

SOCIAL PSYCHOLOGICAL METHODS AND MEANS OF PSYCHOLOGICAL PREVENTION OF CONFLICT SITUATIONS IN ADOLESCENCE

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ANNOTATIONS:

The article describes the features of the manifestation of conflict situations characteristic of adolescence. The goal, methods and means of psychological prevention of conflict situations in adolescence are analyzed.

Keywords: conflict, stress, frustration, psych prophylaxis, information communication, group classes, discussion, excursion.

INTRODUCTION:

Teenage age is a period of contradictions, innovations, values and worldviews at this age. Modern teenagers growing in the context of the development of information communications differ from the peers of the previous generation by the manifestation of a number of social and psychological features of interpersonal relations, as well as individual qualities (emotional-volitional, intellectual method. Teenage age is also the time of different problems. Often, instead of analyzing the problem and look for optimal ways to solve it, the teenager is trying to influence the conflicting object and perform actions that lead to the escalation of the conflict. First of all, this is due to their life experience, the lack of communicative and social competence, as well as with the formation of emotional stress situations arising from the features of puberty. In psychology, the conflict is defined as contradictory views, conflicts that are expressed in intergroup or interpersonal

relations associated with unpleasant emotional experiences. The dispute is the lack of a compromise between two or more parties consisting of a certain person or group. Each side seeks to ensure that her point of view is accepted, not allowing the other side to do this. disappears [2, p. 25]. Gram. Loykin, N. Pogyetel, E. Utkins describes the concept of "conflict" as a conflict of views. Ya. Vashchenko, Zimmer.S; If Plyko describe the conflict as one of the manifestations of disagreements, S. Emelyanov, V. Kudryavtsev describes it as a manifestation of mutual contradictions. Often conflict situations are associated with their age characteristics in adolescence. Youth is 12-14 years old L. Boiovich considers a period of crisis. At this stage, the behavior of adolescent changes radically: many of them become rude, uncontrolled, the habit of adults disappears [4, p. 25]. In adolescence, typically overestimate the values, to realize themselves as a person, think about their own views on life. The emergence of conflict situations of various nature in these situations is characteristic of this period.

Teenagers in chronic conflict situations are characterized by negative behavior, such as suicidal thoughts, fights, smoking, alcohol and departure from the house. If you interpret from a psychological point of view, the aspect that has a destructive impact on adolescents is not a conflict itself, but its socio-psychological consequences. The duration of the conflict leads to a teenager's adolescent in the psyche of negative sensations, such as an increase in the level of anxiety, fear, panic, hostility, a decrease in self-esteem. Negative situations as

a result of the conflict cause certain changes in feelings, behavior, thinking, and even the character of a person. These changes are manifested in the behavior of adolescents, apply to other situations in which the subject is involved, and begin to occupy a wide range of interactions. For example, a teenager who has grown in the atmosphere of fear and danger is more likely to be the source of this environment later. In social psychology it is easier to say than to "prevent interpersonal conflicts". The prevention of interpersonal conflicts in adolescence requires minimal effort, money and time for timely conducting corrective psychological measures for the purpose of their constructive solution. Psychological prevention of interpersonal conflicts in adolescents is associated with the prevention of future negative emotional states, the formation of the personality and individuality of the teenager, the formation of positive life values, the formation of constructive interpersonal relations, Teenagers need help to think about the future so that they have the opportunity and understanding to take the right decision. "What do you want to do in the future? Who do you want to be?" Such questions encourage the teenager to think about. In this situation, the teenager may not answer immediately, but over time will think about it. It may also encourage him to show an example of the celebrities like. Complex of state, public, psychological, pedagogical complex,

The prevention of interpersonal conflict among adolescents is an impact on socio-psychological events, their partners and the resources they use, which may be an integral part of the future conflict. Since any interpersonal conflict is associated with a violation of certain needs and interests, to prevent it, it is necessary to start with its long, deep state, possibly from identifying possible causes of conflict. Attention should be paid to socio-psychological forms, methods and

techniques aimed at preventing and treating interpersonal conflicts in adolescents in adulthood. To the forms and methods of psychological prevention of conflict situations with adolescents can be attributed as follows: disappear [1, p. 7.]

1. Organization of mass events with peers of adolescents (Cool meetings, round conflict prevention tables).
2. Organization of excursions - under the excursions it is understood by the sights of attractions. The main goal of the excursion is to visit the historical shrine, not only to see the natural landscapes of the enterprise, but also to get acquainted with their history, various information about them, to share the ideas and ideas of team members.
3. Debates are a debate on a topic with scientific or practical importance, which is important for a specific teenager. The debate helps adolescents to develop personality qualities as logical thinking, independent thinking, the ability to listen to peers.
4. Business games - a way to imitate the actions and solutions of managers or specialists in various production conditions, in accordance with these Rules, groups of people or people who have access to the Internet, in interactive mode, in conflict situations or with a lack of information.
5. Conduct group psychological training.
6. Intellectual marathon - it is advisable to choose the topics of adolescents in different circles, sections.

From a psychological point of view, the presence of a conflict helps to formulate different points of view, and additional information makes it possible to make alternative solutions. This makes the decision-making process more efficient and allows adolescents to express their opinions. However, chronic conflict situations can lead to the formation of adole qualities of a teenager. At the heart of the psychoprophylaxis of conflict

situations among adolescents is the prevention of conflict situations of various nature. In this process, the purpose of psychoprophylaxis is to create social situations that prevent the occurrence of destructive conflicts in adolescent communities.

When carrying out the psychoprophylaxis of conflict situations, adolescents should consider the following: disappears [3, p. 7].

- Planning and conducting medical and preventive measures based on the results of comprehensive psychodiagnostics of their personal and social and psychological characteristics, taking into account the peculiarities of adolescents;

- Interpersonal conflicts cause problems in adolescents, learning problems, disappointing as a result of the reducing motivation to strive for success

- The psychoprophylaxis of conflict situations should be carried out simultaneously in several spheres of adolescents [3, p. 11];

- The formation of social situations that can prevent the emergence and elimination of interpersonal conflicts among adolescents and eliminate negative social factors.

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