

Psychological Aspects of Man

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Abstract. In this article, the author notes that cognitive processes include sensations, perceptions, attention, memory, imagination, thinking and speech. Psychological knowledge about a person's state includes ideas about his positive or negative emotional mood, about his general tone, about his inner tension, about features of attention, as well as the nature of emotions: effects, feelings, passion and stresses.

Key words: *functional-stylistic conditionality, fine art, culture, design, polysemic lexemes.*

Introduction

The President of the Republic of Uzbekistan Shavkat Mirziyoyev noted, "that the most important directions of state policy in the field of medicine are caring for the mental health of the population, prevention, diagnosis, treatment of psychogenic and psychosomatic disorders". [1]

Currently, we have knowledge about human psychology accumulated over centuries. A significant contribution to this process was made by professional psychologists, as well as writers, philosophers, and representatives of other fields of science and art. Often, people unrelated to science, as civilization developed, collected and passed on from generation to generation useful information about human psychology and relationships between people in the form of worldly wisdom, customs and traditions. And yet, to this day we cannot say with confidence that our knowledge of human psychology and behavior is sufficiently complete and objective.

One can judge with sufficient confidence a person's attention, his memory, and many other things related to a person's use of the information he has to solve various problems. In psychology, this refers to the areas of imagination, thinking and speech. In general, we have considerable, but, of course, far from exhaustive knowledge about the psychology of cognitive processes. The formation of a motor act, wrote N.A. Bernstein, involves active psychomotor activity at every stage. For every motor act that is potentially accessible to a person, in his central nervous system there is an adequate level of construction capable of implementing the basic sensory corrections of this act corresponding to its semantic essence. The more complex the movement, the more numerous and varied the sensory corrections required to perform it.[2]

For example, very little is still known about the abilities of people: their nature is not completely clear, there is not enough information about how to form or change them. At the same time, we have still learned to more or less well assess the level of development of a person's abilities using various tests.

Knowledge and explanation of a person's motivation, values, goals, interests and needs,

Firstly, in most cases they have the nature of intuitive guesses, i.e. scientifically not fully substantiated assumptions and hypotheses,

Secondly, they mainly concern only individual motivational formations of a person, for example, perceived needs, interests and goals.

The study of interpersonal relationships is no less difficult. This is due to the fact that, on the one hand, the knowledge of the latter is more complex than, for example, the knowledge of mental processes, on the other hand, the field of science that specifically studies human relationships - social psychology - arose relatively recently. Nevertheless, we are already quite capable of assessing a person's personal relationships with people around him, his business relationships, the person's attitude towards himself or towards other people. [3]

There are different ways to overcome the limitations that stand in the way of psychological knowledge of a person and his relationships. Some of them, for example, scientific knowledge of human psychology, are available only to scientists. Others, for example, everyday knowledge of psychology and human behavior, are, in principle, within the capabilities of all educated, cultured and sufficiently experienced adults. Any person at a level sufficient for everyday life can master relatively simple methods of psychodiagnostics to understand himself, the people around him and human relationships. Such quite accessible methods of psychodiagnostics include, for example, observation.

As a result of thoughtful, pre-planned observation of a person's behavior, one can learn a lot about his psychology. To do this, it is necessary to establish exactly what, where, when and how to observe.

Psychological tests can provide a lot of useful information about the psychology of the person we are interested in.

In order to master the testing method, it is necessary to acquire an initial course of theoretical and methodological psychological knowledge. In addition, it is good to master the technique of using one or another psychodiagnostic test. And finally, study scientifically based methods of interpreting knowledge obtained through tests, i.e. know what conclusions can be drawn about a person based on the testing performed.

K. Jung also proposed one of the most interesting psychological typologies of personality, dividing people into the following types: thinking, or intellectual; emotional or sentimental; feeling or sensitive and intuitive. [4]

Knowledge of psychodiagnostics will allow us to move from everyday knowledge of psychology and human behavior to scientific knowledge. The main purpose of this manual is to help you take this important step.

How does scientific knowledge about human psychology differ from everyday knowledge - from that which each of us regularly receives as a result of communicating with people, gaining life experience?

Scientific knowledge is more objective and independent of a person's individual experience than everyday knowledge. They, firstly, are closer to the truth, and secondly, they more accurately reflect what is in life itself. In everyday knowledge there are many misconceptions and prejudices based only on intuition and faith.

Scientific knowledge, on the contrary, is based on reliable facts and does not require faith, but rational justification. Scientific knowledge in its practical application leads to errors much less often than everyday knowledge. Therefore, in order to learn to use psychodiagnostic methods even at the everyday level and with their help to obtain reliable information about a person, it is necessary to have at least a minimum of scientific knowledge about human psychology.

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