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HUMAN'S PSYCHOLOGY AND ITS STUDY

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Abstract: This article discusses the person and his structure, psychological characteristics of the person, age-related changes in consciousness, goals, worldviews, needs, interests, skills and habits, the importance of psychological methods in the study of personality, factors influencing personality formation.

Keywords: Person, individual, individuality, orientation of the person, knowledge, skills and abilities, typological features of the person, motive, need, worldview, interest, mental processes

Well-known psychologist KK Platonov called a person "a concrete person or a subject that creates the world." A person is a multifaceted, complex link in the system of social relations, social life.

It is, on the one hand, a product of socio-historical development and, on the other hand, a provider of social development. The concept of person has existed since ancient times, first meaning the actor's mask and then the actor.

Because with the change of appearance on the stage, the actor's mask has also changed. It is also possible for a person to change his appearance and present himself differently in different situations. It is also true that a person plays different roles like an artist.

The psychological structure of a person, the combination of psychological characteristics, forms a stable unit in each individual person, which can be considered as a relative permanence of the psychological structure of the person. There are many theories about the structure of the individual, one of which is based on two factors in foreign psychology: biological and social factors.

It contains a theory that separates the two main parts of the human personality, which is composed of the interaction of biological and social factors. They are divided into "endopsychic" (internal psychic) and "exopsychic" (external psychic) members of the human personality.

The inaccuracy of this theory is that it contrasts the social factor with the biological factor, the biological structure with the environment, the "endopsychics" and the "exopsychics".

A.V. Petrovsky argues that the natural, organic aspects and conditions in the structure of a person are elements that depend on his social conditions.

Well-known Russian scientist S. L. Rubenstein defines the structure of personality as 3 factors:

1. Orientation of a person - his needs, interests, ideals, beliefs, motives, characteristics that are reflected in the worldview.
2. Knowledge, skills and abilities - features acquired in the process of life, as a result of learning activities.
3. Individual and typological features - features that are manifested in temperament, character and abilities.

In psychology, many concepts are used to describe a person. Including "person", "individual",

the concepts of "individuality" are also used. A person's belonging to the human sex is characterized by the concept of the individual. Adults, infants, and the mentally ill who cannot master language and simple skills are also individuals. The concept of the individual reflects the biological affiliation of man. The concept of "individual" also includes the lineage of people.

A newborn, an adult, and a highly educated person living in a civilized country can be considered individuals. As an individual, a person discovers a special social quality, becomes a person.

One of the characteristic features of a human personality is his individuality. Individuality is the irreversibility of a combination of psychological, social and physiological features of a person. A person's individuality depends on the sum of his character, temperament, dynamics of mental processes, emotions, abilities, and so on. It is clear from the ideas about the structure of the individual that his structure is determined by biological and social factors.

The higher the social system in the transformation of human consciousness, the greater the influence of the social environment on the consciousness of the rising generation. The role of education in influencing the minds of children is great.

Because from an early age, children acquire knowledge, skills and abilities by interacting with those around them. The social environment, work and language that surround a child become not only a condition of human personal development, but also a subject of learning in school for children. The sign of a person and the essence of self-awareness is that he has a goal and strives for it. An important characteristic of a person is that he pursues a goal, strives for it, and the real areas of events become such an object. But things that come from a fantasy that doesn't really exist can be such an object.

A person strives for a certain ideal in his life, for a perfect image of the future that he thinks should be realized in his life, and makes it his highest goal. A worldview is a system of imagination, concepts and views of a person about reality and his attitude to it, a set of philosophical, scientific, legal,

moral, aesthetic ideals and beliefs. Worldview is a system that determines the general direction of human activity and behavior. Having a worldview is also an important sign of a person. A worldview is a system of perceptions and perceptions of a person's views on the phenomena of nature and social life.

Human activity is done to meet their needs. Need is a protest, a feeling of lack of something that is necessary for normal life. For a person to act, it is necessary to understand and understand its essence. The American psychologist Abraham Maslov divided needs into those that are congenital or congenital and those that are secondary or acquired. They, in turn, include: physiological, existential, social, influential, spiritual, cognitive, aesthetic. Needs excite a person, encourage all kinds of activities.

Curiosity is a clear reason to understand movement. While all people have the same needs, different social groups have their own interests. Everyone has personal interests, which are based on individual pReferences; sympathy. The activism of the human person is also evident in his interests. Curiosity is an attitude associated with a person's desire to know and understand things and events in higher nervous activity. Interests can be material and spiritual, negative, positive, lasting, short-lived. Interests are based on a person's worldview, beliefs.

Interests can be stable or unstable depending on the level of stability. Sustained interests are interests that last for a long time, even to the end of a person's life. Interests, which have become an important feature of a person's psychological image, are considered stable.

Everyone acquires skills and habits along with knowing, hearing. Skills come in several forms. Doing something for a purpose depends on skill. Qualification refers to automated behavior that is first performed consciously and then.

Any skill can be developed through repetition. Skills can be simple or complex. A person also has habits in addition to qualifications. Habit is an action that has become deeply ingrained in a person's heart and has become his need. For example, washing in the morning, being clean, eating, and so on. Habits are negative and positive. The neuro-physiological basis of skills and habits is the mechanism of formation of conditioned reflexes.

For example, children suffer until they get used to kindergarten, because they have a dynamic stereotype of the conditions at home. Newly acquired skills depend on previously acquired skills. For example, a person who has learned one of the foreign languages will have no difficulty in learning one of the other foreign languages.

All methods of psychology can be used in the study of personality, ie methods of observation, experiment, test, interview, questionnaire, analysis

of performance. Among them, the use of more survey and test methods is common.

At the disposal of child psychodiagnostics can be used only special projective methods, ie methods of studying the child's success, export methods in assessing the existing personality traits.

At the same time, adults, parents and educators who know the child well will be involved in the export. Only in this way will we be able to evaluate the personality traits of the child. Human personality has its own motives. Motive is a propensity for certain situations related to the satisfaction of certain needs. If needs constitute the essence of a person's personal activity, then motives are a manifestation of that essence.

A person's needs are related to motives. Therefore, motives differ depending on the type of need. For example, there may be motives related to the satisfaction of material needs or motives related to the satisfaction of spiritual needs.

Demak motivlar inson shaxsi xulq-atvorini va turli faoliyatlarni yuzaga keltiruvchi sabablardir. Psixik jarayonlar ,holatlar va xususiyatlarning òzaro bog'liqligi, aloqadorligi esa odamdagi barcha sifatlarning bir butunligini ta'min etadi.

It is possible to cite the idea of two currents about the formation of a person. Biogenetic direction and sociogenetic direction. According to proponents of the biogenetic direction, human personality and personality traits occur under the influence of only one factor, hereditary traits. They do not recognize the external environment and education. Proponents of the sociogenetic direction are concerned with the development of experiments.

In short, the relative changes inherent in each person, the relatively stable and unchanging properties, form a complex unit, ie a dynamic structure, consisting of the integrity and interdependence of personality traits.

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