



## FEATURES OF MENTAL DEVELOPMENT IN ADOLESCENCE

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### ABSTRACT

Adolescence is an important stage of development. This article analyzes the psychology of adolescence and the psychological processes observed in adolescents.

**KEYWORDS:** Adolescence, physiological development, puberty crisis, acceleration, transition period, intellectual development.

### INTRODUCTION

Adolescence is the period from 10-11 years old to 14-15 years old. Today's teenagers have some physical, mental and political advantages over their predecessors. Sexual maturity, socialization process, mental growth are manifested earlier in them. For most students, the transition to adolescence usually begins in the 5th grade. "A teenager is no longer a child, but not an adult either" - this definition indicates the important character of adolescence.

Adolescence is a period of transition from childhood to adulthood, characterized by physiological and psychological characteristics. At this stage, children's physical and mental development accelerates, their interest in various things in life increases, their desire for new things increases, their character is formed, their spiritual world is enriched, conflicts escalate. Adolescence is a period of puberty, characterized by the emergence of new feelings, emotions and complex issues related to sexuality. These changes are physiological and psychological changes. Height growth is uneven: girls grow 5-7 cm, boys grow 5-10 cm. Growth in height occurs due to the lengthening of the first femoral bones and the enlargement of the spine. As a result of changes in the oral cavity and larynx, the timbre of the voice also changes. It occurs to a greater extent in boys than in girls.

Teenagers try to act like adults. They tend to demonstrate their abilities, skills and capabilities to some extent to their peers and teachers. This condition can be easily seen by simple observation. Adolescence is characterized by such psychological manifestations as "transition period", "crisis period", "difficult period". Because, in the behavior of adolescents of this age, cases of mental explosion are also observed due to the fact that they could not find their place in alternative, new conditions. In his time, LS Vygotsky called such a situation "crisis in mental development". After the elementary school period, the child goes through two stages in the process of forming his attitude towards himself as a separate person. These stages divide adolescence into two different periods - the period of junior adolescence and the period of



senior adolescence. At the first stage, the teenager wants to separate himself from the "children" and emphasize that he now belongs to the world of adults.

Interest in adult life is the main characteristics of teenagers. For this period, imitating the behavior of adults and not being able to critically evaluate their inappropriate actions, their closeness to adults, and a group of peers who help them are too much. and similar cases are characteristic. In the second stage, the teenager no longer doubts that he is not a young child and begins to clearly understand his identity, glorify his personality, and begin to perform unique actions. Adolescents are more interested in thoughts about their personality, they try to know themselves, develop a purpose, and educate. great quality changes occur in their actions. Will is also important in the occurrence of such changes. Will as a higher mental function is a tool for free movement of a teenager, as well as a main line of personality development . By this time, his actions no longer depend on a group of peers with whom he is friends. Even when his friends try to force him to think seriously about his false ideas about himself, he easily refuses and stands firm in his opinion. possible In this period, looking at the inner world of other people with excessive interest and self-control of one's own behavior, the emergence of elements of self-education are characteristic features of the life of teenagers in this second stage. Adolescence is often characterized by negative characteristics such as reluctance, stubbornness, stubbornness, not recognizing one's own shortcomings, and belligerence.

Adolescents develop an interest, a desire to be an adult, or at least appear to be an adult, and it seems easy for them to fulfill this desire. The mismatch between the needs and capabilities of adolescents creates conflict between adolescents and their parents, teachers, and other mentors.

A teenager strives to fulfill his many wishes, "I want"; adults tend to use everything they have, to be free, independent and free. Tevarak - to show the people around him that he is important, he strives to be strong, fearless and agile.

Educators also want their students to be like that, but they want these qualities to be like that only because they "need" them. Such contradictions between "I want" and "need" sometimes create sharp conflict situations in the family and at school. In a well-educated person, "I want" is fulfilled only by doing "need". If a teenager is not taught to understand and is not used to doing what is "supposed", he will resist the demands of educators by showing his willfulness and acting on his own unreasonable desires.

