

IMPORTANCE OF AGE-RELATED PSYCHOLOGY

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ABSTRACT

One of the most important factors in an individual's development is his or her age-related characteristics. Because every young person has his own factors of development, laws, innovations and changes, which directly affect the character, temperament, talent, cognitive processes of the individual. This article discusses about importance of age related psychology.

KEYWORDS: *Psychological Development, Cognitive Process, Age-Related Mental Development, Attention, Periodic Schemes*

INTRODUCTION

Another peculiarity of the period of youth development is that at each age the development of one function occurs at the expense of the decline of other functions. One of the main problems of the psychology of adolescence, which is a special branch of psychology, is the question of the leading role of various factors in the development of the human psyche - genetic-button and acquired-social factors. So far, much attention has been paid in psychology to the study of the development of the individual in stages. Several periodic schemes have also been proposed. But any scientist who has worked hard in this field has offered his "eras". This is understandable, since the human way of life and its key moments change over the course of historical development, and the transition from one generation to the next generation itself leads to a number of changes. The classifications themselves are divided into two types: partial (division of individual periods into additional periods - "periods within periods") and general (covering all stages of human life). . For example, J. Piaget's classification of the development of the intellect can be included in the partial classification. He envisioned this development in 3 stages: sensomotor intelligence stage (0 - 2 years). There are basically six stages in this; stage of preparation for and organization of specific operations (3-11 years); stage of formal operations (12 - 15 years). During this period, the child is able to think not only through what he sees directly, but also through abstract concepts and words. Adolescent psychology is the study of the mental development of people of different ages, their mental characteristics, and their specific factors, criteria, and mechanisms. It also examines the age-specific characteristics of people of a certain age. Therefore, the psychology of youth has a special place in social life, in the educational process, in groups and communities, in production and family relations. The problem of the structure of the human personality and the development of cognitive processes cannot be solved rationally without taking into account the laws of development of the human psyche. That is why the issue of the "human factor" has become a topical issue today. The

psychology of youth studies the laws and features of the development of the human psyche, as well as the theoretical and practical stages of this development. The main task of the psychology of adolescence is to determine the laws of personality development and the characteristics of the interaction of mental activity, state and condition that occur in people of different ages. The psychology of adolescence achieves practical goals by solving these tasks. Helps to improve education. Material goods help to increase the efficiency of production, improve interethnic relations, direct interpersonal communication, create a positive psychological climate in the community, reveal the secrets of longevity, strengthen family ties, prevent divorce.

Each stage has its own set of leadership activities, changes, and developmental conditions, and knowledge of these will be of great practical importance to educators. At each stage, the motives of activity also change, and their changes occur in response to changes in the level of needs and requirements of the individual. One of the classifications that cover all periods of human life as a whole is the scheme adopted by scientists around the world in 1965 at a special symposium of the Academy of Sciences. It is given in Table 6 below. In B.G. Ananov is a generalized classification, close to the classification proposed by the foreign scientist Birren. Curiosity also plays an important role in the lives and mental development of children of kindergarten age. Curiosity, like need, is one of the factors that motivate a child to do something. Therefore, it can be called a complex mental phenomenon associated with the process of curiosity. The importance of curiosity in the development of the child is that the child strives to know as deeply as possible what he is interested in, and therefore does not get bored of doing what he is interested in for a long time. This, in turn, helps to nurture and strengthen important traits such as the child's attention and will. A kindergartener seeks to have a direct practical relationship with the world around him. In this case, the child tends to be in a practical relationship not only with the things that fit him, but also with the things that are beyond the power of adults. For example, a child wants to drive a car, a tram, ride a real horse, fly a plane and become a real militiaman. But, of course, the child cannot satisfy any of these needs in a real way. This begs the question. How can the contradiction between the growing needs of children and their narrow capabilities be resolved? This contradiction can be resolved only through one activity, that is, through the child's play activities. This can be explained by the fact that, first of all, children's play activities are not activities aimed at the production of any material product. Therefore, the motive that motivates children to go home is not related to the outcome, but to the content of the various actions in the process of that game. Second, in the process of play, children are free to do whatever they want, turning them into things that interest them, but only belong to adults. Children's play activities are the only means for them to develop harmoniously physically and mentally. Home is such a multifaceted activity in children's lives that it combines both adult cocktails and sources of thinking about different things, raw imagination, relaxation and fun, all of which are reflected in the activities of the game. It should also be noted that play is not only a means of knowing events in the external environment, but also a powerful means of education. In creative and plot games, along with all the mental processes of children, their individual characteristics are also formed. This means that the success of kindergarten education depends in large part on the proper organization of children's play activities. Kindergarten children's games are not only a tool for learning about things and events around them, but also have a high social significance. In other words, the game is a powerful educational tool. Children's games can help them develop socially useful, that is, high human qualities. In addition, if we observe

the activities of children's homes from the outside, we see that in the process of play, all their personal qualities (whose interests, abilities, temperament of will) are manifested. Therefore, children's play activities are a very convenient tool for learning them individually. Preschoolers usually play alone. Through subject and constructive games, children of this age develop their cognition, memory, imagination, thinking and motor skills. Reflect the behaviors of adults who watch and observe on a daily basis. The home of 4-5 year olds is slowly beginning to take on a collective character.

It is easy to observe children's individual characteristics, especially through their collective play. In these games, children reflect not only the adults' attitudes toward objects, but also their social interactions. At the age of kindergarten, role-playing games develop, but then these games are distinguished by the richness and diversity of their content. In the process of these games, children begin to develop leadership, as well as develop organizational skills and abilities. Among these creative activities in which preschool children are engaged, the visual arts are also very important. Depending on the child's imaginative nature, it is possible to assess how he perceives life around him, the characteristics of memory, imagination and thinking. Pictures drawn by older kindergarten children also reflect their inner state of mind, dreams, hopes and needs. Children of all ages are also very interested in drawing. Drawing is a unique form of play for children. The child first draws what he is building, and then what he knows, remembers, and invents. Competitions are very important for preschoolers, and it is in such games that success is formed and strengthened. Competition games, which are the most enjoyable and successful for children of this age, are also very important. Competitions are very important for older preschoolers, and it is in such games that the motives for success are formed and strengthened. Competitive games, which are the most enjoyable time-consuming and successful for children of this age, are also very important.

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