



INFLUENCE OF SELF-CONSCIOUSNESS OF A PERSON ON FAMILY RELATIONSHIPS AND ITS PSYCHO-CORRECTION

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Annotation

The article discusses the theoretical and practical aspects of the influence of personality self-awareness on family relationships and its psychocorrection.

Keywords: personality, self-awareness, diagnosis, psychocorrection, family relationship strategy.

Introduction

As long as a person lives in a society, he connects the meaning, happiness and destiny of his life with his family and the psychological environment in it. The psychological environment in the family is more clearly reflected in the compatibility of relationships between family members. The compatibility of family members with each other, first of all, the value of life, interests, the harmony of the general style of emotional instructions, resulting in understanding each other in the family, accepting the value of others as well as the person as it is. Psychological comfort in family members serves as an internal subjective indicator of reliability, protection, and participation in each other's interactions. However, interpersonal compatibility is not always observed in family relationships. On the contrary, in many cases, the situation is complicated by misunderstandings, disagreements, and dissatisfaction with the relationship[4].

One of the most important features of a person is his individuality, the content of which is a unique combination of personal psychological characteristics of a person. Individuality includes character, temperament, mental processes, situations, events, a set of dominant traits, will, motives for activities, human purpose, worldview, ability, various forms of reactions, abilities, and so on[8]. There is no human being who can accurately reflect the combination of mental characteristics.

Individuality in self-awareness is an important factor in determining a person's life position and attitudes. An individual's relationship is comprehensive and consists of a system of relationships with oneself, people, family, society, and the processes within it. Therefore, the study of self-awareness as a social psychological phenomenon, the study of its impact on family relationships, the development and





implementation of psychological methods for the formation of a "strategy of self-awareness" that predicts the coordination of family relationships implementation is relevant.

The problem of self-awareness is one of the most important problems facing the science of psychology, and its vulnerability shapes the phenomena of conformism and nonconformism among people and in turn affects its worldview, beliefs and attitudes. According to the researcher ME Zufarova, there are 3 important features of personality: sociality; ongi; self-awareness. "A person's self-awareness is expressed in the fact that at the same time as a person separates himself from the world around him, he realizes that he is inextricably linked to this world, aware of himself, his activities and his responsibilities. will know and react. Self-awareness, the feeling of "I" always comes with a certain meaning. To understand one's own existence, to know oneself as a teacher, a student, a doctor, an engineer, etc., to understand one's own past and future, to understand one's relations with other people, o 'Understanding one's rights and duties, one's understanding of one's virtues and shortcomings and the like includes self-awareness[5].

A person is able to observe and know himself because he understands himself, to understand his own experiences, to look at his actions with a critical eye. Self-awareness and self-knowledge are necessary for self-management, self-discipline and mental development."

A person's self-awareness is expressed in his attitude to social roles, in the conditions of role-playing. The perfection of a person's self-awareness is first of all in the way he thinks about his achievements so far, his mistakes and shortcomings, his relationship with others (Retrospective understanding of the "I"); secondly, knowledge of the current situation, ie, current behavioral characteristics, level of knowledge, physical and mental capabilities, interpersonal relationships, socio-psychological image (understanding of the real "I"); thirdly, it is determined by the content of imagining and planning for the future (understanding the Ideal "I")[9].

Although self-awareness is widely studied in psychology, it remains problematic to formulate a self-awareness strategy that predicts the appropriateness of social relations as an important condition for the formation of an individual's life position. Today, our society requires an individual to organize his activities based on social norms, to establish active human relations, to live a happy life in exchange for the peace and well-being of his family[6].

"The process of self-realization is inextricably linked with the realization of national identity and requires a certain time, a certain period of time, but it can take place under the influence of both evolutionary and revolutionary ways[11]. Self-awareness





is considered to be the highest stage of perception of being and society, and as a result, it demonstrates the wisdom of man. Self-awareness consists of five components, which allow a person to rationally assess the achievements, shortcomings, behavioral skills, levels of intelligence, internal resources, values and spirituality of a person in life and activity appears.

Criticism and self-criticism in the individual, assessment and self-assessment, inspection and self-examination, control and self-monitoring, management and o "The balance of self-management, self-improvement and self-improvement, development and self-improvement is not achievable. It takes a certain amount of time, time, time for self-awareness to become a personality trait, so the goal can be achieved through program activities with pupils, students and other citizens of our republic." psychologist E. Goziev said.

Indeed, the family is the true hearth of spirituality, the factor and condition of ideological upbringing. The first concepts inherent in our national ideology, the direction of a person's life, beliefs and convictions are formed primarily in the family environment through the teachings of ancestors, the example of the father, the love of the mother. Therefore, it is important to start developing a self-awareness strategy from an early age.