The teenager now begins to resist the demands that he previously willingly complied with: when his independence is limited, when he is tutored, when he is directed, when he is controlled, when he demands to be listened to, when he is punished, when his interests, relationships and thoughts are not taken into account, he is very upset and protests. Adolescents develop a sense of self-worth and see themselves as a person who cannot be discriminated against or deprived of their right to independence. As a child, his ideas about the relationship with adults change and do not correspond with his perceptions of his own adult level. He limits the rights of adults and expands his own. He wants adults to respect their individuality and human value, claims to show confidence and independence, that is, he tries to achieve a certain equality with adults and their recognition of this.

Adolescence is characterized by imitation of someone's behavior. Most of the time, they imitate and imitate the behavior of adults they know and like. Teenagers can also become interested in smoking and drinking alcohol during this period. A teenager feels uncomfortable in new roles



like an adult, a smoker, a drinker. Adolescents, who are close to children in terms of mental development, but close to adults in terms of needs, have many uncomfortable and disturbing situations, and they cause a crisis in the adolescent. This crisis is the spiritual growth of the adolescent, it is also related to changes in his psyche. During this period, the child's social status 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.

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 be nervous inside and a teenage crisis occurs. The crisis is manifested in the child's existing depression, desire for solitude, passivity or vice versa, stubbornness, stubbornness, aggressiveness, negative attitude towards life. At such times, he feels a great need to communicate with his friend, who, like him, is undergoing great physiological and psychological changes. Whether a friend has a positive influence on a teenager or leads him astray and has a bad influence is related to his moral image. can satisfy.

If the gratification gives him great pleasure, in such cases his casual interest in some action or action may first develop into a passion, and then into a passion or habit. In this way, students develop passion for, say, mathematics, physics or chemistry, carpentry, metalwork, or some other occupation, but in the same way, students develop a passion for lying, hooliganism, and other immoral behavior. - they can get used to actions. All inappropriate behavior in adolescence is caused by too many fleeting desires and too superficial a view of the resulting consequences. Almost all harmful desires begin with recreational activities that at first seem harmless and easy to do. However, in reality, teenagers do not have enough opportunities to do these things. This is influenced by the natural needs of individual development. If teenagers had only done what they could do, they would not have been able to develop their psychic abilities. Adolescents cannot see anything beyond the direct gratification of their various desires and may not be able to stop themselves in time when such desires lead to dangerous consequences. It is the main task of educators to teach students to foresee the consequences of their actions and to be able to control themselves, teenagers are overly enthusiastic and careless, idleness is very difficult for them, they quickly get tired of the same kind of work, lose interest in the same work, which strongly affects the success of their educational processes. Therefore, it is extremely important to get them interested in various activities and involve them in various useful activities, as well as more difficult, but capable tasks, in the successful education and training of teenagers.

"The essence of adolescence is that a teenager reaches a somewhat more active social environment, breaks the old relationships formed during childhood, and begins to fight for this environment. Every teenager seeks to confirm his identity among the people around him with successful work. Adults should help adolescents succeed in meaningful group activities and allow them to express their self-worth. They may do this through negative actions and behaviors in response to the fact that their dignity is not recognized or humiliated.

Adolescents are extremely imitative, and they have not yet formed a clear idea and worldview. They are to external influences and emotions

they are very indulgent. They are also characterized by bravery, courage, and tact. I would like to give my small recommendations on how parents should communicate with their teenage children.

1. Be kind. At this time, children become irritable and angry. You respond to their anger with kindness, not anger. Adolescents expect and prepare to be reprimanded by their parents when they make mistakes. On the contrary, you give love, not rebuke at this time. This leads to our 2nd recommendation.

2. Good conversation. Be a good conversationalist when your teen thinks she's going to scold you for making a mistake. Ask why this is the case and offer suggestions for solutions to the teen's problem. Become an expert. Teenagers need adult conversations at this age.

