



PSYCHOLOGICAL CHARACTERISTICS OF CONFLICTS IN ADOLESCENTS AND WAYS OF RESOLUTION

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Annotation

This article is conducted in the field of conflicts in adolescents scientific observation based on the data collected on the basis of research is, mainly between the psychological views of psychological scientists on this matter relationship is analyzed, obtained on the basis of the research method of studying the problem a conclusion is given based on the results

Keywords: Interpersonal conflict, Behavior, internal conflict, different social norms, social situation, destructive motivation, family, emotional distress.

In order for all existing educational institutions in our country to organize education correctly, on a scientific basis, it is necessary to know the specific psychological laws of this process, its mechanisms, as well as effective methods of creating active, independent and creative thinking process based on modern knowledge. In this regard, pedagogical psychology is one of the developed branches of modern psychology, and it occupies an important place, because it is a field that studies the nature of the human mental world and its laws. Pedagogical psychology, as a branch of psychology, is a science that studies the factors, laws and mechanisms of education and training that effectively affect the individual.

Pedagogical psychology, which studies the psychological laws of activity and behavior in educational institutions, took place at the intersection of two disciplines, that is, psychology and pedagogy. The subject of pedagogical psychology is to study the laws of acquisition of knowledge, skills and abilities in educational institutions, the individual differences that occur in these processes, the laws of formation of active, independent and creative thinking in students. Pedagogical psychology also studies problems such as the changes that occur in the psyche of students as a result of the influence of education, the suitability of educational materials to the age of students, the psychological effectiveness of various educational methods, and the psychological requirements for the order of textbooks.

Currently, one of the important tasks of pedagogical psychology is to develop the psychological basis for further improvement of the educational process in the





educational institution, which is related to the transition to a new educational program. Pedagogical psychology at the same time studies the impact of various educational activities on students on the formation process of students' personality and researches the psychological foundations of students' self-education.

Determining the periods of development of the human psyche, collecting data in this field is also part of the topic of this psychology. It is an important aspect of the field of youth psychology to identify and interpret the problems of a child's comprehensive development from birth to adulthood, growing up to become an equal member of society, and the formation of his personality. Children's anatomy and physiology, physiology of higher nervous activity, hygiene, pedagogy, ethnography are engaged in the study of various aspects of the human race, as well as social factors and psychological mechanisms that determine the growth of the child, his psyche, and psychological mechanisms, in general, from birth to adulthood. the development of which is taught and researched by a separate field of the system of psychological sciences Ø child psychology.

General psychology is the science of the psyche and its manifestation, developmental laws, while youth psychology is the science of the mental development of people (genders) of different ages, mental characteristics, and their specific factors, criteria, and mechanisms. It also studies the unique characteristics of people of a certain age. Therefore, in social life, education and upbringing, in groups and communities, in production, in family relations, the psychology of youth occupies a special place. The problem of the formation of the human personality and the development of cognitive processes cannot be rationally solved without taking into account the laws of the development of the human psyche. Therefore, the issue of "human factor" has become a topical issue.

By solving this task, the psychology of youth realizes practical goals: it helps to improve educational work, to increase the efficiency of the production of material goods, to improve interethnic relations, to correctly direct interpersonal communication, to create a positive psychological climate in the community, to reveal the secrets of a long life. , serves to strengthen family relations and prevent divorces. The above tasks cannot be solved without taking into account the age and sexual characteristics of a person in different periods of maturity.

The development of the human mind is manifested in its active reflection of the external world. According to the doctrine of historical materialism, a person's material life is not only the material basis of the system in which he lives, but also a set of lifestyles, universal images, beliefs, worldviews, attitudes to social reality, aspirations, activities, creative products and actions of the people who surround him.





Teenagers try to act like adults. They tend to demonstrate their abilities, skills and capabilities to some extent to their peers and teachers. This situation can be easily seen by simple observation. By studying the psychological characteristics characteristic of adolescence, it is possible to understand the ways of the formation, development and maturation of the adolescent personality and the direct influence of biological and social factors affecting it.

Special features of their behavior in adolescence cannot be explained mainly by the beginning of sexualization. Puberty affects adolescent behavior as a major biological factor, and this effect is more indirect than direct. Adolescence is often characterized by stubbornness, stubbornness, lack of recognition of one's own shortcomings, and aggressiveness.

Adolescents are extremely imitative, and they have not yet formed a clear opinion and worldview. They are very sensitive to external influences and emotions. They are also characterized by courage, bravery, and tact. Susceptibility to external influences causes the emergence of a personal opinion in a teenager, but this personal opinion is often unfounded. That's why they try to express their thoughts despite the guidance of their parents, elders, and teachers. Many teenagers become interested in smoking and alcohol during this period. An adult feels normal, comfortable in a new role, like a smoker and a drinker. A teenager who finds himself in such situations is very worried and a crisis situation occurs in him. This crisis is related to the spiritual growth of a teenager, as well as changes in his psyche. During this period, the child's social position changes, new relationships with his relatives, friends, and peers emerge. But the biggest change occurs in his inner world. Many teenagers are dissatisfied with themselves. Also, the fact that his current thoughts about himself do not correspond to the changes taking place in him today make the teenager nervous. This can cause a negative thought and fear in a teenager. Some teenagers are troubled by the fact that they cannot understand why they are rebelling against others, adults, and even their parents. This situation causes them to become depressed and is called a teenage crisis.

A teenager feels a great need to share with adults about the changes that are happening in him, the problems that concern him, but he will never be the first to do it. A teenager strongly complains about being treated like a young child. Adolescent communication is ultimately characterized by variability. Imitation of someone's behavior is characteristic of adolescence. They often imitate the behavior of adults they know and like.





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