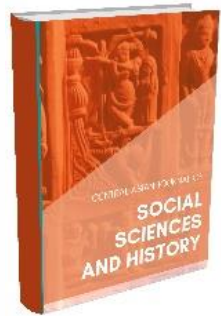




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The Influence of the Processes of Development in Society on the Psyche of our Contemporaries

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Abstract:

The article discusses how important the science of psychology is in the development of society and human development, the processes and changes taking place in the world and the world of humanity, and the impact of the changes on the mentality of our contemporaries.

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Introduction

The development of psychology has accelerated in Uzbekistan in recent decades. This development can be attributed to a change in worldview. We must not forget that the 21st century has its own psychology. Due to the presence of the Internet in our lives and the increase in information, brain activity has to work even faster. Despite the fact that we are not yet ready for various streams of information, they managed to occupy our minds [1-2].

While more than 300 branches of psychology are working abroad, psychological services have entered many areas in Uzbekistan. Psychologists work from preschool to higher education. Psychological services have been established in the fields of medical institutions, defense, internal affairs, prosecutor's office. Psychologists work not only in the educational system, but also in the "Family" scientific and practical research centers.

Psychology identifies the void in the psyche of a person and tries to fill it. The importance of psychology for the development of society is so great that psychology not only studies problems, but also serves to convince a person of his own abilities, to encourage him to move forward, that is, to increase motivation.

During the activities of the Association of Psychologists of Uzbekistan, a large place is devoted to the promotion of psychology. Republican conferences, large forums, seminars, symposia were held, attracting a large audience and holding meetings in order to answer the questions of the general population: who is a psychologist, what is his role, when should one contact a psychologist [3-10].

Professionalism brings every field to the stage of development. Therefore, the question arises, what should a professional psychologist of today be like?

First of all, a psychologist must master the practical application of theoretical knowledge. Because, if knowledge is not applied in practice, professionalism cannot be achieved. Only a psychologist who loves his profession, helps to solve problems related to people's psyche and heart, can convince them, guide them on the right path and help them find their identity. can achieve its goal [11-15].

The main part.

The number of psychologists in society is expanding, but not all of them can be called professionals. Because a psychologist needs to be able to work individually and correctly use psychological methods-diagnostics. Or you need to know psychological approaches to the problems of a person. And, of course, it is related to the psychologist's knowledge, skills and qualifications, personal life experience.

Of course, there are requirements for a professional psychologist. Being able to keep a secret, make a correct assessment of the situation, choose methods for getting out of a problematic situation, and show the right approaches to it can be an assistant-assistant in finding a solution to the problem. Especially in this area, there are many responsible tasks for psychologists in secondary schools. Working with thousands of students is not easy, and there are also problems with filling out their documents. In order to find a solution to the problems in this field, it is necessary to create favorable conditions for the psychologist to work well [16-22].

First of all, school psychologists should be saved from excessive red tape. Let's say a psychologist entered a class of 40 students and conducted a group diagnosis. Ten children in the class may have problems in their family, emotional-emotional situation, and in their relationship with their friends. What actions will be taken to eliminate the identified cases? Psychocorrection works on elimination. Although the psychologist focuses on filling in information about these cases, he does not have time to work with each of the children individually. Unfortunately, if a document is not filled out for each work performed, the work of a psychologist will not be evaluated well. In some schools, psychologists have become, to put it more crudely, the headmasters. The psychologist has to go to the meeting or is forced to do the work that is not related to him, as told by the leader [23-29].

A psychologist should always be with the student. Children should be able to talk to a psychologist without hesitation about any problem they are having - whether it's family conflict, failure to master subjects, mental stress.

Tests taken by psychologists in schools hinder their work, there is neither time nor physical time to analyze each test. These works, which are done only for the sake of documentation, also make psychologists tired of work.

It takes at least 40-45 minutes for a psychologist to talk to a child. During the day, he can talk with 8-10 students. Now if we calculate the time spent on filling out documents every day... the problem becomes even clearer. The number of psychologists in schools has increased, but this does not mean that it is still enough.

