

THE CONCEPTS OF CONSCIOUSNESS AND UNCONSCIOUSNESS IN THE INTERPRETATION OF SIGMUND FREUD

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ABSTRACT

Sigmund Freud analyzed the states of consciousness and unconsciousness in human activity in his work entitled "Psyche of the Unconscious". According to him, these states cannot be separated from each other, because some elements of the unconscious are found in the conscious state. In Europe, the conscious activity of a person was one of the first to be interested in his psyche, interpreting consciousness as a mental process.

Keywords: consciousness, unconsciousness, psychology, psyche, human mind, subconscious

INTRODUCTION

In the history of philosophy, many ideas and scientific views have been put forward on the issue of consciousness and unconsciousness. What is consciousness itself? How does the activity of the mind affect the mental and practical activity of a person? As a person begins to realize his identity, he is interested in studying the problems of consciousness that are unique to man. In the process of studying the human mind, those interested in this topic are asked whether the mind is a product of living nature or whether the human mind was created by God. He tried to find answers to the questions. Has the human consciousness developed in the historical process or has it remained in its eternally created state? There are no such problems. We can understand that the human mind is rich in complex mysteries like the universe through the great philosopher Socrates' thought, which became an aphorism: "If you know yourself, you know the world." So, if we refer to the opinion of Socrates, the way to know the secrets of the world can be opened to the extent that a person can understand his own through his mind. It is natural that the question of knowing the nature of consciousness is one of the most ancient problems that have been bothering mankind, and in the process of solving this problem, philosophers have conducted a lot of research and answered it. The oldest answer to the question about the nature of consciousness was given in the framework of mythological and religious views. Understanding consciousness from a religious perspective sees it as a divine phenomenon, a miracle created by God, and one of the highest blessings bestowed upon man. In many historically formed religions, the human mind is described as a miniature and manifestation of the divine mind. The soul in the human body is the carrier of our desires, wishes and thoughts.

Austrian neuropathologist Sigmund Freud is the founder of the psychoanalytic theory that emerged in Western Europe in the 19th and 20th centuries. His views on the human psyche and passions spread widely throughout Europe. Freud's views in the field of human psyche later became famous all over the world. Because he was one of the first to deeply study the little-studied area of human life.

Freud initially applied the process of studying and finding cures for nervous disorders. Later, the field of psychoanalysis emerged as a method of treating nervous diseases. The process of the human unconscious has been widely studied by Freud, and how significant the effect of this process on the human psyche has been determined after many studies. According to the scientist, human activity is divided into two, the spheres of consciousness and unconsciousness. The states of consciousness and

unconsciousness are characterized as not intersecting with each other, and it is argued that each has its own structure and function. The scientist tried to prove that unconsciousness is more important in the practical activity of a person. Sigmund Freud focuses more on the activities of the human unconscious. Unconsciousness affects the human psyche and forms the content of his social, cultural, natural activities and life. He believes that the history and civilization of mankind can be studied through the unconscious. Since Sigmund Freud was one of the first to deeply analyze the human psyche, the movement that studies the structure and development of the human psyche was called Freudianism. Initially, he focuses more on the activity of the mind in determining the cause of neurosis in man. In the human psyche, Freud distinguishes a structure that is relatively independent from each other: these are the subconscious - it; the conscious self; the higher is the ego. According to Freud, the conflict between these three structures causes neurosis.

When a person dies, the mind also dies. Although the roots of such religious views are ancient, there are still many people who agree with this doctrine. Because the question of consciousness is related to the creation of the universe and man. Whoever acknowledges that the creation of nature, society, and man is due to God, the creation of consciousness is also the grace of the creator. There are also ideas based on worldly knowledge about understanding the nature of consciousness. When understanding materiality, i.e. the reflection of objective reality in the brain, consciousness is interpreted by connecting it with the human body. By the 18th century, attempts were made to define consciousness by connecting it with the activity of the human brain. But in the process of interpretation of such views, there are cases of distorting the essence of consciousness. We can point to the views of the "Vulgar Materialists" as an example of wrong thinkers. They believe that the brain produces consciousness just as the liver produces bile. If we pay attention to the content of such a thought, this thought gives rise to a materialistic view. That is, consciousness is not real. It is concluded that it is a material phenomenon. But the bile produced by the liver can be seen; the mind cannot be seen, grasped or measured. If we want to study the history of consciousness, we will see that it is connected with the history of human being. The history of consciousness cannot be separated from the solar system and its changes over millions of years. From this point of view, the formation of consciousness can be seen as a cosmic phenomenon. Many philosophers and scientists who lived in history sought to understand the essence of the mind that belongs to the individual person first of all in order to study the secrets of the universe. Sigmund Freud is one of such scholars.

Psychologists, based on many experiments and scientific researches, during the birth and growing up of a human child, many functions of a person's conscious activity begin to be automatically managed beyond the control of the mind. Any work done by a person for the first time is first controlled by consciousness. His next exercise is done automatically by instinct and reflexes. In this case, a person may develop skills and abilities related to the previously performed work, and his mind may not participate in this activity. We know that the unconscious includes such phenomena as intuition, imagination, instinct and intuition, which are beyond the control of the mind. Considering these features, unconsciousness can be said to be a natural condition for the existence and development of consciousness. Subconscious phenomena that do not depend on consciousness are also an important part of mental processes. According to Sigmund Freud, they are the borderland between the unconscious and the conscious.

Freud divides the mind into the following levels: I - as a psychic structure, this structure directs and controls all psychic processes; pre-consciousness is not complete unconsciousness, that is, it can develop into consciousness; and finally, the unconscious is the driven unconscious. Unconsciousness

does not pass into consciousness by itself, it passes through the following levels: "consciousness" (bw), "consciousness" (vbw) and "unconsciousness" (hbw) [1].

Sigmund Freud said that everything that is repressed from consciousness is unconscious, but the unconscious is not exactly the same thing as repressed phenomena. So, consciousness is involved in the practical activities of any person. In particular, the lower realms of the unconscious are somewhat more meaningful. They are phenomena that cannot be explained in many scientific languages [2]. He may have fallen into the realm of unconsciousness. Researchers in the field of consciousness actually view many repetitive human activities as entirely subconscious. For this reason, Sigmund Freud emphasizes that it is necessary to study the human unconscious in depth. There are many problems to be studied in the fields of human psyche, conscious and unconscious activity, fate, possibilities of the human brain. In-depth research in these areas is one of the main pressing issues of today.

Conclusion. Transitions from the subconscious to the border of consciousness are common in our life. Our actions are completely unconscious, that is, not under the control of the subconscious. The reason is that if we set out with a goal, even if the process of realizing that goal has become our daily activity, we can consciously understand other processes or realities that come along the way and we can exert our influence on this phenomenon. Even in the tasks performed by the subconscious mind, the mind is involved, although it is slow. With this characteristic, man differs from robots and other types of creatures. Being a conscious being, man has the ability to change his activities depending on the situation. Thus, Sigmund Freud, while researching the human psyche, scientifically substantiated the influence of spiritual and emotional processes and emotions on human practical activity. He revealed subtle aspects of the human psyche that were not studied until the time he lived. It explains the positive aspects of conscious control of human passions, as well as the negative aspects of overindulgence in emotions.

References

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