

PSYCHOLOGICAL FACTORS OF ADOLESCENT SELF-CONSCIOUSNESS

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ABSTRACT:

This article examines how imperative feature of adults` self-awareness which is related to the psychological reasons. It is universally true that the vast majority of researches that attempt to define this very case in a justified manner. For this crucial reason, author tries to indicate some significant information which is regarded as the most indispensable feature of old ones particularly in social spheres of the country successfully and perfectly. Moreover, in accordance with this article, from the perspective of strategic measures for the through enhancement of social branches in the country, besides, on a daily basis, the rapid improvement in each branches is itself a more reliable as well as more qualitative system of human relations.

KEYWORDS: contemporary systems of various activities, cultural as well as social team, information of the brain, non-classical knowledge.

INTRODUCTION:

It is known that an overwhelming majority of adults who are really engaged in obtaining block of information according to a number of spheres, such as social, political, educational or medical it does not matter most of them would love to enlarge their horizon appropriately and correspondingly via collaborating numerous skills which belong to people`s psychological factors of self-esteem or else self-

consciousness. Due to the fact that adolescent cognition which is thoroughly distinctive to accomplish some tasks or else to analyze some analytical incidents, also to distinguish several tasks that belong to top-down and bottom-up knowledge. Both of them are comprehensively necessary to evaluate young learners` peculiar abilities correctly as well as perfectly.

It is undoubtedly true that legal issues of self-awareness, comprehension of other people, making up appropriate minds about oneself never lose their relevance. On the opposition, as the renewal of social needs, the requirement to form an image of a person who confirms to it improves. [1]

MATERIALS AND METHODS:

As a matter of fact, self-consciousness which is often defined by the perfection of the capability to know oneself transparently. In accordance with a number of theorists, this needs actual knowledge as well as capacities. From American Psychologist George Herbert Mead point of view, in a child this skill which is not merely innate, but it also appears exactly from 12 to 18 months. This capability implies an isolated form of awareness: " man improves as a system of coordination, that is based on the history of social improvement, so as to comprehend that he is different from other ones". [2]

Self-awareness, additionally, the skill to express oneself, which is connected with the processes of execution important for self-management. In western countries, in

social psychology, self-consciousness is frequently explained by theoretical psychologists who are named Robert Wicklund as well as Shelley Duval, in relationship with the theory of objective self-consciousness.

The most significant component of awareness, one of its components, is self-consciousness. It is the fact that animals are unable to understand the psyche built into them. Via comprehending the program of their lives, they do not analyze their movements along with making a comparative evaluation of them. Self-consciousness is only the special centre of the mankind mind – it is the isolation of a person from the outside world, the assessment of his capabilities and capacities, emotions, thoughts, place, actions in society and so on in other words, to find out oneself as a united and unique person. [3]

In order to realize the adolescence self-conscious, author attempts to explain five stages step by step:

First stage. How do you explain the opportunity of self-regulation or else self-observation? As a manner of explaining the actuality of spiritual lives, it has universally been used by psychology. However, how can one perceive the state of his awareness which involves experiences, ideas, various thoughts? By the help of feelings it is possible to feel the usual emotions.

Can he comprehend the truths of his own awareness with the help of his senses? And what are the symptoms of the factor in that case? Especially, where is it located or situated? It is also essential to take into consideration that self-consciousness is mastered in the branch of the mechanism of action. Therefore, a great number of psychologists who carried on their own peculiar researches.

As an example of them, namely W. James who were American psychologist, not about self-regulation, but merely retrospective, which means looking at the past, or just writes about the understanding of the information of the mind and the memory of new things. In the theory of non-classical knowledge, self-consciousness possesses a variety of interpretation.

Firstly, the beginning point for perceiving self-awareness is not the understanding of consciousness, but the perception of person's own body as well as its place in the system of other organs along with incidents in the physical world. This is essential circumstance for the autonomous acceptance of self-consciousness, as opposed to the comprehension of awareness structures.

Second stage. It is the most valuable stage to differentiate the directly expressed forms of self-consciousness, to supervise as well as control the whole mental experiences, besides, to regard them as the highest form of self-reflection perceptibly.

Third stage. Self-consciousness is not a specific "inner look" that put forward to several ideal structures placed in the realm of consciousness, as in art gallery. Self-consciousness, ways of working in the outside world and interactions with a lot of people are also about obtaining knowledge which is related to the value systems accepted in this society.

Fourth stage. With the whole peculiarities of self-consciousness, it is not radically distinctive from other knowledge, as it is relied on the philosophical traditions of humankind. Self-consciousness is not absolutely direct, but this very act considering! For instance, a mistake may

happen when a patient senses her or his body to appropriately identify the place of pain. Whilst the pain itself does not alter, the intensity of the pain may hinge on its sensation. Nevertheless, the mistake of the body in self-awareness is less than the notion of external organs – this is explained by the maximum closeness of the object of perception, additionally, the system of perception.

