

SOCIO-PSYCHOLOGICAL FEATURES OF CHANGES IN THE EMOTIONAL STATE OF THE PERSON IN THE PROCESS OF FORMATION

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ABSTRACT

This article is about the specific psychological features of the individual in the process of personal development, the socio-psychological features of changes in emotional state. The upbringing and development of the individual takes place under the influence of the social environment, social upbringing helps a person to improve himself, to achieve certain achievements. One of the most important characteristics of a person is his individuality. Individuality is a unique combination of personal psychological characteristics of a person. Thus, the social psychological and spiritual environment in the family allows the formation of deep and positive perceptions of human relations in the minds of the younger generation. That is why the family and its educational potential are highly valued in our country.

KEYWORDS: *Person, Social Development, Emotional Experiences, Individual Psychological Trait, Social Environment, Family Environment, Healthy Lifestyle.*

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