



## ADOLESCENT PSYCHOLOGY

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### ABSTRACT

This article discusses the changes in the psychology of men and women at the age of maturity, the problems and crises observed in them.

**KEYWORDS:** Maturity, development, early maturity, middle maturity, late maturity, humanistic psychology, crisis.

### INTRODUCTION

Adolescence is a very complex period, in this period the person is also physically, socially mature, a citizen of the society and has acquired the right to vote. All this creates conditions for growing up socially, finding one's place in marriage, deciding one's own destiny, developing one's psyche and spirituality as a mature person. A person begins to find content under the influence of changes in social life, in the community of a higher educational institution, in the circle of interpersonal relations with peers, in study and living conditions. They can freely communicate with their peers. During this period, they can also have their own opinions and express their opinions freely. It is shown that specific changes, new qualities and qualities are manifested in the intellectual and moral growth of a person in the process of education and training. contains z. In this period, men and women show their new qualities that are reflected in their ability to reassess their creative activity. They have been pursuing quantity in their work until now, but now they are beginning to think about the quality of their work.

The period of maturity includes men and women aged 36–55 (60). In this period, a new characteristic is manifested in the re-evaluation of creative activity. Until now, they have been pursuing quantity in their labor activities, but now they are beginning to worry about the quality of the labor product. They begin to look at family life, social life, the purpose of living, human dignity, surroundings, themselves and other people with a new standard. They react to the vicissitudes of life, social events with restraint, patiently based on life experience, express their opinion about the subtle side or bad consequences of everything. Missed opportunities, mistakes and shortcomings in life make them feel like they are measuring seven and acting like one person. That's why they feel sorry for wasting a minute of their life, they try to fill up what they lost in their youth with intelligence and wisdom.

In the second stage of puberty, the signs of aging become more prominent, its starting point is 45-50 years old. But according to the characteristics of people, this limit is different, for example, it may be 60 years old for one person, and 70 years old for another. Therefore, the

limits of the age period are determined only conditionally. This factor also depends on the family environment where people live, historical and social conditions, geographical climate, etc. The variability of this age period is determined by human biological, social and educational factors (heredity, social environment, continuous educational influence).

Yu.N. Kulyutkin not only the growth and change of various processes, states, properties, characteristics in people of the same age, but their development in someone first memory, then thinking, in someone else, on the contrary, the weakening of a mental process, the second will grow rapidly.

A person's desire to realize his inner potential further improves his spiritual and spiritual self-awareness in all types of activities. "I" in the self-awareness of men and women in adulthood is expressed from three different views: "I" is often interpreted by the self in the form of "I - image". The "I - image" of the person: 1) consists of the retrospective "I" and reflects his past self; 2) is imagined as the actual "I" and represents his current period; 3) the image of the ideal "I" is created in connection with the sense of imagination in the near future.

Therefore, the desire to fully mobilize one's potential in life creates a personal ideal model by comparing one's past image with the current one in all aspects of social life. begins to choose. A person's desire from the past to the present, from the present to the future is the main criterion for self-realization. There are other criteria for self-awareness, which are reflected in self-evaluation, control, inspection, capture, self-command. Self-awareness often refers to other people:

- a) elderly people;
- b) peers;
- c) is seen from the point of view of people younger than him.

Many of today's specialists face a number of difficulties from the first days of independent activity due to the disconnection between theoretical knowledge and practical skills in educational institutions. These difficulties are of 3 types according to their nature:

- a) social difficulties: the conditions of an unfamiliar environment, interpersonal relations, the level of the cocktail team, the character traits of the people in it, the values, spirituality, traditions of the production team, etc.;
- b) difficulties related to knowledge and knowledge: interruptions in the knowledge received in a special educational institution, limited level, weakness of creative research activity, lack of initiative, etc.;

v) specific difficulties related to the specialty, the essence, nature of production, technology, devices, tools, lack of practical skills or lack of familiarity with them, lack of full understanding of the economic basis of the profession, safety techniques to remain silent in front of problems. According to psychophysicologist PPLazarev, changes in hearing, vision, peripheral and kinesthetic sensitivity begin at the age of 20. This information was further developed by foreign psychologists such as Fulds, Raven, Paco, etc., and considered the criterion of mental and logical ability to be 20 years old.

