

## CONDITIONS OF MENTAL DEVELOPMENT AND THE FORCES DRIVING IT

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**Annotation:** When it comes to the forces driving mental development, it is necessary to determine the main factor first. But it is necessary to understand the fact that the factor that ensures mental development is not the only one, that there are several of them, as well as the fact that these factors are interdependent.

**Key words:** genetic factors, social factors, goal-oriented education, personal, mental characteristics, character, willful qualities, interests, inclinations, abilities.

We can recognize the following factors as the driving forces of psychic development; genetic factors, social factors, goal-oriented education, personal activity. Despite the fact that each of them is a separate world, they provide development through mutual cooperation. For example, if the conditions for educational activities to be carried out on the basis of a specific goal are complete, but the student's personal activity is not sufficiently formed, then a problem will arise in mental development and it must be solved immediately. there is a need to growl.

The theory of personality development helps to correctly solve the issue of the conditions of mental development and the forces driving mental development.

The essence of the person is considered to have a social character by its nature. It is no exaggeration to say that the sources of the development of all mental characteristics and creative activity of a person depend on the social environment around him. Human personality is determined and determined by his social life. In this sense, it can be concluded that the development of a person consists of the process of acquiring social experience that comes to mind in his relationship with people. As a result, it consists of a person's mental characteristics, character, volitional qualities, interests, inclinations and abilities.

Based on the above, in psychology, it was concluded that a person's mental characteristics are formed during his life, that is, ontogenetically. It is emphasized that the social experience of a person, the conditions of his life and work, education play a leading and decisive role in the formation and development of these characteristics.

The environment, education and training aimed at a certain goal are something that is determined from the genetic point of view. The environment is not only a condition for the manifestation of the psyche, but also contains the psychological characteristics of a person. It should be noted that education and upbringing are of decisive importance as a process of conscious and purposeful influence of the older generation on the younger generation in order to create certain personal qualities that meet the requirements of society. First, a person is not a passive object under the influence of the environment, but an active being. Therefore, the influence of external life does not determine the human psyche directly, but through the interaction of a person with the environment, with his activity in the environment.

Secondly, the result of the development of the psyche is directly dependent on the external conditions. However, this development cannot be directly derived from external conditions and external circumstances. These conditions and situations are always influenced by the life experience of a person through the individual psychological characteristics and mental image of his personality.

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In this sense, an individual indirectly affects his own psyche and personal experience through the characteristics of his internal environment. In his time, I.M. When Sechenov put forward the thesis that a person's behavior is determined by external impressions, he emphasized that external impressions should not be understood simply as existing impressions affecting a certain moment, but in fact, it should be considered the sum of all previous impressions embodied in the life experience of this person. was over.

Thirdly, as an active being, a person can consciously change his personality, that is, the process of self-education does not take place in isolation from the surrounding environment. Self-education is formed by adapting to the environment and actively interacting with the environment. Therefore, the influence of the environment can be seen in self-education. It can be concluded that the same environment can have different effects on different children, teenagers, young men and women. The laws of mental development of schoolchildren are complicated because mental development itself is complex and the factors of the process consisting of contradictory changes, including the conditions of education and upbringing, are diverse and multifaceted.

In the end, it can be concluded that the organized and systematized activity of a person can be said to be his means and condition. Until now, a person has been viewed as a being, but the biological essence of a person cannot be denied. Because man is a natural being. It is self-evident that natural, biological possibilities are very necessary for a person's mental development. In order for the mental characteristics of a person to have a normal structure, it is necessary to have a human brain and a human nervous system with a certain level of biological deterioration. It is no exaggeration to say that the natural characteristics of a person are not only the driving factors of mental development, but also the initial conditions. As a biologically formed organ, the brain is a prerequisite for the emergence of consciousness. Consciousness is a product of human social life and has enormous potential. However, the relevant ability is contained only in activities in social conditions. The presence of a new nervous system of ability buds and some innate anatomical-physiological features in the brain are very necessary natural conditions for the development of abilities. But the existence of conditions cannot fully ensure the development of abilities. Abilities are formed and formed under the influence of life and work conditions, education and training given to a person.

In the book "After Three", such views are presented:

- Musical education in childhood is reflected even in the appearance of the child. The appearance of a person is completely dependent on the breed. But have you ever noticed that a person's appearance changes depending on how their life is going? Of course, to completely change the shape of the eyes and nose, you need plastic surgery. However, in general, appearance and behavior change dramatically as a result of life circumstances. Especially, these changes can be clearly observed in children. For example, a child who listens to music or takes music lessons will undoubtedly change his appearance as a result of these activities. We at the Association for Early Development conducted a study using a group of newborns who did not differ from each other. Then we selected some children from the group and played Mozart's "Little Lungi Serenade" to them. After four months, these children were different: they were fresher and their eyes were brighter.

The famous Japanese music critic Maruo wrote to me in his letter: "Sounds have a great influence on a person. Intelligent and caring mothers have probably noticed how children have changed since World War II. This change is due to three reasons:

- 1) mother's cultural level has increased;
- 2) improved nutrition;
- 3) increased impact of sounds on children".

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Maruo believes that music can change human expression. He has encountered such an interesting situation several times. Therefore, he uses the method of "immersing a person in music" with the firm belief that music makes a person beautiful. In his opinion, it is not enough for a one-month-old baby to listen to speech, but he should also listen to music through radio, television, and tape recorders.

As a judge, Maruo observes the attitude of the audience in the musical programs he participated in, and notices that they change depending on the type of song in the musical performances. "Does music change the direction of the crowd?", "Do similar-looking audiences like the same music?" Very interesting observations can be made based on such questions.

Also, apart from the fact that music beautifies people, Maruo found a way to become beautiful in Chamorroji's method of "musical pleasure", that is, by absorbing and giving in to music.

In conclusion, we can say that the growth and development of each person in society depends on the attitude towards him and the opportunities created for him. It would be appropriate if we create the best possible opportunities for them from their childhood in order to bring up mature children in all aspects.

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