



TYPES, THEORETICAL BASICS AND CONSEQUENCES OF THE FEELING OF LOVE IN YOUNG PEOPLE

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Abstract

In this article, the types of feelings of love in young people, the first buds of feelings of love in them, feelings of love between boys and girls, pure love for a lifetime, unrepeatable quality of personality, perfectly formed in all aspects, extremely beautiful, intelligent, polite and o It is discussed in detail about the formation of young people who embody positive feelings.

Keywords: love, trust, justice, intelligence, understanding, emotion, passion, spirituality, mental component, jealousy, anxiety, hadik.

INTRODUCTION

No matter which thinker or scientist, poet or writer of the centuries, none of them could avoid love, which is considered the strongest and most mysterious, beautiful and magical of human emotions, in their creative activity. As long as humanity has existed, love has led man to the world of mysterious camels, encouraged him to cross insurmountable fires and conquer peaks, encouraged him, and given him happy moments. Even a man on his deathbed gave hope, smoked cannabis, brought rainbows to his ordinary days, and motivated him to perceive his environment and identity [1]. A person has discovered a power unknown even to himself in his psyche. This human feeling, which is considered old and always obsolete, is equally dear and sacred to everyone.

DISCUSSION AND DISCUSSION

At this point, let's pay attention to the fact that the feelings of love are divided into several types by experts:

1. EROS is a strong feeling of love, and the underlying motive behind these feelings is physical possession of the object of love. In this, sexual desire leads.
2. LYUDUS - a type of love that perceives it as a not so deep love game, where the object of love feelings is an easy exchange.
3. STORGE - a type of love-friendship that is not strongly expressed from the outside, but is reliable.





4. PRAGMA (LqS) - feelings of love, consisting of ludus and storgens, which are always under the control of the mind, and which are formed based on the goals of the individual's interests.

5. MANIA (EqL) consists of eros and lust, characterized by the dependence of the loved one on the object of love. But this type of love, different from eros and lyodus, does not have enough self-confidence.

6. AGAPE (EqS) - a strongly expressed feeling consisting of a combination of eros and storge, a type of feeling in which a loved one is ready to devote everything, even himself, to the object of love and so on.

According to observations, eros and ludus are more common in men's feelings of love, and pragma, storge and mania are more common in women. Adolescent and adolescent boys and girls are more likely to have a manic type, and older people are more likely to have a head type.

Looking at the stages of love, the first buds of love can be seen even in children of kindergarten age, and this can be confirmed by asking any educator. But of course, this cannot be full-fledged love [2].

In the feelings of love in childhood, there is almost no physiological component, that is, sexual desire. Most of the emotion in them consists of a spiritual component. Feelings of love between school-age boys and girls are somewhat different.

If the mental component prevails over the sexual component in adolescent girls, emotional divergence is observed in boys. That is, if they experience feelings of love for one girl, they feel sexual desire for an older woman, their feelings are divided into two objects. It is common only in boys, not in girls. In adolescent boys, as a result of hypersexuality, sexual desire dominates their emotions or its importance increases sharply[14].

In girls, the predominance of the mental component remains. Young men and women between the ages of 17 and 25 have a sharp increase in their desire to find a partner. As a result of the increased need for love and being loved, young people find their partner faster and start a family, sometimes such young people manage to break up in a short time. After the age of 25, the opportunities for girls to start a family decrease significantly. In it, the demand for the future groom will increase and the critical view will increase. Now he is less emotional, instead he begins to look at his future in a completely different way. Such mental changes are also observed in boys, but unlike girls, their chances of starting a family and getting married decrease, on the contrary, they increase somewhat. Because at this age, most of them have graduated, mastered a certain invention, and started working. That is, they will have the opportunity to move the family independently. Feelings of love arouse a special sensual desire in men



and women. It does not change as quickly as men's and lasts relatively long. 40% of 13-14-year-old boys and 26% of girls are experiencing or have experienced their first love. This situation is 17% for boys aged 5-16, 30% for girls, 10% for 17-18-year-old boys, and 9% for girls. AR Lemehova studied the mutual relations between girls and boys and divided it into three groups[5].

1. Harmonious type - in which girls and boys have formed moral concepts, emotional culture is developed, they look at love, the opposite sex, and family life somewhat clearly.

