

ADOLESCENT PSYCHOLOGY AND ADOLESCENT BEHAVIOR SELF-HOSTING

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Annotation

This article presents the features of the psychological development of adolescence, the issues of the ways of formation and maturation of a teenage personality and the influence of biological and social factors that affect it, the definition given by scientists to adolescents, recommendations for working with adolescents.

Keywords: adolescent, psychic growth, maturation, puberty, character, trait, self-awareness, parent, educator, psychologist, attention, interest.

The prosperity of the planet the next day is due to how our children grow up as human beings. Our main task is to create the necessary conditions for young people to keep their potential moist.

President of the Republic of Uzbekistan Shavkat Mirziyoyev said that the special attention paid by the head of our state to the issue of education in the dastlakgi Circuit of the formation Irish of the younger generation is an achievement of the younger generation. The progress of any country tomorrow is determined by young people with its strong knowledge and potential, who have mastered modern knowledge. It will not be an exaggeration to say that they are a fierce lokomotiv that gives life-giving strength to all areas and sectors of global development. Today, more than 30% of the world's population is made up of ogí by young people. Most of these percentages are made by adolescents t ashkil. Having enough information about adolescents and joining in practice will not be an exaggeration to say the attention paid to the upbringing of the younger generation.

Puberty ranges from 10-11 years old to 14-15 years old. Current adolescents have a relatively physical, mental and political advantage over their predecessors for some time. In them, sexual maturation, the process of socialization, psychic growth are manifested earlier. In most students, the transition to adolescence begins mainly with grades 5. "No longer a teenage child but not even a kata" the same definition denotes an important character of adolescence. Adolescence is a period of transition from childhood to adulthood, characterized by physiological and psychological peculiarities. At this stage, the physical and psychic development of children is greatly accelerated, interest in various things in life, desire for novelty increases, character is formed, the spiritual world is enriched, conflicts are escalated. Adolescence is a stage of puberty and is also characterized by the emergence of new sensations, sensations and confused situations corresponding to sexual life. Teenagers try to behave like adults. They strive to interest their comrades and readers to a certain extent in

their ability, abilities and capabilities. Adolescence is characterized by psychological manifestations that have received names such as "transitional age", "crisis period", "difficult period". In adolescence, negative traits such as lack of speech, stubbornness, aggressiveness, non-recognition of one's own shortcomings, belligerency are often characteristic.

Of particular importance in adolescence is the emergence of the most psychologically important feeling - the feeling of maturity or adulthood. Studying the psychological peculiarities of adolescence, it is possible to understand the ways in which the personality of adolescents is formed, developed and matured, and the direct influence of biological and social factors that affect it. In adolescence, great qualitative changes occur in the growth of inner freedom, in self-awareness capacities, in independent behavior. Will is also important in the occurrence of such changes. Will as a higher psychic function is considered the weapon of free movement of a teenager, as well as the main line of the development of his personality. The content of a sense of self-awareness, the emergence of an attitude towards oneself as if as a separate independent person, are important characteristics for adolescents of both sexes and the type of temperament they want during this period.

Psychologist L.S.Vigotsky has called adolescent age psychology a "crisis in psychic development". A crisis in adolescence is a violation of adolescent experiences, a strict change in its structure, content. He called the age of 13 the breaking point of the crisis. Post-crisis periods new psychological structures are formed, which are called more difficult to subjectively by parents and teachers. The mismatch of adolescent needs and opportunities creates confrontations between adolescents and their parents, teachers, and other mentors.

Vigotsky distinguished two i.e. negative and positive phases in relation to changes in interests in adolescence, rather than being limited to a crisis in psychic development. The negative phase is associated with the fading of previous interests and the emergence of New initial sexual interests. In this, the following negative behavioral manifestations are manifested; decreased ability to work, acquisition, rudeness and high excitability of a teenager, his dissatisfaction with himself and anxiety, etc. The positive phase is characterized by the emergence of broad, deep new interests. The teenager develops an interest in the psychological experiences of others and himself. In tune with vigotsky's research, M.G.Statshin conducted his research on the topic "formation of technical interests in students of Grades 5-7". Professor M.G.Statshin paid special attention to the problems of Labor Education and professional guidance, the psychological characteristics of the formation of technical interest and technical abilities. In place of the conclusion, it is important to pay special attention to this that, having studied the research of the above scientists, it is appropriate to mention how important and relevant the teenage age is, and to the psychological characteristics and changes of this age period, not every member of society will be a member of society. Parents and loved ones in the family are brought up by a teenager, and in

educational institutions every educator is a mistress. We would like parents in the family to pay attention to the following recommendations:

- to be more attentive to their teenage children”
- to devote as much time as possible to the child
- to control the correct distribution of free time
- positive feedback on interests and the establishment of friendly communication
- the right treatment of family members on the way to the mine

we would have noted that they would pay attention to such recommendations as being in control of being put. In educational institutions, it is important that educators pay attention to the following when teaching adolescents:

- activities of a teenager in class
- attitude towards the school team
- the establishment of co-existence with peers
- to be attentive to the interests and needs of students in the educational process
- it would be desirable if it were paid attention to the creation of conditions for their independent thinking so that they could carry out activities in the area of interest to them. We think that these recommendations will ensure the transition period in adolescents without difficult chiles.

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