Fifth stage. Self-awareness is not the knowledge which belongs to your own point of view, but the successful way to thoroughly analyze the existing systems of activities, accepted opinions, the existing notion of “I”. In that case, it means the restoration of the object or thing of thought. Self-awareness is an ancient product, formed at a certain, at the same time very high stage of improvement of society. However, it is a product of personal enhancement: the mechanism of self-consciousness, in kids aged 2, 3, 4 years; is determined from the moment the child deeply realizes his/her independence as well as has complex physical movements. [4]

DISCUSSION:

Self-consciousness is a process of regular improvement as well as development, that can have trial levels. The first one is that man is not merely isolated from the objective world, but also has the skill to move freely and pleasantly. The second is the realization that self-consciousness which is related to particular society, a particular group or else particular culture. Owing to the fact that culture which is the most acceptable way of enlarging adolescence` horizon perceptibly and it comes in handy with notifying that people`s aptitude towards the target language.

The third one is named “ the highest enhancement of this process” the emergence of particular activity of the “I” as a specifically essential experience in that other ones, like the “I”, at the same time implementing unique as well as free work along with taking responsibility and determination for them. It is undeniable true that in various situations most of them should control themselves and their actions is carried out on a constant basis.

So as to comprehend one person, who must look at himself or herself as one wants oneself. There should be a mirror to see for yourself. A person who observes himself in a mirror and recalls it has no chance in the mirror, since it is instructed or explained in his mind or brain that he reflects himself “from the other side”, “from a variety of background”. In this imperative case, as a normal physical mirror, the “reflection” of social connections is implied. In order for a person to supervise himself in a mirror, he must perceive that he is not another creature, yet a person reflected in a mirror.

Here you have to concentrate on the fact that the animal does not recognize itself in the mirror. As we can know, in order for a person to see himself in the mirror, he must already have some forms, a mechanism of self-consciousness. These very forms are not given firstly. One assimilates which means that in accordance with Latin assimililo–assimilation, imitation to something or somebody, besides, builds another “mirror” – by the help of a community of other ones. [4]

It is universally true that self-awareness exists not only at different levels or else in different forms, but also at various levels of manifestation. When people receive a group of things, their body

perceives the system of other things or items, their place as well as their temporal properties, which means that every people knows the distinction between the mind and what they see. Nevertheless, these facts and concepts are comprehended in the whole situations as being happened "around" them, not "at their centre". It should be stated that reflection is not only the comprehension of what exists in people, but also an attempt to go beyond the upper boundaries of one's social level.

RESULT:

Self-consciousness is characterized by two interrelated features –reflexivity as well as objectivity. The key feature which is the capability to control our feelings, ideas, perceptions it allows us to link our mental miracles with the objective world outside of us, which allows us to supply the center of awareness in the world. During the process of thinking, a person comprehends the "I", examines it, compares himself to the ideal, reflects his attitude to the life, as well as in contrast, alterations some of the explanations of life. [5]

As a consequence, it is possible to forecast along with self-evaluate. Adjustment and testing can be implemented by being careful about other people's evaluations and comparing them to their own autonomous evaluations. For that crucial reason, self-awareness is not a special constant, it is a consensus of comprehending that arises not only in the process of joint activity as well as communication with other people, but also through mutual comprehension and self-consciousness – that is, possesses its own mechanism, the structure of dialogue.

It should be stated that often the reflexive activity of the brain is not only related to verbal speech: the challenge of

thinking in oral expression of what a person now comprehends is that there might be limits to oral speech.

Our experiences, life experiences along with emotions can not constantly be expressed in words. The second one which may not be possible to recall everything that is known at once–indeed, it is extremely struggling to express ourselves with the help of words that we have not created. During the process of virtualization, especially, the improvement of formulaic and the emergence, the specificity of the individual awareness is lost: for instance, the expression of an emotion of love – a person's attitude towards this feeling as well as two or three words expressing this feeling an example of similarity. The truth is that a person is not only able to express himself in the act of self-expression, but also in his relations with other people, in his actions and in his socially essential, actions.[6]

Therefore, self-consciousness arises not only in the joint activity process along with communication with other people, besides, it also hinges on the genetic aspects of a person "in terms of competence", but it is continually checked in the system of human relations, human performance, corrected, increased. Self-consciousness means not only self-consciousness, but also the objective of acquiring about one's own skills, interests, self-esteem, self-control and values. The "I", which means a sense of satisfaction or else dissatisfaction, is compared to another "ideal" of me. On a daily basis, a person's self-consciousness can be realized by comparing it with other people. This proves once again that it is a concept inherent in the social nature of awareness, which is

formed in the process of human communication and more collective. [7]

CONCLUSION:

It ought to be restated that self-consciousness is the outcome of a person's involvement in more social relationships. At the same time, self-consciousness occurs primarily at certain steps of society's enhancement. Particularly, it refers to these processes associated with the emergence of a peculiar type of religion, within individual ideas in personal property which is estimated economy, with improvement in culture. It is a factor that permits everyone to have an autonomous position in life. Overall, self-consciousness which does not mean the rationalization of consciousness, particularly, smart and intelligent. However, the enhancement, movement of the existing mechanism in it. This means that in the center of awareness, in the field of reflection, there is forever a mechanism, a feature of self-consciousness.

Taking everything into account, it can be concluded that in the context of social psychology, self-consciousness usually involves the knowledge and efficacious processes significant for self-management. Thus, the system of healthy human relations, further development as well as expansion, as well as the investigation of undiscovered areas of human awareness, 10)

will maintain a main factor for further enhancement of a healthy, psychological and social atmosphere in society.

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