

NEURO-LINGUISTIC PROGRAMMING

Abdurakhmanova Umida

Teacher of the Department of Information Technologies of Tashkent State University of Uzbek language and Literature named after Alisher Navoi

Annotation: Although there are some studies with positive results, according to scientific reviews, all such studies have methodological shortcomings. In total, three times as many studies of higher quality were conducted, in which it was not possible to reproduce the results claimed by supporters of NLP.

Key words: language (linguistic), special techniques, modern neurology and contains

The creators of NLP claim that there is a connection between neurological processes (neuro-), language (linguistic) and patterns of behavior (programming), as well as the possibility of influencing them with special techniques to achieve desired goals. NLP techniques are aimed at copying or modeling the behavior of people who have achieved success in a certain field in order to acquire their skills.

There is no scientific evidence in favor of the effectiveness of NLP, it is recognized as pseudoscience.

Systematic reviews indicate that NLP is based on outdated ideas about the structure of the brain, is incompatible with modern neurology and contains a number of factual errors. The characteristic pseudoscientific terminology used in NLP is noted.

Although there are some studies with positive results, according to scientific reviews, all such studies have methodological shortcomings. In total, three times as many studies of higher quality were conducted, in which it was not possible to reproduce the results claimed by supporters of NLP.

Despite its inefficiency, NLP is advertised by hypnotherapists and training companies, a large number of popular psychological literatures is published about it.

Sociologists and anthropologists characterize NLP as part of the New Age movement or the movement for the development of human potential. A number of researchers who have analyzed fraud in the fields of medicine, psychology and psychiatry mention NLP among the most discredited therapeutic practices.

NLP developers Richard Bundler and John Grinder explain that neuro-linguistic programming embodies Korzybski's ideas that our maps or models of the world are distorted representations due to the peculiarities of neurological functioning and the limitations associated with it. "Information about the world is obtained by the receptors of the five senses (naturally, there are more than 5 senses, there are such feelings as a sense of balance, etc. and then undergoes various neurological transformations and linguistic transformations even before we first get access to this information, which means that we never experience an objective reality that has not been changed by our language and neurology."

Practitioners of neuro-linguistic programming believe that supposedly our subjective reality is determined by beliefs, perception and behavior, and, therefore, it is possible to carry out behavior changes, transform beliefs and treat injuries. Techniques developed on the basis of observational data were described by their creators as "therapeutic magic", while NLP itself was described as "the study of the structure of subjective experience". These statements are based on the principle that any behavior (be it the most perfect or dysfunctional) does not manifest itself by chance, but has a structure that can be understood. NLP is used in a number of fields of activity: sales, psychotherapy, communication, education, coaching, sports, business management, interpersonal relationships, as well as in spiritual movements and pickup.

The new NLP code is a set of models and techniques that expand and complement the original version, called the "classic code" or "old code". The new code was created by John Grinder, co-author of the classic code, and his colleague Judith Delozier in the mid-1980s in response to criticism of the first generation of NLP techniques. Followers of classical NLP were criticized for excessive mechanistic

processes, personal incongruence during the application of "ritual techniques" and insufficient attention to systemic sources of problems. Like classical NLP, the New Code is not a branch of academic psychology.

According to Grinder, the new code was developed under the influence of anthropologist Gregory Bateson's ideas about information theory, Carlos Castaneda's books, as well as the experience that Grinder received during his visit to the Congo, where he studied local traditions of dancing, singing and drumming. Unlike the classic code, which was largely the product of NLP modeling by psychotherapists such as Milton Erickson, Fritz Perls and Virginia Satir, the new code is the product of conscious development, design.

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