

## **Psychological Features of Teenagers**

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### **Abstract:**

Teenagers is an important and difficult stage in a person's life, the time of elections, which largely determines the rest of his life. In ancient times, this stage was considered to be the same qualitative change of state as birth, marriage, and death. What are the main changes a modern teenager feels in himself? This article is devoted to the theoretical analysis of adolescence and to answer the above question.

**Keywords:** teenager, social activity, personality development, life, mental health, family, anxiety, self-esteem.

Teenager is marked by rapid development and restructuring of the child's social activity. Powerful shifts are taking place in all areas of a child's life, it is no coincidence that this age is called "transitional" from childhood to adulthood. This age period is considered as a stage of personality development, the process of transition from dependent, supervised childhood, when a child lives according to special rules established for him by adults to an independent life. At this time, stable forms of behavior, character traits and ways of emotional response are formed, which in the future largely determine the life of an adult, his physical and mental health. That is why the role of the family environment is so great in providing conditions that do not hinder, but, on the contrary, contribute to the healthy development of a teenager's personality.

Observation of children in various situations reveals the dependence of the manifestation of the type of temperament on the motives and needs that motivate activity: when performing meaningful, interesting work, a child can be very active and becomes slow when involved in uninteresting activities. At the age of 13-14, the system of values and interests changes. What was valuable is devalued, new idols appear, and the nature of relationships with adults and parents is often protesting. At this age, teenagers are attracted to everything unusual, often get carried away with informal trends. The modern teenager has a pronounced desire for individualization, for the affirmation of his "I".

Externally, the age crisis manifests itself in rudeness, secrecy, deliberate behavior, the desire to act contrary to the demand and desire of adults; in ignoring comments, leaving the usual sphere of communication. The difficulty is that the teenager does not know how to analyze the causes of what is happening to him. A teenager often has a causeless feeling of anxiety, self-esteem fluctuates, he is very vulnerable, conflicted at this time, and may become depressed. He must be in his eyes very smart, very handsome, very brave, very capable, etc.

At the same time, the restructuring of a teenager's attitude to himself affects not only his emotional state, but also the development of his creative abilities and life satisfaction in general. Studying takes a back seat at this time. The most important issue of teenager is puberty. At this time, psychosexual attitudes and orientations are formed. A teenager experiences his first love, he has erotic fantasies and experiences. It changes so much that this period is called a "hormonal storm or endocrine storm". Tact and patience of adults are needed, their recognition of the personal life of a son or daughter as an independently existing sphere. Then there is (or remains) trust, a desire to talk about difficulties, share joy, get advice from close people, and not from friends from the street.

Rapid, uneven growth begins, as a result of which the teenager becomes disproportionate, clumsy. The child's body is undergoing a deep restructuring, and at a very fast pace. Rapid physical development is accompanied by a number of contradictory moments. Often there is a rejection of their body and appearance, then they exhaust themselves with diets, sports, just suffer and lock themselves in. Such phenomena should not cause much concern to parents, but it is necessary to know them and take them into account when organizing the life of a teenager. Since a teenager tends to extreme positions in evaluation, he tends to overestimate or underestimate his qualities and properties. Teenagers are critical of negative traits of their character, worrying about those traits that interfere with their friendship and relationships with other people.

A teenager's self-esteem is unstable: he tends to consider himself either a genius or a nonentity. Any little thing can radically change a teenager's attitude towards himself. If he is forced to admit that something is wrong, his opinion of himself falls on all counts, however, such a contradictory self-esteem is necessary in order to develop new, adult criteria for personal development. Teenagers' self-esteem is contradictory, insufficiently holistic, so many unmotivated actions may occur in their behavior. Teenagers suffer more than other age groups from the instability of the social, economic and moral situation in the country, having lost the necessary orientation in values and ideals today – the old ones have been destroyed, the new ones have not yet been created.

The features are manifested in a disdainful attitude to learning, poor academic performance, bravado, failure to fulfill duties: avoiding performing any duties and errands around the house, preparing homework, or even attending classes. Adults sometimes do not notice or do not understand such irregularities of behavior, they are equally discouraged by excessive excitement and inexplicable fatigue. Such teenagers find themselves in the face of a large amount of "extra time", but they are characterized by an inability to spend their leisure time meaningfully. Most of them have no hobbies, they do not study in sections and clubs, do not attend exhibitions and theaters. Unfortunately, the antisocial behavior of teenagers (prostitution, drug addiction, substance abuse, etc.) is mainly manifested in their free time.

Meaningless time pushes teenagers to search for new "thrills". Alcoholism and drug addiction are closely intertwined in the structure of the deviant lifestyle of adolescents. Very often teenagers celebrate their "merits": successful adventures, hooligan acts, fights, petty thefts by drinking alcoholic beverages. It turns out that one of the available types of entertainment for teenagers is fighting. So, teenagers admit that they fight because there is nothing to do, there is nowhere to put energy, life is boring. Subsequently, explaining their actions, teenagers have a misconception about morality, justice, courage and bravery. Throughout the teenage period, there is a clearly pronounced dynamics of aggressiveness. Forms of aggressive behavior are typical for most teenagers.

One of the elements of the microenvironment, in the relationships that form a personality, is the family. At the same time, it is not its composition that is decisive complete, incomplete, disintegrated, but the moral atmosphere, the relationships that develop between adult family members, between adults and children. In joint classes, not only parents discover the character of their son or daughter, but also children get to know their parents better. A teenager needs to work

together with adults. Unfortunately, nowadays the number of dysfunctional families is growing, in which there is complete neglect, uncontrolled behavior on the part of parents, indifference to the fate of a teenager, from which children with behavioral abnormalities appear. But even in seemingly prosperous families, many psychological problems can be identified that lead to a crisis of adolescence. There are 4 dysfunctional situations in the family:

1. Hyperprotection of various degrees: from the desire to be complicit in all manifestations of the inner life of children to family tyranny.
2. Hypopection often turns into neglect.
3. The situation that creates the “idol of the family” is constant attention to any motivation of the child and excessive praise for very modest successes.
4. A situation that creates “cinderellas” in the family. There are many families where parents pay a lot of attention to themselves and little to their children.

To solve this problem, you need to do the following:

- formation of the circle of interests of a teenager based on the characteristics of his character and abilities. The maximum reduction in the period of his free time is “the time of idle existence and idleness”.
- the inclusion of a teenager in such activities, which lies in the sphere of adult interests, but at the same time creates opportunities for him to realize and assert himself at the adult level.
- reducing the manifestation of aggression by visiting sports schools, daily gymnastics at home using dumbbells, iron weights and boxing gloves (let teenagers beat each other in a peaceful fight, giving vent to accumulated energy so that aggression does not accumulate like statistical electricity, which has the property of exploding with painful discharges). Physical education can become a common and joyful activity for each family member.
- do not make excessive demands on a teenager that are not confirmed by his abilities. Honestly point out his good luck and failures (and explain good luck with his abilities, and failures with insufficient preparation). Do not praise a teenager, explaining his failures by chance, because this creates the effect of inadequacy in a teenager.
- passion for art, joint visits to the cinema and theater, discussion of literary novelties, assistance in design this is not a complete list of those areas in which an adult can be together with a teenager.

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