2. Family romantic type - in which love, relations between the sexes are removed from life and are extremely idealized, and when they collide with the existing existence in life, all their imaginations are shattered and they become mentally depressed.

3. Spiritually poor type - young people misunderstand love. They cannot see the spiritual closeness, the importance of the spiritual factor in love. They believe that sexual intimacy plays the main role in love[18]. Young people in this category often start sexual life early [3].

Everyone who feels full love goes through the initial, flaming and mutual respect stages of love. The beginning can be the beginning of true, promising, lifelong pure love, or, conversely, mere lust, or some form of short-lived love. This stage can be the beginning of "agape" type of love or the beginning of "judus" type of love. It would be a mistake to classify the emergence of love directly into the category of temperament. The correlation between temperament and expression of emotion cannot be denied either[13].

People of the choleric and sanguine categories or a combination of them get along with others quickly and easily. Men and women of this category do not have much difficulty in finding friends. Also, people of this category fall in love quickly and easily compared to phlegmatic and melancholic people. Because their emotions are strongly expressed on the outside, and because of this, emotional satisfaction is easier and faster. They can go through the steps mentioned above a bit faster[7].

Phlegmatic and melancholic people find it difficult to get along with others. They don't make friends with anyone they meet. But those who value friendship and do not leave friendship for a good reason. The feelings of people of this category are so deep and hidden that it is difficult for others to perceive it from the outside. It can be likened to not knowing the depth of a river by its level[16].

According to some emotional stages, it is possible to determine the type and stage of love and whether or not there are feelings of love in general. Some of these feelings are actually observed in the first stage and are expressed in a very strong and comprehensive way in the second stage. They consist of the following:



1. "Effect of unity" in such cases, the person who is experiencing feelings of love always has a loved one in his mind, in his mind. No matter what he does or where he is, even if he is at a great distance from him, he talks to her in his mind, lives with her.
2. Idealization of perception In this case, the loved one is perceived as idealized. He appears as a person of a unique level, perfectly formed in all respects, extremely beautiful, intelligent, polite and embodying positive emotions. The negative sides of the character or any physical defects are not perceived as a defect, but as a unique, unique quality. Beloved and everything related to him (except for his peers of the opposite sex) and close people are perceived only in a positive light.
3. Sharp expression of altruism. At this stage, altruism is focused on the girl or boy who is the symbol of love. When altruism is extremely strong, a person is ready to do anything for a loved one. He puts the interests of his loved ones above his own and considers this a primary necessity.
4. Unlimited faith in the power of love. In such a situation, the person experiencing feelings of love wants to be with his lover, spend his free time together, start a family with him as soon as possible and be together until the end of his life, he strives for this, he often plans this does. It is inevitable that various obstacles will fly in the way of achieving such supreme happiness[17].
5. Seeing aspects of a lover that others have not seen, feeling feelings that others have not paid attention to, identifying an ability that has not yet been clearly expressed, and being able to foresee how he will become an expert are all manifestations of the intelligence of love. It really depends on how you look at the person you love. The peculiar spiritual aspect of this view is that it exaggerates the positive aspects of Islam and ignores the negative aspects. Due to this, he can often tell his beloved's perspective that even his parents could not see[6].
- 6 . Love for life increases in a loved one. This can be seen in the following: a sharp change occurs in them mentally, they imagine the world in a different way, they begin to perceive life more deeply, understanding others from the heart, sympathy for them increases, previously unexpressed feelings of compassion emerge and increase. Extending a helping hand to others, being able to see the beauty around - increased aesthetic perception[15].

Jealousy is one of the conditions characterizing the relationship between lovers or those who are building a family. A person who has never experienced the danger of being separated from a loved one, of losing him, can imagine jealousy as some kind of inexplicable madness[19]. And a person who has experienced what it is like to be separated from a loved one at least once, easily understands the jealous person and has a certain level of sympathy for him. In general, of course, jealous people cannot



be envied. People who cannot overcome this feeling in themselves are unhappy people who always live in the air. Their double misfortune is that they are at the same time the victim, the tormentor, the violent, and the powerful[8].

Jealous people are the first to suffer from this, creating an atmosphere of mistrust, constant betrayal, and suspicion. They are always ready to start private or public quarrels, whether on the slightest pretext or not. This seriously affects their relationships with other people at home, at work, and throughout their lives, including their sexual relationships, and can often lead to serious psychological illnesses and injuries[10].

