

The Prophet (peace and blessings of Allaah be upon him) said in several hadeeths that if a plague spreads somewhere, he should not go there, and if it appears in the place where he is present, he should not run away from it. The so-called "siege" of quarantine carried out by modern medical experts today also reflects the content of this hadith.

After all, a virus of any epidemiological nature spreads very quickly, and then dies very quickly. After the outbreak of the epidemic is over, over time, the nature of the virus changes and people become less susceptible to it.

In conclusion, man is a great miracle of nature. Man can save nature and longevity only if he takes care of his health. Therefore, it is obligatory and obligatory for everyone to think about themselves, take care of their health and self-esteem. In the words of our President, let's take care of our God-given health. Because only a healthy person can be truly happy, because only a healthy people, a healthy nation can do great things.

**References:**

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2. sof.uz.

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**ABILITY AND TALENT,**  
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**Abstract:** Over the years, differences and similarities in abilities and talents have caused many problems and controversies. This article summarizes the differences.

**Keywords:** ability, talent, upbringing, psychology, thinking, understanding, idea, elements, qualities, ability.

The formation of abilities and talents, the achievement of any success, is more closely linked to human psychology. Many psychologists believe that a person is capable of anything and achieves a lot if he is satisfied with his mood and working conditions.

Well, now let's talk about this talent and ability, let's learn it with young children. Nowadays, in the age of scientific and technological progress, children have to store a lot of things and information in their memories. In addition, modern demand requires it.

In addition, parents want their children to be perfect and talented in every way, and to do several things and activities at the same time.

Sometimes the psychology of young children is unable to withstand such captivity and restraint, and in children it causes emotional depression. As a result, it also destroys the talents and abilities that are being explored.

In many cases, psychologists advise children to be free and free to do what they want, so that the talents that can emerge are revealed.

Today, many psychologists in our country and abroad are engaged in the study of abilities, talents and skills. Among them is a well-known Soviet scientist, Doctor of Pedagogical Sciences B. Teplov, as well as his well-known student and employee local psychologist, Russian psychologist

V. Drujikin. Psychologists such as Matyushlin have studied this topic.

When I try to understand and explain why different people, living conditions are created under approximately the same conditions and have different successes, we turn to the concept of ability, believing that the difference in success can be satisfactorily explained by them.

For example, two teachers and one subject. Both teachers can pass the lesson satisfactorily. Both have the same level of knowledge, but in the process we can see that they have the ability to explain the essence of the lesson, and we can see the proof from the students. So can their ability be assessed? So we can see the fact that talent is the ability to learn or teach success, and how a person is in different situations and how he or she can benefit from his or her talents and abilities. So what are skills?

Ability is an individual trait that has subjective conditions for the successful implementation of a particular type of activity. In my opinion, ability is a blessing bestowed on everyone by God, and this is a simple example of what it is.

At this point, a person wants to create something for himself, to try to prove something. In many cases, it is only in difficult situations that the unopened aspects are revealed, but not everyone is fortunate enough to understand this, and it is in this process that it is possible to learn.

Therefore, a person is constantly connected with his psyche. For example, a pianist knows that he has a talent in this field by listening to music and loving them and feeling it from within, or as an artist they become more nature-loving and affectionate. they see beauties that no one else can see, and they feel it in their hearts.

In his textbook on general psychology, AV Petrovsky gave the concept of "ability" as follows.

"Ability is a psychological characteristic of a person, in which the success of the acquisition of knowledge and skills, but it depends on the availability of knowledge, skills and abilities" [1]

This scientist wants to say that knowledge depends on the availability of skills, that is, on the ability to acquire knowledge and learn. All these processes are related to human psychology.

Our local scientist B.M.Teplov makes a great contribution to the development of the theory of general ability. He singled out "three signs of ability that form the basis of farifs, which are often used by experts":

1) ability - these are individual psychological characteristics that distinguish one person from another;

2) features related only to the success of the folate or several foils; 3) abilities are not reduced to the knowledge, skills and abilities already formed in people ... "[2]

According to VN Druzhkini, the more developed a person's abilities, the faster and more successfully he performed some actions, and the more subjectively difficult the learning process and the field in which he lacked abilities [3].

According to Teplov, abilities cannot be in the process of continuous development. Undeveloped, in practice, the ability to stop human use disappears over time. Only due to regular training in the complex study of complex forms of human activity, such as music, technical and artistic creation, mathematics, sports, etc., we retain the appropriate cones. [4]

In his book "On the System of Psychology" KK Platnov describes the concept of "ability" as follows.

"Abilities are a set of unique characteristics of an individual that are already included in its four main components but are only necessary for the development, implementation and improvement of a particular activity.

Ability is the degree to which a particular person meets the requirements of a particular activity, the structure of a particular person and the structure of the requirements for a particular type of activity, the degree to which certain personal characteristics are compensated by others. "[5]

When we talk about a person's abilities, we mean his or her abilities in one way or another. These opportunities lead to great success in lowering folate and high wage rates.

Under equal conditions (level of training, knowledge, skills, abilities, time, mental and physical abilities), a gifted person also achieves maximum results compared to gifted, and the high achievements of a gifted person are the result of a combination of noropsic characteristics and activity requirements.

In his works, BM Teplov refers to certain conditions for the formation of abilities. Ability alone cannot be innate. According to the scientist, the tendency can only be congenital. Under the models, he understood some anatomical and physiological features. Slopes are based on the development of skills, and skills are the result of development.

If the ability itself is not congenital, then it is formed throughout life (it should be noted that Teplov distinguished between the terms "congenital" and "hereditary"; "congenital" - from birth originated from and formed under the influence of both hereditary and environmental factors, "hereditary" - is formed under the influence of hereditary factors and manifests itself at birth and at any time in human life .

Skills are formed in activities. Teplov writes that "... ability cannot arise outside the scope of a specific objective activity to which it corresponds" [6]. Thus, what arises in the activity corresponding to it can be associated with ability. Affects product performance and the success of that activity.

According to BM Teplov, ability arises only from activity, which does not appear before the corresponding activity is carried out. In addition, abilities are not only manifested in activities, but also appear in them [7].

Talent is the level of development of any human ability, related to their development, but independent of them. This concept was first developed in the mid-nineteenth century by the English psychologist Francis Galton. Talent is usually divided into "artistic" and "practical".

The early appearance of any ability in a child speaks volumes about his ability. BM Teplov described talent as "a qualitatively unique combination of abilities", which depends on more or less success in this or that activity.

Speaking of abilities, it should be noted that they are different for everyone. Each person has a unique combination of abilities, and its success is determined by the presence of one or another combination of abilities.

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