

Psychological Significance of Adolescence in Young Periods

Bozorova Rozigul

TerSU Faculty of Social Sciences, Department of applied psychology, 2nd stage student

Abstract: This article talks about how the period of adolescence passes, the processes that take place during this period. The article also examines how this period differs from other periods and what ages it includes.

Keywords: Psychological, social, ontogenesis, evolution, adolescence, youth, physiological, tendency, research.

Youth psychology is considered the most important in human life, and the study of its manifestation and development in different young people, its laws, features, and structures is also considered the most necessary. In these age stages, each period is different from each other, so many scientists have divided the age periods into different periods based on their views, theories and research. However, the overall picture can be summarized as follows:

1. Infancy
2. Early childhood
3. The period of pre-school education
4. Junior school period
5. Adolescence
6. Adolescence
7. Early youth
8. Youth period
9. Period of maturity,
10. Old age.

Of course, these periods have their own special qualities and characteristics. It should be noted that these periods differ not only in terms of chronological age, but also in terms of emotional experiences, psychological events, and changes that occur. Let us dwell on one of these periods, the period of adolescence. Among the periods, the period of adolescence stands out, that is, this period is also considered a period of change. After all, this period is also a step from childhood to adulthood. At the same time, acute situations occur, and due to certain changes in the body, behavior changes in children are also observed. They also have positive or negative characteristics.

This period is mainly formed between the 5th and 8th grade after the end of the junior school age. That is, it corresponds to the period from 11-12 to 14-15 years old. This indicator is found in almost all children. However, it can be late in certain children. Even then, the difference is not much, it can be 1-2 years. Many definitions have been given to this period. Adolescence is also referred to by names such as "transition period", "difficult period", "difficult period", "crisis period". Well, as we mentioned above, the question may arise as to what are the difficult, acute,

and complex situations. This, in turn, can be manifested in a state that depends on many psychological, physiological, and social factors. Also, psychological and physiological changes begin to occur during adolescence. Psychological changes are considered changes in the psyche of the child, and now the characteristics of the child, such as interests, views, experiences, and thoughts, also change. After all, now, with some of his opinions, he begins to communicate with other people who are older than him. At the same time, communication creates initial experiences in it. And in physiological changes, psychological change increases

At the same time, sexual changes begin to occur. Girls may enter puberty at the age of 9-10, and boys at the age of 11-12. Puberty and growth in physical development are important in the emergence of special psychological structures during this period. One of the special features of adolescence is the development of autonomy. Autonomy is the processes associated with situations in the child's thinking. There are also several types of autonomy: emotional autonomy, legal autonomy, territorial autonomy, etc. They are completely different from each other. We know that in the pre-adolescent period, children need the support of their parents and relatives, and even act under the influence of those people. However, this completely changes during adolescence. They begin to take control of their own behavior and become independent by this time. Some of the child's needs, which are met by others, begin to be met by him. However, there will still be needs that parents can meet during this time. For example, the needs for clothes, food, conversation. A child can choose his own clothes when satisfying his needs for clothes. However, he cannot buy independently based on his materiality. Their needs for conversation and food are also similar in certain respects.

During this period, another "I" is formed instead of the childhood "I". However, it should not be forgotten that the period of childhood up to the age of three is the most important in the formation of the "I" in him. As the "I" develops in adolescence, the concept of "I" begins to manifest itself mainly in expressing everything openly, resisting doing things that one does not like, not wanting certain reprimands, and transferring one's will to others.

In accordance with this period, at the top of our thoughts, we mentioned the synonyms of "difficult period", "heavy period", "period of change". This is somewhat true. After all, it is during this period that the child begins to form his "I", and now he is easily influenced by others, joins various currents without realizing it, or, if not, may commit serious crimes. In this case, the child considers not only the influence of others, but also the mistakes or shortcomings he makes as correct. It is often difficult and difficult to turn children who have fallen into such situations. Therefore, in order to prevent such situations in children, it is very important for parents to work in cooperation with relevant educational institutions, as well as to be aware of any activities of the child by working together with the neighborhood. If the above teams work together, the work will be more efficient and will give the expected result, and any disappointments will be avoided. One of the important characteristics of adolescence is quickness, in which habits such as squeamishness, snobbery, being upset about something begin to be observed, and the state of adolescence is a process of instability of emotions. These conditions during this period indicate physiological and psychological changes in the child. This situation is not a manifestation of the character of a teenager, but a manifestation of changes.

In this case, it is important to consider the relationship of parents to their child taking into account these circumstances. All eras have aspects and systems of realities that differ from other eras. However, the stages of the cycles pass one to the other in a harmonious way, that is, it is impossible to go to the second stage without passing one stage. However, the period of adolescence is characterized by the transition from one state to another and at the same time it is manifested in its difficulties. At this time, the child may have serious difficulties. Young people have been dated by scientists based on their views through different theories. For example: Leontov created the theory of ontogenesis through activity in his experiments, while Yelkonin periodized these stages with leading activity. Assiv also focuses on the stage of ontogenesis and emphasizes the role of motivation in each stage. According to him, as these stages pass from one to another, the motivational field changes. However, the general appearance of these theories is

that they are close to each other. After all, scientists, while thinking about the stage of adolescence, in turn show that this period is different from others and emphasize that during this period a person is reborn once again. So, it is during this period that the child thinks based on his own worldview, and begins to look at the world with deep eyes, without moving away from his desires. Since then, their experience and knowledge will increase, which will pave the way for them to move to the next stages. Only then will he improve his skills and begin to think more broadly than before. Such periods in people determine the basis of every happening and event. Individuals at each stage express their thoughts according to their stage. In conclusion, it should be said that it is appropriate for parents to be aware of the stages of such periods. Some parents, not understanding such changes in teenagers, blame them, and the consequences of this lead to negative situations. Therefore, it is necessary for our parents to be aware of many theories and information about life. Through the rational reasoning of parents, future negative situations are prevented and children are directed in a positive direction.

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