

IMPORTANT ASPECTS OF THE PSYCHOLOGICAL CHARACTERISTICS OF ADOLESCENCE

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ABSTARCT:

Adolescence is between the ages of 10-11 and 14-15. Today's teenagers have some physical, mental, and political advantages over their predecessors. They have earlier sexual maturation, socialization, and mental growth. For most students, the transition to adolescence begins in the 5th grade. "Adolescence is no longer a child, but not an adult" - this definition is an important feature 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 innovation increases, their character is formed, their spiritual world is enriched, and conflicts escalate. Adolescence is a period of puberty, characterized by the emergence of new sensations, sensations and complex issues related to sexual life. At this age, the development of adolescence begins to change dramatically. These changes are physiological and psychological. Growth is not uniform: girls grow 5-7 cm, boys grow 5-10 cm. Growth is due to the elongation of the first vertebrae and the enlargement of the spine.

INTRODUCTION:

Teenagers try to behave like adults. They try to show their abilities, skills and potential to a certain extent to their peers and teachers. This can be easily seen by simple observation. Adolescence is characterized by psychological

manifestations such as "transition period", "crisis period", "and difficult period". This is because there are cases of mental explosions in the behavior of adolescents of this age, as they do not find their place in alternative, new conditions. In his day, L.S. Vygotsky called this a "crisis in mental development." After primary school, a child goes through two main stages in the process of forming his or her relationship as an individual. These stages correspond to two different periods of adolescence - the period of early adolescence and the period of adulthood. In the first stage, the teenager separates himself from the "children" and now tries to emphasize that he belongs to the adult world. Adolescents' interest in adulthood is a key characteristic.

For this period, the inability to imitate the behavior of adults and critically evaluate his own misbehavior, his closeness to older people, and his excessive contact with a group of peers who help him, and so on. Characteristic. In the second stage, the teenager no longer doubts that he is a young child and begins to understand himself clearly, to glorify his personality and to act in his own way. Adolescents are more interested in ideas about their personalities, they try to know themselves, to develop purposefully, to educate.

During adolescence, there are major qualitative changes in the growth of inner freedom, self-awareness, and independent behavior. Willpower is also a factor in such changes. The will as a higher mental function is a tool for the free movement of the adolescent, as well as a backbone of personal development. By this time, his actions were no longer dependent on a group of peers. Even when his peers try to force the teenager to reconsider his

misconceptions about himself, he is more likely to say no and stand firm in his opinion. can protect. It is during this period that the over-curiosity of other people's inner worlds and the self-analysis of their own behavior, the emergence of elements of self-discipline, are characteristic of the lives of adolescents in this second stage. Adolescence is often characterized by negative traits, such as stubbornness, aggression, lack of self-awareness, and militancy. Adolescents see and envy the independence and freedom of adults in life, on the screen and in books, their great and interesting work, their courageous actions, their heroism, their reputation among others. In adolescence, to be an adult or at least there is an interest, an aspiration to look like an older person, and it seems easy for him to fulfill that desire. The mismatch between the needs and abilities of adolescents leads to conflicts between adolescents and their parents, teachers, and other educators.

Adolescents strive to fulfill many of their desires: to use everything that adults have, to be free, independent, and free. She tries to be strong, fearless and agile to show the people around her that she is important. Educators want their students to be the same, but they want those qualities to be just "necessary." Such conflicts between 'want' and 'need' can sometimes lead to serious conflicts in the family, at school. In a trained person, "I want" is realized only by doing "need". If a teenager is not taught to understand and is not accustomed to doing what is "necessary," he or she will resist the demands of educators by acting arbitrarily and act on his or her own unjustified desires. Adolescents' claims to new rights are primarily concerned with the whole environment in which they interact with adults. The adolescent now begins to resist the demands he previously gladly complied with: he becomes very upset when his independence is limited, guardianship, guidance, control, obedience, punishment,

disregard for his interests, attitudes, and opinions, and protests. Adolescents develop a sense of self-worth and feel that they cannot be discriminated against or deprived of their right to independence. As a child, he or she will change his or her perceptions of the relationship with adults and will no longer be consistent with his or her perceptions of his or her level of adulthood. It restricts the rights of adults and expands its own. He wants adults to respect their personal and human dignity, to show confidence and independence, that is, to strive for a certain equality with adults and for them to recognize this.

Adolescence is a time of imitation. They often imitate the behavior of adults they know and like.

Teenagers may also become addicted to smoking and alcohol during this time. Adolescents also feel uncomfortable in new roles, such as smoking and drinking. Adolescents who are mentally close to children, but close to adults in terms of needs, have a lot of uncomfortable and anxious situations, and they cause a crisis in adolescence. This crisis is associated with the spiritual growth of the adolescent, as well as changes in his psyche. During this time, the child's social status changes, and new relationships are formed with relatives, friends, and peers. But the biggest change is in her inner world. Many teens experience dissatisfaction. It also makes a teenager nervous because the way he thinks about himself does not match the changes that are taking place in him today. This can lead to negative thoughts and fears about the teenager. Some teenagers worry that they can't understand why people around them, adults, and their parents are against them. This can make them nervous and lead to a crisis of adolescence. Crisis is manifested in the child's existing depression, loneliness, passivity or, conversely, stubbornness, stubbornness, aggression, negative attitudes to life. At such

times, he feels the need to communicate with a friend who, like him, is undergoing major physiological and psychological changes. Whether a friend influences a teenager in a positive way or in a negative way depends on his or her moral character.

Under the influence of his peers, a teenager can satisfy his needs and desires. If contentment gives him great satisfaction, then his casual interest in certain actions or deeds may turn first into passion, then into passion or habit. In this way, students develop a passion for, for example, mathematics, physics or chemistry, carpentry, or some other work, but in the same way, students develop a passion for lying, hooliganism and other immoral behavior. You can also get used to the movements.

All the inappropriate behaviors of adolescence stem from the fact that there are a lot of desires that pass in an instant and the ability to see the consequences in a very superficial way. Almost all harmful desires begin with recreational activities that seem harmless and easy to fulfill at first. But in reality, teenagers can't afford it. It is influenced by the natural needs of personal development. If teenagers did only what they could do, they would not be able to develop their mental qualities. Adolescents can see nothing but the direct satisfaction of their various desires, and they may not be able to stop themselves in time when such desires lead to dangerous consequences. The main task of educators is to teach students to anticipate the consequences of their actions and to behave.

Adolescents become overly enthusiastic and careless, unemployment is very heavy for them, they quickly get tired of the same kind of work, lose interest in the same kind of work, which has a strong impact on the success of their educational process does. Therefore, in the successful education and upbringing of adolescents, it is very important to involve them

in various activities and useful activities, as well as to engage in more difficult but hard work.

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