In our study, we tried to study the self-awareness of preschool children and its importance in family relationships. It is known that in the process of family relations of the child initially appear mechanisms called vital and functional system of conscious activity. As a result, the child not only acquires various concepts, knowledge, skills and abilities, social experience and norms of behavior, but also, in a word, realizes his perception, thinking, imagination, feelings and will. composes a conscious attitude and motives for their actions and behavior[10].

In order to determine the level of self-awareness of preschool children and to form a coordinated strategy of self-awareness in them, designed to determine the level of self-awareness in children aged 5-6 years L.Krasilnikova we used a modified version of the behavioral study methodology developed by us.

The children were instructed, "We are going to play a game with you right now. I will ask you questions, and you will answer them. But you shouldn't answer my questions with "yes" and "no." For example, you are asked, "Do you have a sister?" If I ask you, you should answer "I have a sister" or "I have a sister" without saying "yes". Or I ask you, "Are you going to school?" When I ask you, you don't have to say no, you have to say, "I'm not going to school," do you understand? What words should you not say? If the child does not understand, the instruction is returned[7].





In assessing the children's responses, attention is paid to the following. Correct answers are answers that are given without breaking the rules. Incorrect answers are answers that break the rule. Based on the results of the diagnosis of self-awareness in children using this method, we obtained the following results.

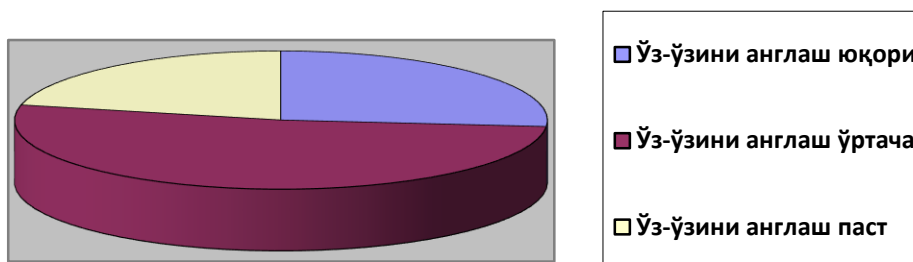


Figure 1

In the next phase of our study, a psychocorrection measure was performed on 14 respondents with low levels of self-awareness based on the results of a self-awareness diagnostic test. The 3 training exercises we used for psychocorrection were aimed at understanding the children themselves, their families, and their relationships.

Introduction Exercise

The course of the exercise. With the help of educators, children are trained to talk about themselves. Exercise is done as much as is required. When all the children are ready, the children stand in a circle. Take turns circling and talking about yourself. Each child's introduction is welcomed by the participants. The exercise will continue until all the children have introduced themselves.

Family Introduction Exercise

The course of the exercise. With the help of educators, children are trained to talk about their families (number of family members, parents' names and professions, etc.). Exercise is done as much as is required. When all the children are ready, the children stand in a circle. He takes turns going out into the circle and talking about his family. Each child's presentation is applauded by the participants. The exercise will continue until all the children have introduced themselves.



Exercise "I love"

The course of the exercise. With the help of educators, children are trained to talk about what they like and dislike. Exercise is done as much as is required. When all the children are ready, the children stand in a circle. He takes turns going around and talking about what he likes and dislikes. Each child's presentation is applauded by the participants. The exercise will continue until all the children have introduced themselves.

After our training exercises to form a strategy of self-awareness with children, we continued the research with children involved in psychological training using the initial diagnostic method and obtained the following results:

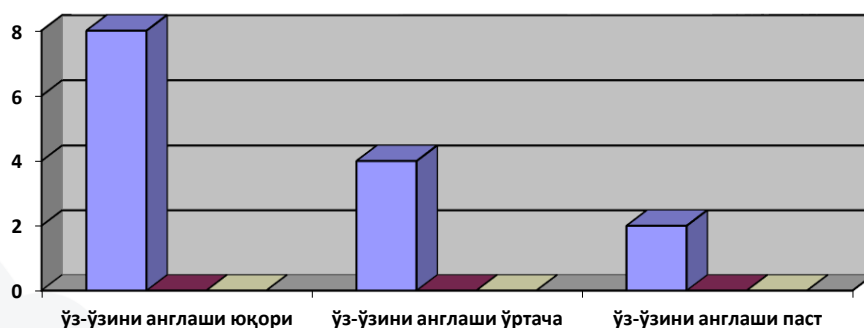


Figure 2

In our study of children aged 5-6 years, the exercise was performed in a playful way, even in children with very low self-awareness results. showed that their aspirations were high. The fact that 94% of children involved in psychological training have high and moderate levels of self-awareness explains the possibility of forming a strategy of self-awareness in children through specially organized psycho-correctional activities. Conducting such research with people of different ages serves to formulate a "self-awareness strategy" that predicts the coordination of an individual's family relationships.

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