

PERIODS OF PSYCHOLOGICAL CHANGES IN THE MIND OF YOUNG PEOPLE

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Abstract: This article talks about the psychological types and periods of age. Age is an integral characteristic of a person, which reflects the life span of a person and the level of development achieved as a result of life.

Key words: Intellectual, adolescent, neoplasm, egocentric tendencies, metaphysical, age integration.

Introduction: Age Types:

1. Chronological (passport)
2. Conditional age (level of development in accordance with the age norm of a person) Distinguish conditional age: biological, psychological (mental), social, personal. Age periodicity according to Elkonin
 - 1) Infancy (0-1 years) - emotional communication with adults
 - 2) Early childhood (1-3 years) - object-manipulation activity
 - 3) Preschool teacher (3-7 years old) - role-playing game
 - 4) Educational activities of junior students (ages 7-11).
 - 5) Adolescent (11-15 years old) intimate-personal communication
 - 6) Early age (15-18 years) education and professional activity

Adolescence is called the last period of childhood and the first age of adulthood. In the modern view of the process of the coming of age of a person and his entry into social life, the period of adolescence is defined as early age (15-17 years) and late youth (18-21 years). The upper limit of youth in different periods is very variable: from 20 to 22 years. . The task of this topic is to distinguish the psychology of early youth as the period when a person's childhood ends. The main task of youth is to allow a person to mature. All the forces of the soul - spiritual, intellectual, physical, according to V. V. Zenkovsky, are very ready for this. Youth collects all the neoplasms of the previous age, and they are manifested in a new quality in youth. From early childhood, an aesthetic type of attitude returns to youth, a feeling of bright infinity. Junior school age focuses on the laws and regulations of the external, social and moral world. Their new quality is manifested in the adult person's desire not only to adapt to the current laws, but also to change the situation by approving this law. "Finally, from adolescence to youth comes the powerful force of sexuality, but as if mastered and enlightened ... it usually finds its object, in the passionate worship of which all the best powers of the

soul blossom. From adolescence, the child enters a new period in which he has the ability to consciously imitate certain models, clearly imagines himself as a person, he can use his will to achieve a certain goal. and begins to build his personality

We also consider early adolescence through the prism of the formation of self-consciousness as an integrative psychological function that is at the center of all changes in this period. connects with people around. He tries to see this ideal in vivid real situations and close people. But since this often requires special personal qualities that young people do not have, the young man has a conflict with these people. For him, what fits his ideals is positive, and what does not fit is negative. Youthful maximalism often leads to disappointment. This age period is figuratively described as the period of "black and white" logic. Only the developing process of self-awareness allows a young man to correct his assessment and find a balance between his own position and the position of other people. Self-knowledge allows him to begin to associate the ideal with his personal characteristics, and here we can say that childhood as a period of life is over. There is an awareness of uniqueness. The internal tension inherent in this age creates a feeling of loneliness, which increases the need for communication with peers, and at the same time increases selectivity. That's why friendship and romantic love are so important at an early age. Communication is confidential and sincere. This is a sensitive age for building close, intimate and open relationships with other people. It's hard for guys who haven't learned this skill to make friends later in life. In addition, friendship and love serve as a kind of psychotherapy, which allows a young person to express his overwhelming feelings, to get the support he needs for self-affirmation. As developmental psychologists point out, when communicating with a member of the opposite sex, boys and girls change the physical communication (hugging, pinching, hitting, touching) that dominates during adolescence to verbal communication (compliments, sarcasm, jokes, they replace with yin instructions).). Diaries for girls are often an emotional outlet.

Professional self-determination

Traditionally, adolescence is viewed from the standpoint of career choice (Pryazhnikov, 1996). E.A. Klimov singles out the option stage in the stages of becoming a specialist corresponding to the considered age, when a person makes a fundamental decision about choosing a path of professional development. Variant stage (from Latin - "desire", "choice"), according to the author, covers the period from 11-12 to 14-18 years. L.A. According to Golloway, the basis of an adequate professional choice is the formation of a person's cognitive interests and professional direction. At the age of 16-17, the integration of interests increases and, at the same time, they differ depending on their gender. There is a combination of cognitive and professional interests. In addition, there is a narrowing of cognitive interests determined by the professional direction and career choice formed at the initial

professionalization stage. Vocational orientation is based on individual psychological characteristics, the system of personality potentials and has a very clear gender identity: boys have a more technical orientation, and girls have a social and artistic orientation. Vocational orientation the process of self-determination goes through several stages. The first stage is a children's game, during which the child assumes various professional roles and plays individual elements of behavior related to this or that.

The second stage is teenage fantasies, when a teenager sees himself in a dream as a representative of an attractive profession. The third stage, which covers the entire period of adolescence and young adulthood, is the initial choice of a profession. Various activities are sorted and evaluated, first the interests of the teenager (I like history, I will be a historian!), then his abilities (I'm good at math, should I do this?) and finally, from the point of view of his value system (I want to help the sick - I will become a doctor). The fourth stage, I.S. Kona, - making practical decisions, the actual choice of a profession, it includes two main components: determining the level of competence of the future work, the size and duration of the necessary preparation for it, i.e. choosing a particular specialty. However, according to sociologists, the orientation to enter the university is formed before choosing a specific situation. The most important conditions for successful professional self-determination are formed intellectual potential, adequate self-evaluation, emotional maturity, and self-management of the individual. In modern conditions, a 13-14-year-old teenager is forced to choose a future profession, educational profile, but is not ready for independent choice and shows low activity in professional self-determination. Broad in a sense, adolescent self-determination includes not only professional choice, but also the processes of gender-role self-determination, personality formation, and value-semantic self-determination.

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