

## **DIAGNOSTICS OF PSYCHOLOGICAL MATURITY OF THE PERSON**

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### **Annotation**

This article is devoted to the urgent problem of personality maturity and its diagnosis. The article analyzes the scientific views and the main maturity criteria, which are systematized by the author.

### **Key concepts**

Acmeology, maturity, psychological maturity, diagnostics, criteria of personality sovereignty, responsibility, social orientation, motivation.

Maturity is the most responsible period of a person's life, because in maturity the life path is determined, creative forces flourish, a manifestation of that active attitude towards life is observed, as a result of which material and spiritual values of society are created. The maturity period differs from the previous youthful one in that it completes somatic development, physical and puberty reaches its optimum. This period is years of intellectual achievement.

Psychodiagnostics is aimed at studying how certain processes, situations and features develop in a group of people and individually in a person. In order to draw appropriate conclusions on this issue, first of all, both the researcher and the practitioner need to rely on certain criteria. Because the ability to assess the level of mental events studied without qualifications is limited. The criterion is the basis for a comparative assessment of the situation and features, the condition of the tester and the interpretation of the results using diagnostic methods.

In the process of studying psychological maturity as the subject of a separate study, we identified studies and compared the approaches that are different on this issue.

S. Nartova-Bochaver proposes the concept of "psychological sovereignty of a person" as a criterion of psychological maturity. In his approach, a psychologically mature person has a solid boundary. However, they are characterized by the flexibility of the situation, with common views and interests with others [1]

G.G. Alekandrova proves that a mature person has a high level of subjective knowledge in the process of social excellence, the ability to form and change an adequate image of a social being, regardless of his own choice of the appropriate behavioral strategy [2].

A.O. Malenov, Yu.V. Potapov is defined by the criteria of a person's psychological maturity, the process orientation of responsibility, self-awareness and competence with others, integrity, vitality and independence in solving life problems and the ability to freely choose [3].

Several researchers highlight tolerance as a maturity criterion. For example, A. Dolnikeva, E.A. Samoilov showed the importance of tolerance [4]. I.N. Galasyuk experimentally confirmed that tolerance is an awareness of life goals.

A.Yu. Malenov, Yu.V. Potapov analyze different directions, scientific papers that try to distinguish the criteria of psychological maturity, and often show which criteria are presented by different authors in the general table.

We consider it appropriate to limit ourselves to the fact that we have a deep analysis of general points of view on the problem of psychological maturity.

Criteria	Authors
<b>1. Responsibility</b>	
<b>Responsibility</b>	R.V. Ovcharova, A.A. Rean, E. Shtepa, V. Frankl, B. Unehold, J. Unehold
Responsibility - contributes to the development of society	I. Greenberger
Social responsibility	A.L. Zhuravlev
Responsible independence	S.L. Bratchenko
<b>2. Social orientation of personality</b>	
Prosocial behavior	A.A. Rean
Community action	A.L. Zhuravlev
Social orientation in all areas of activity	I.S. Con
Reverse centering of the egocenter	E.S. Shtepa
Community action	G.S. Sukhobskaya
<b>3. Activities (self-motivation, aspiration)</b>	
Active life position	R.V. Ovcharova
Turning Ideals Into Life	B.S. Fraternalize
External motivation is self-directedness, the ability to force	G.S. Sukhobskaya
Monitoring individual actions and results	I. Greenberger
Realize individual and collective goals.	A.L. Zhuravlev
Active social position	I.S. Con
Preservation of the active environment	E.S. Shtepa
Creativity without knowing the unknown	A.A. Rean
Self-development, dynamism	S.L. Bratchenko,
<b>4. Sympathy for people</b>	
Being able to share and collaborate, look deeply at a person's reputation, express their emotions in a healthy way, feel inner closeness	B. Winehold,
Assuring yourself and your relationship, feeling safe in close contact with others, seeing meaningful relationships, maintaining separation and trusting for a long time	J. winehold
Establishing strong interpersonal relationships	K. Whitaker
Tolerance	R.V. Ovcharova
The correct perception of yourself and others	A.A. Rean, E.B. Shtepa
Desire for communication	I.S. Con
Understanding and accepting others, communication	E.S. Shtepa
Be kind to another person	S.L. Bratchenko
<b>5. Perfection, self-understanding and self-acceptance</b>	
The ability to perceive self-esteem,	R.V. Ovcharova
self-esteem, self-control and self-realization	G.S. Сухобская
Self-efficacy, reflexivity in	E.S. Shtepa, S.L. Bratchenko, R. Mironova
all life situations	S.L. Bratchenko,
Self-acceptance	M.R. Миронова

Willingness to take into account personal experience of internal experience	I.S. Con
The ability to perceive yourself and others well	B. Weinhold,
<b>1. 1. Independence, the ability to be independent and resistance to dependence</b>	
Responsible independence identity autonomy freedom	S.L. Bratchenko
Knowing the word no	M.R. Mironova
Free choice	B. Winehold, J. Winehold
Independence	R.V. Ovcharova
Identity	I. Greenberger
Autonomy	A.L. Zhuravlev
freedom	E.S. Shtepa
7. The integrity of the personality	
Value Orientation	7. The integrity of the personality
Integrity is the whole	R.V. Ovcharova
Ownership of a unified philosophy of life, personal values, harmony, property and sustainability	I.S. Cohn, M.R. Mironova

This table shows that the problem of personality maturity is a much-studied problem. In social psychology, the concept of adaptation to the social environment is put forward as a criterion of psychological maturity. Thus, a personality is considered psychologically mature if it is well adapted to the social environment, if it is not in conflict, if it shares social norms of behavior and accepts social values. The psychosocial maturity of an individual can be defined as the ability to recognize the existing boundaries of social reality, to predict the consequences of one's own actions and take responsibility for one's own life, as well as for the life of those close to you.

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