

## FEATURES OF ADOLESCENCE AND ITS PECULIARITIES

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### Abstract

Adolescence is one of the most characteristic periods of human ontogenetic development, characterized by the transition from childhood to adolescence, which in turn is more complex than other periods. This period is called in the psychological pedagogical literature by such terms as "transition period", "difficult period", "crisis period". This period roughly corresponds to the time children study in grades 5-8 and ranges from 11-12 years to 14-15 years. In some children, this period may be observed 1-2 years earlier or later. Given this, it can be said that adolescence can start at the age of 9-10 in some children (mostly girls) and last until the age of 16-17 in others. The onset of puberty in girls occurs 1-2 years earlier than in boys. This article discusses the features of adolescence and its specificity. Keywords: Adolescence, character, human psychology.

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### Introduction:-

The fact that adolescence is a difficult, complex period is associated with many psychological, physiological, social factors. During this period, the content of all aspects of development: physical, mental, moral, social will also change. During this period, significant changes occur in the life of the adolescent, his psyche, physiological and social state of the organism. In most cases, they have different situations that contradict each other. By this time, the child is no longer a "child" and at the same time not yet an "adult". His attitude towards his own eyes and those around him reveals a completely different character. His system of interests, social orientation is re-formed, the system of self-awareness, self-esteem, values changes. For him, his "I" and the importance of this "I" increases. The changes that take place in the body of the adolescent are

due to the fact that at this stage of the child's development there are radical changes in the biological and physiological maturity.

Character (Greek charakter-feature, character) is an individual unit of stable mental characteristics in a person. Another characteristic feature of adolescence is the state of adolescence autonomy observed in adolescents during this period. There are several types of adolescent autonomy: legal autonomy, economic autonomy, emotional autonomy, and spatial autonomy. And for some as a baby gets older, he or she will outgrow this. Now he will be able to defend himself, if necessary, to work to the best of his ability, to earn enough, to meet his own needs independently. a new stage in the process of puberty begins. Changes in the body begin directly with changes in the adolescent endocrine system. During this period, the functions of the pituitary gland, one of the endocrine glands, are activated. The hormone released from its anterior part enhances the growth of body tissues and the functioning of other important endocrine glands (thyroid, adrenal glands and gonads). Their activity causes many changes in the body of the adolescent, including a sharp acceleration of height growth (4-5 cm growth in boys and 3-4 cm in girls per year), puberty (development of the genitals and the appearance of secondary sexual characteristics) occurs. These processes are relatively rapid in girls at the age of 13-15 years. At a time when physical development and puberty are being accelerated, some girls may be in the early stages of puberty at 9-10 years of age and boys at 11-12 years of age. Height growth, weight gain, chest enlargement - all these are characteristic features of physical development in adolescence. As a result, the appearance of a teenager is different than the appearance of a child: the body proportions have an adult-like appearance. In particular, the facial structure of the adolescent also changes and the facial part of the skull develops rapidly. During adolescence, the growth of the spine lags behind the growth rate of the neck. During this period, there is an increase or decrease in aggression. The chemical composition of the blood is another factor that increases the sensitivity of the nervous system to aggressive stimuli. It turns out that in people whose social status suddenly changes for the worse, the level of serotonin in the blood decreases, another substance. Decreased serotonin levels lead to more aggression. Adolescent activity is directly related to learning activities. The main purpose of the general education school is to form students as a well-developed, cultured person, as well as to find their independent place in society, to consciously choose programs for education and professions, the basis for their development. It is about nurturing individuals who can feel responsible to society, the family and

the state. The school provides students with scientific knowledge, the basics of business, labor and basic professional skills, as well as the development of their unique abilities and moral qualities. In addition, some of the difficulties encountered in the education and upbringing of adolescents affect the mental development of children of this age. During adolescence, the most pressing issues are the identification, elimination and upbringing of psychological problems. The moral, spiritual, political, social and ideological needs of the family, school and society for the younger generation are growing day by day. Today, it is very difficult to imagine the internal and external factors that affect the next generation and change their experiences. Many researchers of adolescence pay more attention to the psychological problems of minors in cases of aggression, emotional tension, anger. Because at this age they do not have enough life experience, but they try to be recognized and independent by others. Adolescence is one of the most characteristic periods of human ontogenetic development, which passes from childhood to adolescence and, in turn, differs from other periods by its relatively sharp and complex course. The role of the single-parent family in the upbringing of adolescents, that is, the influence of family structure on the formation of "difficult" is one of the most important factors. 'is a state of autonomy. There are different types of adolescent autonomy, such as legal autonomy, economic autonomy, emotional autonomy, spatial autonomy. During this period, if the teenager's parents are divorced, it is up to the teenager to decide where and with whom he or she will stay.

Thus, having such legal opportunities and being aware of them by the adolescent ensures his or her legal autonomy. Having such autonomy creates in adolescents a sense of responsibility and accountability for their behavior. is becoming more and more popular in the middle. Early sexual development puts such a child on an equal footing with girls in his class who are interested in these problems. Everything will be decided in his favor, and he will be the master of the situation for about 2-3 years. Studies show that children who start their physical and sexual maturity earlier than their peers are usually more likely to be emotionally stable, more confident, and more recognized by those around them than their peers. And for some as a baby gets older, he or she will outgrow this. Some of the conditions mentioned earlier, such as premature puberty, early or late puberty, do not indicate a health disorder or abnormality. They are merely manifestations of the fact that puberty, physical and sexual development have individual characteristics. Therefore, their early or late onset cannot be a cause for any anxiety, fear, doubt.

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