

PSYCHOLOGICAL CHARACTERISTICS OF ADOLESCENCE, PROBLEMS AND SOLUTIONS

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Abstract:

In this article, it is explained in detail that adolescence is a special period, that is, a period of transition, a complex period, a crisis period. In addition, the problems that arise in adolescents and their solutions are covered in detail.

Keywords: Adolescence, transition period, difficult period, crisis period, crisis period.

Adolescence differs from other age periods in that it is a "transition period", a "complex period", and a "crisis" period. First of all, let's talk about the period of adolescence. This period is a period when a person goes from childhood to youth, and it is different from other periods in that it is sharper and more complicated. In this period, children are mostly of school age, and this period corresponds to the period of studying in grades 5-8, and in terms of age, it corresponds to the period from 11-12 to 14-15 years old. . But some children can go through this period 1-2 years earlier or later. During this period, children's physical and mental character is formed, their spiritual world is enriched, their worldview is formed, and in addition, tension and conflict situations in their relationships increase. Adolescence is considered a period of puberty, during which children's physical and spiritual development increases. Therefore, children often fall into many conflicting situations during this period of rapid development. Now they have feelings, leaning on emotions in any situation, always believing that their desires are right, always thinking that no one understands and loves them, making strong depressive states out of simple things. there are cases of carrying one's body in such a shell.

The reason for such a turning point in adolescence is due to the increasing influence of many psychological, physiological and social factors during this period. In addition, during this period, all aspects of development: physical, mental, moral, social views all undergo drastic changes or developments. Under the influence of these, the character of the child changes, his attitude towards the close people around him, and his reaction to the events happening in the society and in his immediate surroundings, and he begins to express his reaction. Sometimes he thinks wrongly on many issues or changes his mind quickly. Basically, during this period of adolescence, there are big changes in the psyche of teenagers, and along with this, there are also changes in mental activity. That's why many teenagers experience drastic changes and difficulties in interpersonal relationships. During this period, the main character is formed in teenagers, and we can also see the emergence of deviant behavior in them.

The main factors that cause the appearance of deviant behavior in adolescence are:

1. Morphological and physiological changes that occur during adolescence.
2. Manifestation of initial signs of nervous and mental diseases.
3. Increasing social sphere.
4. Defects in personal education.
5. Deficiencies in cognitive activity.
6. Disadvantages in the extracurricular environment.

The above factors affect them in every way, i.e. interpersonal relations, behavior in the social environment, educational process and similar situations. Adolescents with deviant behavior can include aggression towards other people, theft, crime, bullying and similar negative qualities. At this time, it is possible to identify and correct deviant behavior in adolescents using various psychodiagnostic methods. There are many defects in the development of various good qualities in adolescent children. Usually, these defects; negative actions such as lack of moral feelings, laziness, wrong communication with close people (parents, teachers and friends), inability to properly distribute free time. Usually, such negative behavior is often observed in children during adolescence. In addition, it is clear that the above negative factors and defects have an impact on the educational process of adolescents. In educational processes, mainly: misunderstanding of information, skepticism of receiving new information, difficulties in presenting information, and



a change in the way of speaking occur. That is why many scientists call this period "difficult period". Usually, at such a time, teenagers become rude and undisciplined, and the reason for this is related to their physical changes, that is, the beginning of hormonal changes. At this time, it is advisable to work carefully with the psyche of the child. If parents and many inexperienced teachers misbehave with children at such a time, it can lead to the strengthening of qualities such as stubbornness and stubbornness in the child. At such a time, it is usually appropriate to make friends with teenagers from the people close to them and gradually explain to them the situations that cause many conflicting situations. Now, during this period, the child either really develops his true self or begins to look down on his self in general. The influence and role of the social environment was considered important for this. Because the close people who treat the child as an independent person in this period, like an adult, lead to the development of the child's ego and through these actions, the child's egoistic mentality appears. Because in this period they have grown up, but they are not considered an independent person. Because they have stronger emotional views and attitudes during adolescence, their thinking is a little weaker at such a time. In some teenage children, as a result of the lack of trust from the people around them, this leads to a decrease in the child's self-confidence. In this period, the people close to teenagers and their attitude towards them are very important. Because, as I mentioned above, it is during this period that all people form their characters.

During this period, teenagers are required to choose a profession and start mastering it. Now they also have increasing needs, and there is a conflict between the feeling of satisfying them and the possibilities. Because of their needs, they create conflict situations with adults. In order to eliminate such conflicting situations and complications, it is appropriate for adults to work with the psyche of children, and it is also appropriate to help in the formation of psychological qualities in them. The formation of psychological qualities in them ensures their psychological maturity and the gradual disappearance of conflict situations in adolescents. It can be a bit difficult to get teenagers involved in education during their teenage years. In such situations, teachers who are considered to be educators are required to organize an educational process that is necessary and interesting for teenagers and to find motivation in the educational process. Of course, this process is very complicated.



At such a time, psychologists and pedagogues with psychological knowledge will be able to relieve and facilitate the transition of crises caused by unpleasant and conflicting situations observed in adolescents.

Adolescents' attitude to science and mastery of science are now directly dependent on the social environment. Now it requires a lot of attention and effort from teachers to increase their passion for learning subjects. Because at this time, teenagers consider themselves to be adults, which leads to a decrease in their desire to learn science. Teachers need to be more specific and reinforce the topic when explaining new topics to teenagers, because at this time, teenagers' reactions increase. Teachers also provide great support to their students in acquiring knowledge and developing skills and competences. That is why teachers are taught not only their fields, but also pedagogy and psychology. This ensures that they work with children without difficulty in the process of education. Knowledge of human psychology in any field is of great help to personnel, as well as to pedagogues. Based on their life and educational experiences, teachers are required to give children not only knowledge, but also education. It is difficult to provide education and training to children, including teenagers, without the help of psychology. Working in accordance with the character typology and temperament of children in the education and upbringing of children in the period of adolescence is completely beneficial.

The study process depends on the unique characteristics of adolescents and the individual description of their mental development (in terms of mental and volitional), interests and abilities. Changes in students' learning at such a time do not depend only on social factors, but in many cases directly depend on the psyche and psychological characteristics and character of the student.

Conclusion:

Nowadays, the science of psychology has a wide influence in every field and provides its incomparable help. Applying psychology in any field and getting help from it makes work easier. The role of psychology in society is incomparable, the formation of correct and truthful views in society and the increase of intellectual potential, as well as the education and training of young people at the same time, it is possible to teach them correctly and perfectly without any shortcomings. has been giving his help.



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