

METHODS OF FORMATION AND DEVELOPMENT OF PROBLEM SOLVING SKILLS IN ADOLESCENT PSYCHOLOGY

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**Annotation:** Studying the problems observed in children in adolescence and the history of their origin and formation and development of how to solve problems.

Note that:

Based on the civil-legal contract, experienced psychologists working in general education schools and engaged in private practice are attracted to the social-psychological support centers for children, depending on the need;

The activity of children's socio-psychological support centers is coordinated by the Republican center for vocational guidance and psychological-pedagogical guidance of students under the Ministry of Public Education;

In the 2021/2022 academic year, the admission parameters for the educational areas in the field of psychology will be increased by 30% based on the state order.

The Ministry of Higher and Secondary Special Education, together with the Ministry of Health, improves the curricula and educational programs of higher education institutions that train personnel in the field of psychology, taking into account advanced foreign experience, help in adapting to the requirements of the providers.

The Ministry of Public Education should conduct training courses on child psychology in the training of pedagogic personnel and attract qualified, including foreign, experts to this process.

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PRESIDENT OF UZBEKISTAN

Adolescence is the period of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and a significant time for building the future. Cognitive, emotional, physical, cultural growth will be seen at that age.

At this age, various problems, strange habits and characters appear. They demand good foods, clothes, more money, valuable things and mainly freedom. They want to get all that they have not got. Violence, Alcohol drugs, Early pregnancy that they are

not the problems of teenagers' lives, these are their mistakes, knowing that it is a mistake, getting emotional, choosing the wrong path.

It is worth to say about some common problems of juvenility such as;

- 1) Disagreements between parents
- 2) Inability to spend time properly
- 3) Not being able to do something well
- 4) Inability to concentrate
- 5) Inability to get along well with people.

These are the most common problems in teenagers. These situations have a great impact on their lives. Everyone can solve these problems by himself, but he / she does not know how to do it. Problem-solving skills are the ability to identify problems, brainstorm and analyze answers, and implement the best solutions. Problem-solving includes more parts: identifying the problem, analyzing possible solutions, deciding on the best course of action,

Research is the first step of problem-solving because it helps you understand the context of a problem. Researching a problem enables you to learn why the problem is happening. For example, why happens disagreements between parents and childhood?, what causes arguments between them?, why are there a conflict between them? It is necessary to find the root of such questions in this step. In this way, you can understand who is more to blame for what caused the problem.

Emotional Intelligence. It is worth considering the impact that a problem and/or its solution has on you and other people. Emotional intelligence, the ability to recognise the emotions of yourself and others, will help guide you to an appropriate solution. See our Emotional Intelligence pages for more.

Analysis is the next step of problem-solving. Now that you've identified the problem, analytical skills help you look at what potential solutions there might be. Problem analysis is the process of understanding real-world problems and user's needs and proposing solutions to meet those needs. The goal of problem analysis is to gain a better understanding of the problem being solved before developing a solution. There are five useful steps that can be taken to gain a better understanding of the problem before developing a solution.

Creativity. Problems are usually solved either intuitively or systematically. Intuition is used when no new knowledge is needed - you know enough to be able to make a quick decision and solve the problem, or you use common sense or experience to solve the problem. More complex problems or problems that you have not experienced before will likely require a more systematic and logical approach to solve, and for these you will need to use creative thinking. See our page on Creative Thinking for more information.

Another step is Thinking. Think about everything you do first and think about how to solve the problem in a positive way. Thinking commands the brain, changes the brain. That's why it plays an important role, thinking about the positive side of everything can solve problems. Such as, ``Not being able to do something well``- in this case, everyone prefers to give up. But he will not try to show a better result next time, he will not believe. The reason is that only negative thoughts, prejudices, despair, and distrust appear in the brain.

Reading books. Books Offer Valuable Advice

“To be or not to be, that is the question!” Many a time, we are confronted with the biggest doubt of our life. We do not know which road to take to reach our desired destination. Books have a role to play here. If Characters like Margaret in North and South, Clym in The Return of the Native, Elizabeth in Pride and Prejudice, have given us some of the best life advice. Whether it’s through fictional characters or real life experiences, books are the things to turn to whenever you need some wise advice that would change your life. Books make you want to do what the characters did in a similar situation and you emerge as a stronger person.

Other main step is also online monitoring of children suffering during war. Children think about what hardship is suffering, gratitude. When we observe their lives, they are the same children as us, but some of them have rotten food, their parents are burdened, they don't go to school, they can't go to the doctor if they are sick, they can't play games on the streets, they have real smiles on their faces, and the children who see these situations are affected. This condition teaches them to be respectful, considerate, thankful, and interested in learning.

Risk Management. Solving a problem involves a certain amount of risk - this risk needs to be weighed up against not solving the problem.

To sum up, the above points it is essential that:

Identify and define the problem.

Come up with possible solutions.

Evaluate the options.

Choose the best solution.

Evaluate the outcome.

Implement the solution.

First of all, parents should be informed about these. A parent is a guide to a child in solving every problem. For example, if these methods are taught in schools, they will show great results. At this age, they spend most of their time in school. A lot of time changes a person in a lot of ways. The correct psychological advice and instructions of teachers will help them not to make mistakes or quickly solve their problems in the right way.

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