



## FACTORS THAT CAUSE FEELINGS OF LONELINESS IN ADOLESCENTS

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### **Annotatsion**

From the psychological characteristics characteristic of adolescence in this article one is the problem of loneliness in husus, as well as the self-awareness of the individual research on trends and factors affecting it the results were reviewed in hususu.

**Keywords:** Adolescence, feeling lonely, psychological protective mehanism, psychological-pedagogical assistance, I-Concept.

It is important to identify the first stages of the formation of loneliness in adolescents. It is important to form a conscious and correct attitude towards loneliness, to strengthen the positive effect of loneliness, in order to eliminate the negative effects of loneliness that appear in adolescence on the individual. It is necessary to determine the predisposition of a person to loneliness, the patterns of development of a feeling of loneliness. Loneliness is one of the psychogenic factors that affect the emotional state of kishinig. As a result of the fact that a person falls into the conditions of loneliness, his relationship with others is severed and creates strong emotional reactions. In many cases, psychological shock occurs, accompanied by anxiety, depression and negative reactions. Being in a lonely environment for a long time will only exacerbate the need for communication. In response, it begins to communicate with various objects and animals in order to satisfy the need. Such an extreriorized .

The problem of loneliness is one of the most serious problems of mankind, in which a person for one reason or another can establish neither friendship, nor love, nor hostile relationships. A person begins to feel more lonely when the needs of communication are not met when he feels that his relationship is not full and significant. A philosophical and psychological analysis of loneliness theories can distinguish between its objective and subjective, positive and negative aspects. The objective side of loneliness is related to social attitudes and facts.

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significant, he begins to feel more lonely when the needs of communication are not met. Several factors can contribute to the appearance of feelings of loneliness in adolescence. When a teenager feels helpless in the face of a situation that causes his loneliness, he becomes discouraged and cannot make any decisions to overcome it, or, on the contrary, a complete awareness of the situation that causes his loneliness motivates him to act decisively.

Studies have found that loneliness depends on the assessment a person gives himself. The feeling of loneliness in most people is a bullshit with a low self-esteem, the realization that it is not suitable for anything, that it is not flexible.

The feeling of loneliness is also the result of the fact that the individually accepted standards of normal interpersonal relationships increase or decrease in a way that depends on the dynamics of change. Such standards are usually of a subjective type and, although they do not have clear descriptions, are vividly expressed in the comments “if I have more friends”, “no one truly understands me”. At the same time, these standards are relative and lead to an increased feeling of loneliness with a slight narrowing of the circle of communication in a person who previously had a lot of friends, and a decrease in loneliness in those who previously had few friends. While single people often attribute the cause of their loneliness to character flaws, lack of ability, not very attractive, lack of conscious volitional control, insufficient effort to restore relationships, not paying much attention to the factor of inefficiency of the means being spent on it. The causal attribution of such people is associated with internal locus control, in many cases with such qualities as shyness of an individual, fear of rejection of attempts to establish a relationship, ignorance of how to behave in this situation.

The main style in a person's focus on loneliness is associated with aggression or depression. In the internal locus of control, depression occurs in most cases, and aggression occurs in the outside. The manifestation of a high degree of predisposition or hostility to obedience has a positive correlation with the loneliness of a person between people. Single people in many cases consider themselves to be someone who is good at nothing, who is not loved by anyone, as a result of which there is an increased sense of self – criticism in them.

According to another hypothesis, the feeling of loneliness is due to the incompatibility of three different “I” (real “I”, ideal “I”, reflected “I”) in a person. According to the hypotheses confirmed in the studies, the effect of subjective causes rather than objective reasons is negligible in the emergence of loneliness. Most people are not able to correctly assess the attitudes of those around them towards him, nor is it appropriate to assess how others perceive them.





Individuals who do not have high self-esteem believe that others treat them the same way. They react very sensitively to suggestions and protests from those around them about making contact. Low self-esteem people pay very quick attention to appeals and suggestions from outside, especially those who reject them are treated in a hostile manner. Such people are very attentive to criticism and shortcomings in themselves. They are skeptical of the flattery expressed in their honor. Low self-esteem creates a complex of many interconnected psychologically unpleasant factors that, in turn, also interfere with the establishment of personal relationships with other people. Prolonged periods of loneliness negatively affect self-esteem. The factor of a person's unwillingness to be in an interpersonal communication situation is also affected by the fact that bad luck in communication increases the feeling of loneliness, resulting in a decrease in self-confidence. Fear of negative consequences in entering into interpersonal relationships interferes with baratarafing loneliness.

It is possible to distinguish between chronic, situational and rapid types of loneliness. Chronic loneliness is manifested in the inability of a person to establish interpersonal relationships of a satisfactory level over the long term with people of certain importance to him. Situational loneliness is usually the result of a state of stress in a person's life (the death of a loved one, the loss of someone), after a short period of time a lonely person is forced to get used to what he has lost. Passing loneliness can manifest itself in a person's short-term feelings and go away without leaving any trace of itself. In childhood, the loss of one of their parents' separation, emotionally intimate trusting relationships, and inadequate parental support make the individual extremely sensitive to loneliness as they grow up.

In conclusion, it can be said that the interaction between low self-esteem and loneliness can be explained in two different ways. Firstly, low self-esteem creates alienation from the inner self in a person; secondly, low self-esteem is associated with such a system of behavioral trends and ustanovkas of an individual that, in turn, make interpersonal relationships difficult.

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