3. Limitations. Threats and excessive restrictions on the upbringing of adolescents can sometimes be ineffective and lead to dangerous situations. Listen to your child's decision. Maybe your child's decision is good. Make changes to your decision and help make those changes.

4. Challenges. Adolescence is full of difficulties. It will be difficult for him to find friends, to communicate with others, to succeed in something. Encourage your child when he experiences these setbacks. It is not good to put it at this time.

Let's break these tips down into several realities to better understand and learn how to communicate with your teen.

1. Your child came home from school with dirty clothes. Your attitude towards him.

X. Incorrect. That's why I don't bring you expensive clothes. Look at your situation.

✓ Correct. Looks like it was an exciting day at school. Can you tell me?

2. If you want to talk to your child about an important event.

X. Incorrect. Tell me quickly what happened

✓ That's right. I'll be in my room if you want to talk.

3. Your child wants to tell you what he thinks.

X. Incorrect. When you grow up, you become wiser.

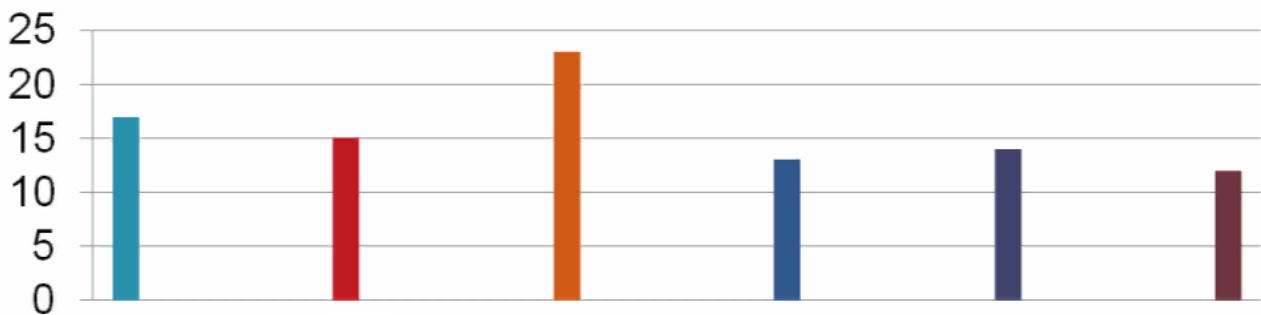
✓ That's right. I want to hear you, son. I care about your opinion.

4. Your child is in a difficult situation and he is asking for your help.

X. Incorrect. Not now, girl, we'll talk later.

✓ That's right. Come stay my girl. What kind of help do you need?

A little time and conversation with your child will change your child's life and your life in the future.



Adolescence is the period of transition from childhood to adulthood. At this age, the appearance and behavior of the decision changes, worldview and ideals develop. A teenager does not always understand what is happening to him. The mood changes more often, it is more difficult

to experience complaints, the comments of parents and teachers are annoying. These changes are characterized by the following features:

- 1) increased attention to oneself, concern about physical development;
- 2) Sudden mood swings;
- 3) The appearance of conflicts with parents, teachers, peers, friends;
- 4) A desire to look older than one's age;
- 5) The desire to stand out among peers.

Interviews were conducted during the study. I asked schoolchildren, teachers and parents: "Is it easy to be a teenager?" The answers I received: being a teenager is not easy, 76% of teachers, 57% of students in grades 6-8, 34% of parents agree. But this is a necessary period of life without which there is no growth.

The results of the research allow us to draw the following conclusions: adolescence is an important stage of personality development, it is a period of transition from childhood to adulthood, the changes occurring during this period affect his outlook, behavior, and attitude. That's why adolescence is not easy. You need to adapt to new conditions, accept yourself and get others to accept and appreciate you - as an adult, as a person. In childhood, behavior is controlled by parents and requires adults to make their own decisions. And if we, teenagers, put ourselves in the place of adults, and adults remember themselves at our age, it would be easier for us to understand each other.

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