

CHARACTERISTICS OF PSYCHOLOGICAL DEVELOPMENT DURING ADOLESCENCE

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Abstract

The essence of the article is that every person in the world experiences adolescence in the process of development. At this time, the child's worldview expands and begins to engage in interpersonal communication. At this age, more attention should be paid to the upbringing of the child.

Key words: mental development, transition period, crisis period, difficult period, imitation.

Adolescence covers the period from ages 10-11 to 14-15. For most students, the transition to adolescence begins in the 5th grade. The phrase "adolescents are neither children nor adults" aptly describes the crucial characteristic of this stage. Adolescence is a period of transition from childhood to adulthood, characterized by its unique physiological and psychological traits. Children in their early teens can grow 6-7 cm, or even up to 10 cm, at the age of 11-12. During this stage, girls tend to grow faster than boys. By the age of 13-14, the growth rates of both sexes start to equalize, and by the age of 15, boys often outgrow girls. From this point on, boys generally continue to dominate in terms of growth until the end of their lives. Adolescence is also a time when worldviews, beliefs, perspectives, positions, self-awareness, self-assessment, and similar traits are formed.

Researchers D.B. Elkonin and T.V. Dragunova, who studied the characteristics of adolescence, noted that boys and girls at this age exhibit a strong inclination to form relationships with their peers and show a vivid interest in the lives of their peer groups. Adolescents strive to behave like adults, seeking to demonstrate their talents, abilities, and potential to their peers and teachers. This behavior can be easily observed through simple observation.

The adolescence period is often referred to as a "transitional period," a "crisis period," or a "difficult period" due to its psychological aspects. This is because adolescents often experience psychological outbursts due to their inability to find their place in new circumstances, a phenomenon L.S. Vygotsky called a "crisis in psychological development."

Adolescents observe and admire the independence and freedom of adults in real life, on screen, and in books, along with their bold actions, heroism, and the respect they command among others. They become interested in and aspire to appear as mature adults, believing that fulfilling this desire will be easy. Adolescents strive to achieve many of their wishes and desires. They aim to use all the things that adults have, to be free, independent, and

unrestrained. To demonstrate their importance to those around them, adolescents try to appear "strong, fearless, and agile." They imitate and mimic the actions of familiar and admired adults. The essence of adolescence lies in the fact that adolescents become more actively involved in the social environment, breaking away from the old relationships formed during childhood and beginning to navigate this environment. Every adolescent seeks to affirm their personality among those around them through successful activities.

During adolescence, traits such as disobedience, stubbornness, irritability, reluctance to admit mistakes, and combativeness are common. Adolescents often feel awkward in new roles, such as smokers or drinkers. This period can also be marked by severe fatigue. Notably, fatigue peaks sharply at the ages of 13-14 and 16. In such conditions, adolescents cannot fully concentrate on surrounding objects and events. Conflicts that arise among younger adolescents should not be attributed to sexual maturation but rather to external conditions, parental and sibling relationships, neighborhood influences, and new social circumstances.

By changing the social conditions that affect their psychological climate, it is possible to directly influence adolescents' behavior and prevent negative traits such as stubbornness and refusal to admit mistakes. It is crucial to listen to children during this period, allowing them to learn from their mistakes. They should be given the opportunity to realize their mistakes and draw conclusions for themselves.

References

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