

Adolescent psychology

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Abstract: the article describes the processes of the transition to adolescence in students. Sudden changes in adolescent development. These changes are physiological and psychological changes. Physiological change is the beginning of puberty and, in connection with this, the perfect development and growth of all cells in the body, the re-formation of cell and body structures is revealed

Key words: person, process, teenager, psyche, adulthood, environment, transition, radical change, crisis, human factor.

As a child matures in a certain social environment as a member of society, a perfect person, his cognitive processes, specific characteristics and mental states, consciousness develop. As a result of this development, his psyche and mind progress to the level of clear, clear, complete and conscious reflection of the environment, being, and people typical of adults.[1,43.p].

Today, before educating each teenager, it is important to understand him as an individual, to pay serious attention to the scope of his social and psychological possibilities. In addition, the period of adolescence is extremely complex, in the words of psychologists, it is a "transition", puberty, "difficult", "crisis" or "revolutionary" period in the development of a person, so it requires a serious educational and educational approach. Psychology of ontogenesis occupies a special place in social life, education and training, groups and communities, production, family relations. The problem of the formation of the human personality and the development of cognitive processes cannot be rationally solved without taking into account the laws of the development of the human psyche. Therefore, by the 21st century, the issue of "human factor" has become a topical issue. [2,33.p].

Adolescence is the period from 10-11 to 14-15 years. For most students, the transition to adolescence usually begins in the 5th grade. "Now he is not a child - he is not yet an adult" - this formula indicates the character of adolescence. At this age, drastic changes begin to occur in the adolescent's development. These changes are physiological and psychological changes. Physiological change is the beginning of puberty and, in connection with it, the perfect development and growth of all organs in the body, the re-formation of cell and body structures [10,33.p].

Changes in the body are directly related to changes in the adolescent endocrine system. During this period, one of the internal secretion glands. Teenagers are extremely imitative, and they have not yet formed a clear idea and worldview. They are very sensitive to external influences and emotions. They are also characterized by courage, bravery, and tact. Susceptibility to external influences causes the emergence of a personal opinion in a teenager, but this personal opinion is often unfounded. That's why they try to express their thoughts despite the guidance of their parents, elders, and teachers. [3,31.p].

Many teenagers become interested in smoking and alcohol during this period. An adult feels normal, comfortable in a new role, like a smoker and a drinker. A teenager who finds himself in such situations is very worried and a crisis situation occurs in him. This crisis is related to the spiritual growth of a teenager, as well as changes in his psyche. During this period, the child's social position changes, new relationships with his relatives, friends, and peers emerge. But the biggest change occurs in his inner world. Many teenagers are dissatisfied with themselves. Also, the fact that his current thoughts about himself do not correspond to the changes taking place in him today make the teenager nervous. This can cause a negative thought and fear in a teenager. [4,27.p].

Some teenagers are troubled by the fact that they cannot understand why they are rebelling against others, adults, and even their parents. This situation causes them to become

depressed and is called a teenage crisis. The leading activity in adolescence is study, communication and work. The main task of adolescent communication is friendship, is to determine and master the elementary norms of friendship. The main feature of adolescent communication is that it is subject to a complete friendship code. Adolescents' communication with their parents and adults is mainly structured based on their sense of adulthood. They are very concerned about the restriction of their rights, opposition and etiros by adults. But despite this, they feel the need for support from adults in communication. Joint activities help teenagers understand adults better.[5,67.p].

A teenager feels a great need to share with adults about the changes that are happening in him, the problems that concern him, but he will never be the first to do it. A teenager strongly complains about being treated like a young child. Adolescent communication is ultimately characterized by variability. Imitation of someone's behavior is characteristic of adolescence. They often imitate the behavior of adults they know and like. During this period, children's perception, attention and imagination change, but this change goes unnoticed by the child himself and others. At the same time, during this period, the child's memory, speech, thinking processes also develop rapidly. These changes will be noticeable to those around you. During adolescence, the level of awareness and self-awareness of the child increases, and his knowledge about himself, other people, and the world deepens. Game activities gradually decrease and new activities begin to appear. A new stage of mental development begins. [7,19.p].

Teenagers try to act like adults. They tend to demonstrate their abilities, skills and capabilities to some extent to their peers and teachers. This situation can be easily seen by simple observation. By studying the psychological characteristics characteristic of adolescence, it is possible to understand the ways of the formation, development and maturation of the adolescent personality and the direct influence of the biological and social factors affecting it. During this period, the teenager is in a situation where he has said goodbye to a happy childhood, but has not yet found his place in adult life. Adolescence is characterized by such psychological manifestations as "Transition period", "Crisis period", "Difficult period". Because inadequacy in the behavior of adolescents of this age, cases of mental explosion due to not being able to find their place in new conditions are also observed. In his time, L.S. Vygotsky called such a situation a crisis in mental development [10, 21.p].

Special features of their behavior in adolescence cannot be explained mainly by the beginning of sexualization. Puberty affects adolescent behavior as a major biological factor, and this effect is more indirect than direct. Adolescence is often characterized by such characteristics as reluctance, stubbornness, stubbornness, not recognizing one's own shortcomings, belligerence [12,37.p].

The external structure of the Constitution describes its relationship with other sources of law, the totality of relations, its place and role in the legal system and its significance in the system of social and normative regulation in society.

The article presents the role of family, forming system of upbringing, traditional-educational system and traditions in Uzbekistan.

In an article consistently revealing the principles of the Bologna process for measuring the quality of education, the dynamics of internationalization and the logic of integration in European higher education and in Eurasia.

In summary, during adolescence, self-control begins to develop and the desire for self-regulation increases. In a word, adolescence is a period of sharp turning point in mental development. As a child matures in a certain social environment as a member of society, a perfect person, his cognitive processes, specific characteristics and mental states, consciousness develop.

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288	ISSN 2277-3630 (online), Published by International journal of Social Sciences & Interdisciplinary Research., under Volume: 11 Issue: 10 in October-2022 https://www.gejournal.net/index.php/IJSSIR
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