

PSYCHOLOGICAL CONDITIONS OF PERSONALITY FORMATION

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Annotation:

The beginning of another approach to understanding the concept of psychological health was laid by Z. Freud, who, as you know, understood many mental illnesses as a result of personal internal conflicts that disturb even healthy people. He believed that the whole range of negative emotional experiences (depression, anxiety, etc.) is the subjective side of these conflicts that arise when the goals set by a person and the means of achieving them conflict with each other. As a result, in the following decades, human mental health became the research object of other sciences about man and society, first of all, psychology. A person's psychological health is related to personal characteristics that combine all aspects of a person's inner world and ways of its external manifestation into a single whole. Psychological health, on the one hand, is an important component of a person's social well-being, and on the other hand, his vitality.

Key words: Positive mental health, emotional, volitional, cognitive relationships, psychological and social health, social subjects, personal perception and relationships between social phenomena.

Annotatsiya:

Psixologik salomatlik tushunchasini tushunishga yana bir yondashuvning boshlanishi, siz bilganingizdek, hatto sog'lom odamlarni ham bezovta qiladigan shaxsiy ichki nizolar natijasida ko'plab ruhiy kasalliklarni tushungan Z. Freyd tomonidan qo'yilgan. U salbiy hissiy kechinmalarning butun doirasi (depressiya, tashvish va boshqalar) insonning o'z oldiga qo'ygan maqsadlari va ularga erishish vositalari bir-biriga zid bo'lganida yuzaga keladigan ushbu konfliktlarning sub'ektiv tomoni deb hisobladi.

Buning natijasida keyingi o'n yilliklarda insonning ruhiy salomatligi inson va jamiyat haqidagi boshqa fanlarning, birinchi navbatda, psixologiyaning tadqiqot ob'ektiga aylandi. Insonning psixologik salomatligi shaxsning ichki dunyosining barcha tomonlarini va uning tashqi namoyon bo'lish yo'llarini bir butunlikka birlashtirgan shaxsiy xususiyatlar bilan bog'liq. Psixologik salomatlik, bir tomondan, insonning ijtimoiy farovonligi, ikkinchi tomondan, uning hayotiyligining muhim tarkibiy qismidir.

Kalit so'zlar: Ijobiy ruhiy salomatlik, hissiy, irodaviy, kognitiv munosabatlar, psixologik va ijtimoiy salomatlik, ijtimoiy sub'ektlar, shaxsiy idrok etish va ijtimoiy hodisalararo munosabatlar

Introduction

The ideal of the human personality is the idea of a perfect person that lives in the works of literature, art, and folk art.

The ideal of physical and spiritual beauty has occupied the minds of many educators since ancient times. However, in a person there is a harmony of physical and spiritual harmony, and work is completely excluded. In the Middle Ages, the spiritual aspect became an ideal.

They saw the ideal of multifaceted education as combining learning with work, in which all members of society participate. Nowadays, the idea of comprehensive development of personality is recognized by the whole world as the highest goal of education.

And yet, not a single country can boast of its complete enough implementation, and moreover, it is vaguely understood by various pedagogical and philosophical schools, to put it mildly.

The difficulty of the topic under discussion is that the term "health" in our mentality is associated with medicine in one sense, and its violation is associated with forced treatment by doctors, psychics, psychics and various other traditional and alternative fields. liq. drug. Mental health is usually associated with professionals in the fields of psychiatry and psychotherapy.

The relevance of the chosen topic in our days is clear, because. in the modern world, some people have difficulties in various communication, others experience difficulties in self-knowledge and self-development, and others have destructive personality traits (aggression, jealousy, dyssynchrony, etc.) and forms of behavior (suicidal, asocial, with various psychological dependence) dominate. There are many such examples. But all this is characteristic of a normal person, not a sick person, and a professional psychologist, not a psychiatrist, helps a person overcome the difficulties that arise.

Literature analysis and methodology

New ideas about mental health have emerged. Therefore, according to M. Jehod, the structure includes such components as a positive attitude towards oneself; optimal development, growth and self-expression of the individual; mental integration (authenticity, compatibility); personal autonomy; realistic perception of others; the ability to adequately influence other people, etc.

The concept of "personal mental health" is widely used in the humanistic direction of psychologists, within which a new concept of "positive mental health" has been proposed. In the works of K. Goldstein, A. Maslow, K. Rogers, W. Frankl, and others, it is based on the realization of real human life. Thus, A. Maslow, a prominent representative of this tendency, agreeing with the opinion of K. Goldstein in his recent works "Psychology of Existence" and "The Far Limits of the Human Psyche", said that pathological disorders of mental health - neuroses and psychoses emphasizes. the result of wrong, wrong personality development.

Mentally healthy persons are "mature, high level of self-expression", have real life achievements, developed personal capabilities.

In our opinion, mental health is determined by the specific characteristics of balance, the harmony of human vital forces (in terms of individual and social subjectivity) and the uniqueness of the living space.

This approach leads to other criteria for psychological health. From these positions, it provides the opportunity for personal choice and autonomous development. Its mechanisms include: self-awareness, the ability to make decisions about the direction of the future, readiness for changes and the identification of alternatives, trends, the study of one's resources and their effective use, the choice made responsibility for etc. V. Frankl wrote that if a person wants to come to his senses, his path goes through the world.

