

PSYCHOLOGICAL MENTALITY IN THE XXI CENTURY: IDEOLOGICAL REVIVALS AND THE IMPORTANCE OF HUMAN GOALS

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Abstract: This article is intended to explore the importance of psychological minimalism in the 21st century in connection with ideological reconstructions and human goals. The article emphasizes the importance of ideological permutations in the process of self-determination of people, setting goals and achieving them. It discusses the place occupied by ideological perestroika and their impact on the psychological mentality when people explore their human potential and strive for higher goals and meanings. The article, in particular, will consider the psychological process of self-knowledge, achievement of goals and current problematic situations in achieving internal stability by people, scientifically based conclusions and suggestions on this issue are given.

Keywords: Psychological mentality, ideological perestroika, insomnia goals, potential, self-actualization, psychological process, mental stability.

Mentality is usually understood as a special "thinking" characterized by a set of behavioral traits, feelings, character traits and values. These qualities are inherent in all people. For example, they say that Georgians are the most hospitable and friendly people, while Russians, on the contrary, are very closed. At the same time, it is understood that these traits are innate, unchangeable and inherent in the representative of each nation. The term "mentality" was introduced by the French ethnologist Lucien Levy-Bruhl. He observed primitive tribes and compared their thinking with the thinking of Europeans. The differences that Levi-Bruhl emphasized among the natives, he described with the word "mentality". He considered them innate traits, not the result of cultural influence. Later, in the 1920s, a historical school of Annals appeared in France. It also used the term "mentality", but in a completely different sense. Historians of this school believed that people's thinking depends on the epoch. This is closer to what

modern sociology says. But in the simplest sense, the mentality is often expressed not by the thinking of the epoch, but by the "national character".

Political scientist Ekaterina Shulman was one of the first in the social arena to speak about the opposition of mentality to science: "mentality is a pseudoscientific concept. There are no obvious signs of this. Shulman believes that those who use this term are simply hiding their mold in relation to different nationalities and nationalities.

Why does the mentality do more harm than good? First of all, it is a concept that can lead to discrimination. The mentality defines a person a set of unchanging qualities that he must live by. In fact, we are adaptive beings and adapt to social norms, ideas and customs, and are not carriers of certain traits from birth. In addition, we are actively changing and creating a culture around us. On the other hand, stereotypes restrict our freedom and force us to put up with what we are given.

On the other hand, human goals are the purposefulness of human life and activity aimed at setting and achieving goals that differ from other directions. Mastering oneself, identifying and mastering one's potential, having one of the basic principles of personal and collective development, provides a person with the desire to achieve goals in his life.

In the XXI century, the psychological mentality of people develops along with ideological perestroika and human goals. This century, along with globalization, technological changes, advances in the means of communication and changes in society, forces people to demand more from themselves. These requirements are that people focus on self-improvement, achieving goals, personal success and achieving a satisfying life.

Reviving ideas will be essential to finding ways in which people define, motivate, and educate themselves. These restorations force people to approach how to identify and direct energy. The pace and complexes of the XXI century give people great opportunities for self-development and achievement of high goals. People strive to learn, create, innovate and educate themselves, which gives meaning and meaning to their lives.

On the other hand, human goals are the purposefulness of human life, activities organized to set and achieve high goals. These goals play an important role in people's self-improvement, unlocking their potential and ensuring personal and collective development. Human goals require the achievement of specific goals in a person's life, development based on his own requirements and illumination.

The significance of the XXI century for ideological revivals and human goals is associated with the transformation of society and personal development of a person. This article analyzes how psychological mentality in the XXI century focuses on ideological perestroika and human goals, their role in personal and collective human development and how to counteract changes.

The article analyzes the importance of psychological minimalism in the XXI century for ideological changes and human goals. It has been shown that globalization, technological changes and the dynamics of society have changed the psychological dimension of people in the 21st century, making ideological revivals important. People focus on self-improvement, achieving goals, personal success and using their life orientations.

Integration of movement towards goals into educational systems: to make it important to move towards goals between students and teachers, it is necessary to include a focus on moving towards goals in educational programs.

1. Education about the high impact of paving the way to human goals: the family, educational centers and teachers should use guidelines and recommendations to make paving the way to human goals important, establish requirements and teach the importance of self-determination.

2. Platforms for self-development and goal-oriented learning: Mobile applications, online resources and platforms should provide opportunities for learning, repeating actions and providing instructions that are used to direct people to self-study and achieve goals.

3. Investing in organizations that pave the way for human goals: Industry, business and governments should provide organizations with financial and quality resources to demand that they pave the way for human goals in a timely manner.

4. Protection from psychological conflicts and external influences: it is believed that in order to successfully achieve human goals, it is necessary to psychologically protect people from external influences, manage stress.

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