BGAnan'ev in his scientific research shows the changes in boys and girls during youth from complex personality aspects to general mental state, verbal and non-verbal mental (logical functions) to simple processes (from the generation of heat from the body to metabolism-substance exchange), and even to personality characteristics. It shows that it covers all kinds of situations through scientific data based on mathematical methods and their in-depth

qualitative analysis. SVKravkov, who researched the change of the sensitivity of the eyes in differentiating depending on the age of a person, notes that the increase in visual sensitivity continues until the age of 25, and its stabilization continues even after the age of 25. The results obtained from BGANan'ev laboratory are equal to 44% of the human functional level in young men and women aged 23-27, stabilization of the functional state is 19.8%, decrease of the functional level is equal to 36.2%. These data show that the interaction of growth aspects is different in different microperiods of the maturity stage.

Yu.N. Kulyutkin checked the attention, memory, thinking, cognitive processes of adults together and found that in 22-25-year-olds, attention and memory is 100.5%, thinking is 102.5% (memory is equal to 97.0 points, and in 26-29-year-olds, attention is 102, 8 memory proved to be 97.0 thinking 95.0 points American scientist V. Shevchuk researched the starting point of creative activity in adults and found that it is 12.5% in the age group of 11-20 years, and 66% in the age group of 21-30 years. ZFEsarova, who studied the dynamics of the scientific production of intellectuals, shows that its beginning is the formation of young people in the age group of 18-23 for mathematicians, 24-27 for physicists, 25-31 for biologists, 27-30 for psychologists, 27-32 for historians, and 28-33 for philologists. V. Shevchuk, who studied the participation of young people in social life, determined that the peak of participation in social activities is at the age of 25, and this point is 45.4% of people. is a unit, even at the age of 45 it is equal to 3%.

LNKuleshova and MD Aleksandrova, who studied the characteristics of the field of vision in people, note that it is three types in drivers aged 18-35: 11% above the norm, 47% within the norm, and less than the norm according to the standard in the rest. Changes and improvements in the level of a number of functions in the period between 23-28 years of age: the scope of the field of vision, measuring the distance with the eyes, spatial perception, cognitive levels; The growth of awareness, attention and perceptual integrity and immutability manifests in other activities and visual sensitivity, short-term visual memory or consolidation: at the age of 22-25 years, 2 different factors appear and they are mnemonic and consists of an attentional complex.

A period of maturity

Bigness

leadership,

care,

Wisdom

Sponsorship

As in other youth periods, there is a certain level of crisis in this period. In this period, let's start to understand what kind of work a person did, what opportunities he didn't use, some mistakes, misunderstandings, disappointments arose. Self-esteem is an important psychological feature of this period. Some changes in the body, the rapid passage of life, make a person very anxious and distressed. He decides to make the most of every moment of his life. The realization that he lacks physical and mental capabilities to realize certain dreams creates a feeling of "stagnation" in his psyche. The main reason for this is the radical reconstruction of the mnemonic-attentional complex at the age of 33-35. The overall mnemonic center is divided into mnemonic (memory) and logical (thought) parts. Aspects of the attentional state remain, but memory and thinking play an important role in adult human intelligence. However, the changes do not leave a deep mark on his mental world, experiences, and feelings, the images of imagination with an

illusory nature remain in the memory of a mature person (feeling of youth, mood, dream, raw imagination). In the stage of maturity, the ability to use physical and mental capabilities appears. This score is based on certain skills, skills and abilities, not on the basis of total energy, mental, stress, will power, nervous tension.

In the laboratory of BG Anan'ev, who researched the interaction of aspects of maturation in different periods of maturity, the employees of the laboratory increased the functional level at the age of 29-32 46.2 stabilization 15.8 the decrease of the functional level 38.0, at the age of 33-35 11.2, 33, 3%, 55.5% decided to organize

The variability of this young age is determined by human biological, social and educational factors (heredity, social environment, continuous educational influence). Yu.N. Kulyutkin is not the same as the growth and change of various processes, situations, properties, characteristics in people of the same period, but their development, the weakening of one mental process, the weakening of the other teaches to grow rapidly.