In such cases, representatives of both sexes should try not to create any reason, basis, or excuse for jealousy of their partner, especially during the "sleep of love" period, they should show more warmth, patience, and endurance[20].

Psychologists distinguish jealousy into oppressive jealousy and jealousy that is caused by "violation of self-esteem". Jealousy is usually caused by selfish, stubborn, tyrannical, emotionally cold, and alienated, condescending, authoritarian people. Such people usually look at their spouses as an object, an object to satisfy their interests and pleasure, as their property. They have not developed the ability to perceive and respect the personal characteristics of another person. Jealousy of pride and honor humiliation is usually characteristic of people who are excited, suspicious of everything, do not trust themselves, tend to exaggerate risks and fears, and suffer from a defect complex. Their jealousy is not so angry, it can be a little softer, invisible. However, according to its essence, it is not less poisonous and harmful for family happiness [4].

Sometimes, jealousy, also known as "impulse", is distinguished. The source of such jealousy can be the transfer of infidelity to one's spouse, or one's own insecurity, readiness to constantly betray one's spouse.

This is one of the dangerous complications of "rich" sexual experience before marriage[9].

Enraged jealousy takes all the possible "facts" from the "ear" and interprets the most insignificant, inoffensive actions and actions of the spouse with its evil, oppressive, bottomless rays and colors. He taints insignificant things in the quagmire of doubt and uses them as an additional source of power for his manifestation[21]. Being a little late for work, an innocent gesture or word in the circle of friends, long-forgotten childhood passions, and similar life hesitations are all extremely carefully directed against one's spouse, accusing him of acts. gathered on thick roofs. It is interesting that strong-based actions against such jealousy, as well as attempts to stop it, in turn intensify it and make it hotter. Jealousy manifests its aggressiveness even more



strongly when it is held by the hand of a quarrelsome person who has been drinking, just as if a stray dog is tied to a chain, it is even more angry and barks at "disorderly offenders". shows a similar situation. Psychologists recommend the following ways to get rid of feelings of jealousy:

1. A person experiencing feelings of jealousy should think carefully, take a critical look at his feelings of jealousy, understand that the reasons that cause feelings of jealousy are far from reality, and in most cases, it is a fantasy of the person who feels jealous. A person who has understood the truth will be able to make an appropriate conclusion and get rid of the pain of jealousy. Not everyone can use this method. For this, a person must have sufficient intelligence and strong analytical thinking[11].

2. Bringing back one's lover by embodying the positive qualities of the person causing jealousy and defeating one's "rival" in a healthy competition spiritually, morally, intellectually, and culturally (if there is such a real opponent). The valuable part of this method is that positive changes and valuable qualities are formed in a person even if he cannot return his lover. They serve to meet the object of love better than the lost lover.

3. People whose feelings of jealousy are based on valid facts and who are unable to use our previous recommendations can get rid of painful feelings of jealousy as follows: Take off the glasses of love and examine the person of the person you are jealous with a critical eye. As a result, you will admit that there are a number of flaws and defects in his personality. Is it right to suffer for a person who has so many flaws and is unfaithful to you? Is this person worthy of your pure, holy feelings of love? This situation will help you to open your eyes in time and correctly perceive who he really is. Be sure that a person who does not deserve the value of a faithful, moral person like you is not worthy of your love. If the above thoughts correspond to your situation, then as a result of giving an objective assessment of the jealous person, he will be devalued in his perception[12].

SUMMARY

We have come to several conclusions from our thoughts in our article. As it turns out:

- Until now, the concept of love has not been given a single scientific definition and description, and there are very few scientific works directly devoted to it.
- As in the minds of people, one can find different, often conflicting ideas and definitions of love in works of art.
- Some authors describe feelings of love as a purely psychological component and deny the physiological component in it.





- The physiological component is perceived as an expression of the instinct to satisfy the organic needs characteristic of animals. For this reason, they believe that a person should be freed from animal lust, sexual desires, and have a one-sided approach to feelings of love.

Classical works, including an ancient Indian treatise, give a somewhat complete definition of love: "If the mind begets respect, the heart begets friendship, the body begets desire." The mind, heart and body together give birth to love. Voltaire describes: "Love is one of the most powerful, pleasurable emotions that attack the heart, mind, and body at the same time." A comparison of these definitions and a psychological analysis, along with the necessary psychological component in love, is also a physiological component.

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