



## INFLUENCE OF SOCIAL FACTORS ON THE PSYCHOLOGICAL DEVELOPMENT OF ADOLESCENTS

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### Annotation

Psychology has become a very practical, applied science with the ability to identify, shape, adapt to new conditions, improve, ensure the dynamics of development, mark the transition to a new qualitative stage. Areas of psychology show that it is important for practice. This article discusses the psychological characteristics of adolescent's attitudes toward their mental health in conflict situations.

**Keywords:** psychology, human psyche, conflict situation, adolescence, mental activity, endocrine hormones, nervous system.

### Introduction

The most important psychological trait in adolescence is the development of a sense of adulthood. The feeling of greatness is expressed in the socio-ethical sphere, in mental activity, in interests, in attitudes, in external forms of behavior. By studying the psychological characteristics of adolescence, it is possible to understand the ways in which the personality of adolescents is formed, developed and matured, and the direct influence of biological and social factors that affect them. Sexual maturation influences adolescent behavior at this age as a major biological agent. But it is a direct effect.

The psychological "mechanism" of adolescence is schematically assessed as follows. The onset of puberty, which is associated with the release of endocrine hormones and their effects on the central nervous system, increases the physical and psychological capacity of children to be active and creates the conditions for them to feel like adults, to feel independent. However, even at this stage of mental development, the child is not yet ready to act independently.

The social factors are: from primary school to secondary school, ie from the leadership of a single teacher to the majority of teachers, and changes in communication expand socially useful work, more independent and practical work, it is also a change in the child's place in the family. The incompatibility that occurs in younger adolescents than





in older adolescents is not due to their sexual maturity, but to the influence of environmental conditions, the attitude of parents in the family, siblings, neighborhood, ie social conditions need to connect with.

It is these social conditions that directly affect the behavior of adolescents by changing their psychological climate, preventing negative traits such as bad behavior, stubbornness, and denial of their shortcomings. possible. During this time, the teenager says goodbye to a happy childhood, but is still in a state where he has not yet found his place in adult life. Adolescents try to solve complex life problems without properly assessing their abilities and strengths, but because of their superficial ability to think, they make a number of shortcomings in their daily lives. But he prefers to argue with adults rather than admit his mistakes.

They don't like critics, and every criticism seems to be a sign of disregard, a deliberate act. They try to act independently, arbitrarily, ignoring the advice of adults. Some teens begin to learn a variety of negative habits to show that they are adults. Such changes in adolescent behavior are of great concern to teachers and parents. It takes psychological knowledge and experience from adults to change them for the better. At this age, it is not good for adults to embarrass, humiliate and criticize the shortcomings and mistakes of teenagers in public. Helping them in a psychological way should not only extinguish their sense of 'adulthood', but also explain to them what an adult should be and what requirements they should meet.

Adolescents' claims to new rights are primarily concerned with the whole environment of their interactions with adults. The adolescent now begins to resist the demands he or she used to make: when he or she is restricted in his or her independence, guardianship, direction, control, obedience, punishment, disregard for his or her interests, attitudes, and opinions, he or she becomes very upset and resentful.

Adolescents develop a sense of self-worth and feel that they cannot be discriminated against or deprived of their right to independence. Parents and educators need to work with adolescents individually to please them and correct their behavior in a timely manner. Some educators misinterpret these changes in a young adolescent without knowing where the negative symptoms, militancy, stubbornness roots come from and what they are associated with, and what the effects are. which can lead to tragedy in most cases.

One of the main causes of conflict is that adolescents overestimate their independence. An overestimation of one's own abilities can make a difference in a teenager's mental capacity. Disobedience to the will of adults, failure to follow the decisions of school, class activists, etc. is not the only reaction to not being able to



adequately assess the situation, but he or she also serves as a way for the teenager to introduce himself to others from his personal point of view. In this way, the child tries to emphasize the importance of his personality, his sensitivity, and his ability to resist those around him.

Adolescents are more interested in ideas about their personalities, they try to know themselves, to develop purposefully, to educate. They limit the rights of adults, expand their own, want adults to respect their personal and human dignity, and claim confidence and independence. That is, they try to achieve a certain level of equality with adults and their recognition.

During adolescence, there are major qualitative changes in the growth of inner freedom, self-awareness, and independent behavior. Willpower is also important for such changes. The will, as a higher mental function, is a tool for the free movement of the adolescent, as well as the backbone of his personal development. The formation of a sense of self-awareness, the emergence of a seemingly independent attitude towards oneself are important features for adolescents of both sexes and any type of temperament at this time.

In the development of the personality of adolescent boys and girls, in the process of self-realization, there is a tendency and desire to evaluate oneself, to compare oneself with other people, to build oneself. These, in turn, affect the adolescent's mental world, mental activity, and attitudes toward the environment. During early adolescence, most adolescents develop a negative personality trait. As a teenager, self-esteem begins to manifest itself in a differential nature (behavior, behavior in social situations, and certain behaviors).

Adolescent attitudes have important functional implications, such as their readiness to perform a particular activity effectively.

Its main functions:

- 1) Determines the firm nature of the activity;
- 2) Frees the adolescent from free control and decision-making in standard situations. Scholars who have interpreted the characteristics of adolescence say that the desire of boys and girls at this age to relate to their peers, their interest in the life of their peer community is a clear manifestation. As a result of these changes, children become more confident as their physical and mental abilities increase, and they now begin to participate in the discussion of family problems.

During adolescence, most cognitive processes are highly developed. Over the years, the basic personal and entrepreneurial traits that teens will need throughout their lives will become apparent. Memory is upgraded from a mechanical memory level to a logical memory level. Speech is developed, diverse and rich thinking develops in all





its forms: dynamic, figurative, logical. Teenagers can now be trained in a variety of practical and mental activities. It is also during this period that general and special abilities are formed and developed.

Adolescence is full of contradictions and contradictions. The intellectual development of adolescents, who are prominent in solving various problems related to mastering the school curriculum and other activities, encourages adults to think about serious problems with them, and the adolescents themselves try to do the same.

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