According to the results of Yu.N. Kulyutkin's research, attention is 102.8, memory 99.5, and thinking 102.3 units in 30-35-year-olds. G. Lehman, who studied the productivity of adulthood, noted that its peak is 30 years old for chemists, 30-34 years old for mathematicians, 30-35 years old for geologists, and the average peak productivity is 37 years old. Psychophysicist SVKravchikov investigated the age-related changes in eye discrimination sensitivity in people from 4 to 80 years old and found that the increase in sensitivity can last until the age of 25, and the stabilization of the sensitivity can last until the age of 25-50.

ZFesarova researched the problem of mental activity productivity of higher school teachers and determined that it is possible to defend a candidate's thesis at the age of mathematicians-26, psychologists-32, philologists-34, historians-31, physicists-30, biologists-32.

Among adults in the first stage of maturity, the desire to participate in social activities is 18.3% at the age of 30 and 6.2% at the age of 35. According to V. Shevchuk, the scope of participation in the activities of social organizations is narrowing. During this period, the differences between men and women become apparent: while women have advanced in physical, sexual, and spiritual development, now men are ahead, and this situation remains until the end of a person's life.

The period of maturity includes men and women aged 36-55 (60). In this period, a new characteristic is manifested in the reassessment of creative activity. until now, they have been pursuing quantity in their work, but now they are struggling with the quality of the cocktail product. They begin to look at family life, social life, the purpose of living, human dignity, surroundings, themselves and other people with a new standard. They deal with the vicissitudes of life, social events calmly and patiently, based on life experience, and express their opinions about the subtle side or bad consequences of everything.

Missed opportunities, mistakes and shortcomings in life make them feel like they are measuring seven and acting like one person. That's why they feel sorry for wasting a moment of their life. They try to make up for what they lost in their youth with intelligence and wisdom. In the second stage of puberty, the signs of aging take more place, its starting point is 45-50 years old. But according to the characteristics of people, this limit is different, for example, it can be 60 years for one person, and 70 years for another. Therefore, the limits of the age period are determined only conditionally. This factor depends on the family environment in which people live, historical and social conditions, geographical climate and economic conditions.

At this age, achievements, victories or failures in personal life have a strong impact on a person's spiritual world. As a result, feelings of arrogance and pride appear in him, he begins to put himself above others, or on the contrary, the hardships of life create a feeling of indifference in him. But the mental state, which has both forms, gradually falls into a certain direction through the influence of family members, peers, and members of the cocktail community. In general, people in the stage of maturity act with a plan of perspective, they are married to reality. They do not look indifferently at nature, society, the phenomena of the universe, they live with the feeling of calmness, harmony, peace, friendship, rational use of the pleasures of the world as much as possible.

"I" is expressed in three ways:

- -retrospective consists of "I" and reflects the past self
- is imagined as the actual "I" and represents his current period;
- the image of the ideal "I" is created in connection with how to imagine oneself in the near future.

LNKuleshova and MD Aleksandrova, who studied the field of vision of people of this age, found out that the limit of vision in 36-50-year-old men is as follows: 4% above the norm, 53% below the norm, and the rest below the norm. Yu.N. Kulyutkin 94.8 on a scale of 0-130 for attention, memory, thinking in 36-40-year-old test takers; 93.7; proved to have 99.0 units. BG Ananov says that at these ages there are certain differences between binocular and monocular ways of form perception. In conclusion, it should be said that various changes occur in human psychology during puberty. In the period of maturity, every person matures as an individual. Just as every period has its own crisis, this period also has its own crisis. The 40-year-old crisis is perceived as a period of danger and great opportunities. Realization of the end of youth, reduced physical strength, changes in roles and expectations, anxiety, in-depth self-analysis, sudden drop in mood. Doubts about living life well are the leading problems of youth.

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