creatively thinking, independent thinking person. It is known that the idea of forming an independent thinker, intellectually mature, spiritually fresh, spiritually perfect person started from the time of the emergence of mankind, and has been developing consistently even in these times concepts are still widely interpreted today. [4] The idea of freedom of the student and his intellectual potential is one of the main ideas in fulfilling this task. Already a free person, a free nation, can actively act in the process of creativity, prosperity, humanity, creativity, science, culture and modern production and achieve the set goals.

At the present time, the sharp changes in the development of the society pose qualitatively new and relatively complex tasks, in which the level of development



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of a person's intellect, the regulation of his mental capabilities, and moral aspects are of particular importance. One of the main characteristics of the period of personality formation is the rapid realization of social maturity. Such maturity requires a person to acquire the necessary mental abilities, to perform various roles in life and work. Mental maturity is especially important. Researching the essence of schoolchildren's social intelligence, scientifically in-depth analysis is the demand of today, in-depth study of the methods of determining social intelligence and analysis of its dynamic features in educating the mature generation, defining social intelligence, forming social intelligence, social intelligence formation, formation of social intelligence, formation of social intelligence, formation and education of social intelligence, analysis of its dynamic features, comprehensive study of them is of great importance. Increasing his intellectual potential and professional formation. Raising today's youth to be not only physically strong, but also spiritually rich, meet the requirements of the new era, and think clearly in the process of communication is one of the urgent problems of today.[3]

The fate of the reforms implemented in our republic today depends on the spiritual image and personal purity of the youth. The implementation of these tasks requires the full integration of democratic principles into the relations between people. In the process of liberating society, it is necessary not only to create opportunities and conditions for the comprehensive manifestation of human abilities and talents, but also to fully demonstrate the spiritual, spiritual and intellectual potential of a person. The issue of intelligence has been studied for many years, and we present the scientific research of a number of world psychologists who have conducted scientific research on issues of intelligence: counts. In his work, there is a connection between physical and mental abilities, and he gave importance to heredity as a decisive factor, while J. Locke developed abilities as a result of education, L. S. Vygotsky studied the socio-historical aspect of the development of mental abilities and puts forward the idea that the acquisition of knowledge is a process of participation in the culture created in the historical development of mankind.

According to B. G. Ananov, abilities are not only the acquisition of social experiences, but also thoughts and knowledge about the active activity of a person and his psychological aspect, his relationship with a person 16. B. M. Teplov put forward the theory of musical talent, and he attributed the success of musical activity to a qualitatively unique combination of abilities understands that it depends. He studied the emotional response to music as a key indicator. N.S. scientific research



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conducted by In matters of mental ability and talent, Leytes is of particular importance. He considers the general mental abilities, which include the qualities of intelligence, to be the main factor describing a person's theoretical knowledge and abilities in mental activity.[2]

In addition, the problem of intelligence A.N. Leontev, P.YA. Galperin, V.A. Krutesky, A.M. Matyushkin and others conducted scientific research on intelligence and its structure and development. Doctor of Psychology, Professor E.G. Ghaziyev and other scientists highlighted the unique aspects of the era of intelligence in their scientific works. B.R. Kadyrov explained in detail the definitions given to him in Uzbek language when naming abilities and psychological characteristics close to him. A.F.Azimova developed methods for determining the mental ability of students. B.R. Kadirov explained in detail the names of abilities used in the Uzbek language and psychological characteristics close to it, as well as the definitions given to them. But the selection of talented young people and the organization of their further education have been studied very little. A talented psychologist B.R. Kadyrov (doctor of psychology, professor) dedicated his creative activity to the study of talented young people. He studied the individual characteristics of young people in the field of differential psychology. The brain mechanisms of the directions of activity, abilities and primary abilities of students with social significance in youth were studied. Neurophysiological aspects of students' choice of one or another direction of social activity were studied using electroencephalographic methods. The obtained data proved that there are alternative neurophysiological features in brain activity that provide career choice, career inclination and types of abilities. A set of mental tests was formed.[1]

Conclusion:

Currently, in our educational system, special demands are placed on the development of the intelligence and creativity of students. One of the main goals of creating creative schools and presidential schools in our country is the development of creativity. Based on these requirements and goals, special attention should be paid to the development of methods and technologies for the development of creativity in psychology and pedagogy.



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