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Abstract: Perception is a complex and meaningful mental process compared to sensations, and all mental states, characteristics, properties and knowledge, experiences and skills acquired by the human mind as a whole manifest and participate in reflection. Perception is a somewhat more complex, complete reflection process compared to intuition and consists in reflecting things and events that affect our senses as a whole, that is, as a whole, with all their signs and features. For example, when we see an apple, we perceive its shape, color, taste, smell and variety in general. So, almost all of our senses are involved in the process of perception. Therefore, perception is a much more complex reflection process than intuition. Mental life manifests itself in various phenomena. In mental life, phenomena, mental processes, mental products and mental states are distinguished. A mental process is a natural, consistent change in a mental phenomenon, its transition from one stage or space to another stage or space. Mental products are the result of mental processes. These include subjective mental products in the form of images of sensations and perceptions, imaginations, discussions, concepts. Cognitive phenomena are otherwise called mental, intellectual processes.

Keywords: perception, individual type, intensification, ontogenesis, phase, existentialism, stage, peripheral department, receptor, analyzer, knesthetic sensation, arousal.

Introduction: A person reflects in consciousness not only some properties of surrounding things and events, but also all their properties taken together as a whole. There are various definitions of perception in the psychological literature. For example, in the textbook "Psychology" by M. Vakhidov, it is mentioned that perception is a reflection of things and events affecting our sense organs as a whole. In the textbook V. Karimov's "Psychology" perception is a form of our cognition that, among many different objects and phenomena of existence, allows us to simultaneously holistically reflect the object we need with its properties and characteristics. .] Based on these definitions, perception can be defined as follows: Perception means that images of things and events that directly affect the senses are reflected in the consciousness of a person as a whole. A person perceives certain properties of things. He perceives it as a whole. Because things and properties cannot exist separately from each other. Unlike sensations that reflect some features of the stimuli of perception, the thing is reflected as a whole, as a whole, together with all its features. Therefore, it cannot be concluded that perception consists of a simple sum of some sensations.

Perception is a qualitatively new higher level of emotional cognition with a peculiar structure. One of the important aspects of perception is the manifestation of its features in various aspects, situations, conditions. One of the important features of perception is the possibility of active direct reflection. Usually, a person's perceptual (perceptual) activity is based on his acquired knowledge, accumulated experience, as well as a complex analytical and synthetic system of actions. Another important feature of perception is its generalized reflection of things and events. It is known that the multifaceted, multifaceted actions that enter into the human psyche are not limited to perception, but are evaluated by this complex as a specific part or event. Another characteristic of perception is its mobility and controllability. For example: coal scatters in the light, shines more than white paper. But a person perceives these things as "black" and "white", makes changes and corrections in relation to directly subjective impressions that have arisen. Although almost all of our senses are involved in the process of perception, perception cannot be a simple sum of our feelings. In addition to our various

feelings, the life experience accumulated so far also participates in the process of perception. Due to the fact that a person repeatedly perceives many things and events in his life experience, a person's perception has conscious movements. Therefore, it helps a person with sufficient life experience (i.e. elderly people) to understand what he perceives. a person without any life experience (i.e. an infant, a child) does not yet know exactly what he perceives. The process of perception is not a simple reflection.

The main part: Feelings, perception, memory, imagination. thinking and speech are cognitive processes. According to the general understanding of the senses, there are various properties of things and events that surround us and affect us. These properties are directly reflected in our mind with the help of the organs of sight, hearing, touch and similar sense organs.

Cognitive flows mainly include: intuition, perception, memory, imagination, thinking, speech and attention.

Sensation is a reflection of certain properties of things that affect our sense organs: sight, hearing, touch, smell and other similar organs.

Perception is a complete reflection of the things around us in our mind.

Memory is a mental activity consisting of things that have been perceived and remembered, settled in our brain (remembered), stored and remembered again.

In addition to the images that are formed in our brain through the perception of things and events, a large place in our brain is also occupied by ideas about things that we do not directly perceive.

Thought is a generalized direct and the most complete and most accurate conclusion about reality.

Speech is a way of communicating between people using language.

Attention means focusing our mind on what we perceive, imagine, think and say.

Any thing (or event) that affects the sense organ and causes sensation is called an irritant, and its action is called arousal. The process of perception occurs as follows: 1) objects or events affect the sensory organs (receptors) and irritate the peripheral endings of the corresponding sensory nerve; 2) the excitation arising here passes through the conducting arc of this nerve into the corresponding system of central cells of the cerebral cortex; 3) here the nerve impulse turns into a sensation.

These 3 stages of the sensory process of L.P. It passes through the structure of the sensitive nervous apparatus, which Pavlov called an analyzer.

As we said above, each analyzer consists of the peripheral parts of the sensory nerve, the conducting arc, the central and main parts of the cerebral cortex. If one of the above parts of the analyzer is damaged, the sensation will not form. As the name suggests, analyzers analyze the impact of the surrounding world. Each sensation is associated with pleasant or unpleasant sensations. This is sensory or emotional control of feelings. For example, something sweet brings peace to a person, something cloying causes anxiety in the soul. In a sense, the emotional side is very strong. For example, correct, open, painful sensations. A pleasant or unpleasant sensation that is born in the process of groping simultaneously causes the body to react to an irritant (this reaction is sometimes barely noticeable). These reactions are especially good in childhood. Looking at these reactions, we know that my child is going through something. The presence of this reaction is a neurophysiological mechanism of sensation consisting of reflexes.

There are certain types of intuition, and they differ. Depending on the senses, we usually divide them into the following types, i.e. visual, auditory, olfactory, gustatory, skin, muscle — they are divided into motor and organic. Depending on where the sensory organs are located and where they are irritated, they can be divided into 3 groups: exteroceptors, proprioceptors and interoceptors. Exteroceptors are located on the surface of the body — these include the organs of vision, hearing, smell, taste, skin, muscle, organic senses. These organs are called external sense organs. With the

help of these organs, the properties of things and phenomena outside our body are reflected. Sensations arising from these organs (vision, hearing, etc.) are called exteroceptive feelings.

Proprioceptors are found in muscles, tendons and ligaments. With the help of these organs, we perceive various actions and situations of our body and some of its organs. These organs are called proprioceptive senses. These include feelings of muscle movement (kinesthetic feelings) and feelings of balance (static feelings). Interoceptors are found in organs inside our body – skin, stomach, intestines, liver, lungs. With the help of these receptors, sensations caused by the processes of digestion, respiration, blood circulation, etc. of internal organs are determined. These feelings are called interoceptive feelings. The sense organs include the sense organs.

The process of perception involves attention, memory, thinking, imagination, emotions and human will. For example, a person cannot perceive anything without focusing (orienting) his attention. We clearly perceive things and events that affect us only when our attention is focused. Perception always involves a particularly familiar process. Due to the fact that the recognition process is involved, a person can immediately understand what he perceives. Now studying scientific heritage, socio-political activities and acquaintance youth charity of our above-stated ancestors is considered one of the main urgent objectives of the modern intellectuals.

Conclusion: Perception is a more complex mental process than sensations. The complexity of perception is expressed in the following: Each perception involves several senses simultaneously. For example, the following sense organs are involved in the perception of a melon: vision, reflecting the shape and color of a melon, sense of smell, reflecting its smell, sense of taste, reflecting its taste, sense of skin, reflecting its movement, etc. These sensations are distinguished by analysis and constitute the perceptual side of perception. If they are present, all the properties of the thing as a whole are reflected. This constitutes the perceptual aspect of perception. Each perception includes the knowledge and experience of a person in the past.

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