Many psychologists in schools are unqualified, and many have undergone retraining. There is a difference between a specialist who studied psychology for four years and a psychologist who graduated from a four-month training course and came from a completely different field. He cannot distinguish a person's psychotype, inclinations, inclinations. Must have studied psychosomatics, pathopsychology, clinical psychology.

We observe a lot, most of our contemporaries are in a depressed mood, nervous... If you ask the reason, it's not even a shortage... They are trying to connect stressful situations with the age of technology. This is not about the age of technology, but about self-management of the individual. If a person understands himself well, can control his emotional state, sets his goals correctly and works hard to achieve them, he will never feel depressed. In any situation, strong-willed and ambitious people strive forward. If you observe depressed people, they magnify any small problem and get nervous for nothing. Because people of this category cannot properly use the life opportunities given to them. I think that a person should also think about forming himself anew [30-36].

We tell the customer. "Ask yourself a question. Who I am? Why do I live? What are my weaknesses? What can I do to make my life better? How can I help the people around me? What defects in myself should I change? What do I want from myself?" When he asks himself these questions, he realizes that he has not just come to life, that he has great tasks ahead of him. This understanding leads to thinking, and thinking leads to the solution of the tasks in front of them.

In such cases, the following advice is given to get rid of depression for no reason.

As a psychologist, if you analyze the life of a client who comes to you, that person is unable to fully express himself, unable to show his potential. So, he cannot find his personal "I". Depressed people have no goals and are indifferent to life. There are people who always look for attention from outside, who want to be encouraged for everything they do.

The spirit needs encouragement of its own accord. In order to fill the void in the soul, I would recommend reading the works of Shaykh Muhammad Sadiq Muhammad Yusuf "Spiritual Education" and Imam Ghazali's "Mukoshafatul Qulub". If each person works with the education of his spirit of soul discovery and is able to shape it, if he is able to instill all the good qualities in his spirit, then there will be no depression in his spirit. He can control himself in any situation and conditions with a calm mind, intelligence and thinking. For this purpose, it will be good for us teachers and parents to guide our children to read books in the right way [37-41].

According to today's statistics, the number of suicides is increasing. It is a pity that such a situation occurs among schoolchildren. Psychologists are more to blame for this. What should teachers and parents pay attention to in order to prevent suicide?

A lot of information about suicide has been given in psychological work. After giving information about suicide to children, we should also show them ways to get out of it. As a psychologist, I opposed it when there were open conversations about suicide. Because we observed an increase in suicides after the dialogues. It follows that we should do less propaganda about suicide. Because every piece of

information works in the neurons of the brain as information and occupies the psyche. School psychologists cannot diagnose suicidal tendencies. A suicidologist, psychotherapist should be involved to identify it. It is wrong for the prosecutor's office to demand psychologists in this regard [42-45].

Suicide is a person's inability to adapt to his own life. That is, he cannot digest his experiences. We can list hundreds of factors that cause it. Genetic problems, information problems, unhealthy environment in the family, mental imbalance, emotional reactions, inability to control the upheavals in the inner world, etc. In such cases.

What is required of parents? Today, it is desirable for them to have information and knowledge about child psychology, unique crisis situations of adolescence. The reason is that an educated parent at least does not hit his child, correctly understands and accepts his inner experiences. In our mentality, the attempt to break the child's personal "I", criticism is very strong.

In today's era, every parent and teacher should have at least 10% of the knowledge related to psychology. Every child has his own outlook, mentality, mood, state, feelings, and temperament. Accordingly, it is necessary to pay attention to these aspects in the approach to each child. Education and spiritual upbringing grow side by side, a child spends 8 hours a day at school. The teacher should be able to notice changes in the child's mood when he enters the classroom.

For the proper development of the child's personality, we must also think about the relationship between the family and the children.

Conclusion

In conclusion, every family has a history of creation. It was not for nothing that Mirzo Bedil said: "If the brick is crooked, the architect is an architect, even if he reaches for the star, this is the wall." No one likes advice right now, but some notes are worth mentioning. Preparation of a boy or a girl for a family is given by parents through education. After starting a family, more adults should take responsibility. After all, it takes years for a person to adapt to another environment. Mother-in-law should be an example of generosity and forgiveness.

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