Among the many signs of its seriousness, another criterion of psychological health is the phenomenon of mental balance. It includes the harmony of different areas of personality - emotional, volitional, cognitive relationships. Its violation leads to personal decline, destruction, social and personal adjustment. This is a criterion of mental balance, which is also related to the overall development of a person, his adaptive abilities and characteristics, and the adequacy of their reactions to external influences. The phenomenon we are considering is significantly determined by the specific characteristics of the processes of integration in the structure of the person in the sociology of modern society and human vitality. The problem of social and psychological health: development and rehabilitation of human vitality¹.

The difference between a person's psychological and social health is very conditional because. personality traits develop only in society, in the society he entered. These personal characteristics can be described through the manifestation of individual and social subjectivity, a detailed description of which is given in the previous material. Here we remember that the analysis of a person as a person, social subjectivity can more fully describe his psychological health.

All of the above allows us to consider mental health as a measure of a person's ability to maintain, realize and develop individual and social subjectivity in a changing world, and social health as a measure of active and autonomous maintenance and development of personal and personal vitality. will give. social subjects in a changing living space are considered as a set of characteristics of personal perception and acceptance of social phenomenon relations.²

Discussion and results

Each person lives in his own society. What will it bring him? Just help and support? Or is there a downside to human sociality?

¹ Ed. S.I.Grigoryeva, L.D.Demina. Barnaul, 1999. V.3. 50-bet.

² L.D. Demina, I.A. Ralnikova Darslik, "Shaxsning ruhiy salomatligi va himoya mexanizmlari", Oltoy davlat universiteti nashriyoti, 2000. 94-bet.

One of the generally accepted points of view, according to which the most important reason for bringing people together in different teams, is to recognize the desirability of unity in work. But if this idea is accepted as an axiom and considered the only true one, it is simply impossible to understand a number of social processes in modern societies. This is especially true for the development of human destructiveness, a decrease in the standard of living, a decrease in labor productivity, and the "collapse" of industrial and agricultural production in general, as happened in our country in the 1990s.

In special literature, the problem of social stimulation of specific disorders of psychological health is widely and actively discussed. One of the first to emphasize this was Z. Freud. He developed the idea that society itself makes a person neurotic, because in any civilization there are internal contradictions between needs (included in the structure of the Id) and social control over their manifestation (Super-Ego). His students and followers, primarily K. Horney, A. Freud, E. Fromm, K. Jung, who worked with people of different ages, cultures and civilizations, are devoted to the neuroticism of its members created by society. The position that mental health disorders are the result of individual socialization is still the main idea of psychoanalytic views.

While studying the socialization processes of a person in totalitarian societies, K. Lester showed that a person who has experience of social life in such a dormitory is usually forced to give up a part of his "I" by accepting and fulfilling social roles. But, according to him, the greatest neuroticism, as a rule, is caused by the inconsistency between the ideas of a person about his real and ideal personality, formed by society, which shows the imperfection of the first. This manifests in the form of guilt, anxiety, personal destruction, etc.

Examples of such social ideals are the images of "The Code of the Builder of Communism", "True Soviet Man", "True Komsomolist", i.e. people without flaws, without any problems. Often, society (in the form of school, family) makes clearly unbearable and impossible demands for the child, which also causes internal tension, discomfort, dissatisfaction and guilt. Whole sets of socially acceptable and socially unacceptable behavior are separated.

The above-mentioned studies show that a neurotic person can easily control his public and private mind, because his psychological dependence on others is noted, which affects his psychological health characteristics.

The adaptation of people to the natural and social environment is purely individual. Most people can handle this task. But some people are too "fragile" or poorly prepared for life and cannot adequately perceive and solve the problems that arise. They have abnormal development and inappropriate behavior.

At all stages of social development, people have tried to determine the reasons for such "out of bounds" behavior. Thus, in antiquity, in the Middle Ages and later, mental illness (madness) was considered to be the result of demonic possession, the presence of an "evil spirit" that had to be driven out with the help of spells and cruel treatment. There are many facts in history

when "witches" and "witches" were chained, kept in prison, burned at the stake, stoned, "dismembered" by excited crowds: and only at the end. 18th century. French physician F. Pinel insisted that "insane" people be treated as "mentally ill" people. This humanitarian movement ushered in the era of psychiatry.

Until recently, psychiatry was engaged in the study and description of the mental characteristics of people whose behavior does not correspond to the generally accepted norm. It is psychiatrists who gave such definitions about extreme variants of the norm, mild (normal borderline) painful changes in the human psyche, as well as specific mental illnesses whose symptoms correspond to certain syndromes.

Psychologists are mainly engaged in studying the psyche of healthy people. However, at present, no one doubts the discreteness of the boundaries between "norm" and "pathology".

A review of the problem of correlating the characteristics of "psychological norm" and "mental deviations", which is very common in modern scientific and practice-oriented publications, shows that it is still not solved due to its complexity. Its solution is also complicated by insufficient knowledge of the mental essence and the principles of its organization, the existence of a wide range of theoretical and methodological approaches to understanding the personality of a person, the content and limits of "normal" and "ordinary". abnormal in the psyche" and others.

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