

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.*

INTRODUCTION

A person is a conscious and active person who has the ability to choose one way or another. In social psychology, great emphasis is placed on the study of an individual's personal and psychological qualities, as it is important to know such information and take it into account in interpersonal relationships. An individual, as a member of society, interacts in a variety of ways. In addition to interpersonal relationships, the existing political circles and ideological views in society also have a great influence on the process of formation of the individual. [1] The concept of person is the highest form of human understanding. Every human being is a creature with a natural existence, the right to life and the value of life. However, he may not always be a complete person. The notion of a person refers to a person who is psychologically developed, who is distinguished from others by his or her personal characteristics and behavior, and who is a member of a society with certain behaviors and worldviews. In order to be a person, a person must develop mentally, feel like a whole person, and differ from others by his features and qualities. In order to properly nurture the growing organism, it is necessary to know the basic

features of the child's body, such as growth and development. Growth and development, like all living organisms, are inherent in the human body.

All-round growth and development of an organism begins from the moment of its appearance. The human body undergoes a series of morphological, biochemical and physiological changes from the beginning to the end of its life. [2] Of course, these changes are due to hereditary factors that determine the stages of growth and development. However, education, upbringing, child nutrition, hygienic living conditions, communication with adults, sports and labor activities, and human social life in general have a significant impact on the emergence of hereditary factors and the formation of age characteristics. One of the most important characteristics of a person is his individuality. Individuality is a unique combination of personal psychological characteristics of a person. Individuality includes character, temperament, mental processes, situations, events, a set of dominant traits, will, motives for action, human purpose, worldview, ability, various forms of reactions, abilities, and so on. When a person participates in the activities of different groups in society, he often plays different roles in them, playing different roles. For example, the ego of the parents and the family, the whimsical violent child acts cautiously around his peers and behaves completely differently. It can also become a serious demanding, non-partisan, humorous and entertaining during travel, work, hashar and collaboration, and hospitality. 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. The process of social upbringing takes place in the family, at school, at all stages of education, at work. The main centers of social upbringing of the child are the family, school and street environment. Traditions and customs play an important role in social relations and personal communication. There is no human being who can accurately reflect the combination of mental characteristics. It is well known that as human society develops, both the people themselves and their relationships with each other, especially the most intimate and intimate family relationships between interpersonal relationships, improve and become uniquely complex. goes When a human being is born, he or she is taught what to do when he or she is confronted with all the complex laws of nature and society, from independent movement, walking, reading, and writing.

Everyone is always in the system of social interaction, in which he must try to understand others, to be ready to accept the role of others in order to act correctly. But in order to properly accept the role of others, it must have a generalized image of another, which is formed in the process of interpersonal communication, in the process of communicating with a group of people who are exemplary for each person. That is, personal activity is recognized, which has been very progressive in the history of science. [3] It examines the psychological processes inherent in the family, the relationship of family members to each other, issues of compatibility in marriage, the psychological factors of family conflicts, social psychological methods of raising children in the family. The relations of production, the development of society, on the one hand, and the social, psychological, physiological and other changes that take place in people, to a certain extent limit the scope of human interaction, to a certain extent the naturalness of our ancestors. disruption and consequently the emergence of as much emotional, emotional tension as possible in the human psyche. Their influence is also reflected in family life and its psychological climate. Family relations are unique in their versatility, and their positive solution is of great importance in determining the development of society, in the process of raising a spiritually mature,

spiritually healthy generation. If the founders of each family solve their problems by mutual consent, the peace in the family will be guaranteed and its spiritual foundations will be strengthened. It should be noted that some of the disagreements, contradictions, contradictions that arise in the relationship between a couple, mother-in-law, bride and groom, ideas and opinions, are able to solve the problem constructively by mutual consent. 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. [4] In social psychology, a person is considered a social phenomenon, although biological characteristics, such as gender, temperament, and genetic traits, have a certain influence on its formation. Thus, the human personality is a very complex psychological category. Gradually develops under the influence of certain concrete factors. In conclusion, as mentioned above, living conditions, school work, physical training are important in creating a healthy lifestyle, mental and family formation, physical and mental growth and development of children. [5]

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