

SOCIO-PSYCHOLOGICAL STATES OF ADOLESCENTS IN MODERN SOCIETY

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Abstract

This article explores the socio-psychological states of adolescents in modern society as well as the age characteristics of adolescent periods of crisis. It also talks about individual psychological characteristics found in adolescents.

Keywords: adolescent, individuality, health, hygiene, psychological characteristics, determinism, age periods.

Introduction

In our country, in recent years, special attention has been paid to the radical reform of the health system, the further improvement of the personnel training system and the increase in the level of professional training of specialists in the field, and the necessary legal and regulatory framework has been created in this regard. Ensuring the effectiveness of radical changes and reforms in the construction of a new Uzbekistan and the foundation of the third Renaissance has risen to the level of Public Policy: «ensuring a quick and high-quality review of Appeals on issues of the attitude to the health of the population»¹, according to the principles "it is impossible to be healthy without psychological health", the necessary basis was created for conducting research aimed at implementing and improving the provision of Doctors With new psychological technologies.

This can be known both from the volume of funds spent on the development of the health system, and from the volume of funds spent on the construction and repair of new treatment facilities, improving the material and social condition of doctors. To date, in 2023, 1.4 times more funds were directed to the medical sector in 2022, 3.7 trillion soums. This, in turn, testifies to the fact that in our country a wide range of opportunities has been created for the field of medicine, including doctors.

The degree of study of the problem

Today, the issue of the psychological characteristics of adolescent protection against manipulative influences is also used as the subject of many interdisciplinary studies. In particular, the issue of the formation of socio-psychological methods of manipulative effects has been studied separately in science. In our country, research in this framework was carried out on the basis of a philosophical-psychological approach: E.G'.Goziev, G'.B. Shoumarov, V.M. Karimova, as well as most of the research of scientists, noted the features that form informational views in young people

¹ Ўзбекистон республикаси Президентининг 2022 йил 28 январдаги «2022-2026 йилларга мўлжалланган Янги Ўзбекистоннинг тараққиёт стратегияси тўғрисида»ги ПФ-60-сонли Фармони.





(N.S. Safaev, D.G. Mukhamedova, A.G. Ayrapetova and b.) we can see that it is dedicated to learning.

It is also worth noting that this topic also contains the work of foreign scientists, in particular, methodological problems of the psychological study of information on religious beliefs (P.S. Gurevich, M. Weber, A.M. Dvoynin and b.), the nature of religious worldview (a.Yu. Rachmanin, V.P. Gaidenko, D.O. Smirnov and b.), the religious religiosity similarity of young people in the current popular culture context (M.V. Fyodorova, A.G. Safronov, V.M. Minazova and b.), the religious faith of the individual, and social cooperation (V. Yerotić, D.M. Chumakova, M.P. Mchedlov and b.) such issues have been researched.

The science of young psychology directly studies the features, laws, mechanisms of how to discern the manifestation and development of human psychology at different ages. Since the age characteristics of the manifestation of psychological characteristics are studied, it should be borne in mind that in age psychology, different age periods differ significantly from one. These are: infancy, early childhood, preschool age, junior school age, adolescence, early adulthood, youth, maturity, and old age. Each of these periods has its own characteristics, qualities, which differ not only from each other in the chronological age indicators of a person, but also in the events that take place in the human psyche during this period, the changes that occur, the general laws in his psyche.

We will dwell on the psychology of adolescence: **Adolescence** is a period that changes a person from childhood to youth and, in turn, differs from other periods in its relatively sharper, more complex course. This period roughly corresponds to the Times of children's study in grades 5-8 and is between the ages of 11-12 and 14-15. In some children, this period can also be observed earlier or later than 1-2 years. Adolescence is also referred to in some special psychological literature by names such as "transitional age", "difficult period", "crisis period". What is the "weight", "sharpness", "complexity" of this period justified by? The fact that adolescence is a difficult, complex period is associated with many psychological, physiological, social factors. During this period, the meaning and essence of all aspects of development: physical, mental, moral, social, etc. also changes. During this period, serious changes occur in the life of a teenager, in his psyche, in the physiological states of his organism, in his social state. In most cases, different traditions are observed in them, which are opposite to each other. By this period, the child is no longer a "child", and at the same time not yet a "Adult". His attitudes towards himself and those around him are discovered by a completely different character. The system of his interests, social orientation, is reshaped, self-awareness, assessment, values change. For him, the importance of his "I" and that "I" increases.

CHANGES THAT OCCUR IN THE ADOLESCENT BODY

The changes that occur in the adolescent organism are such that at the same time in the development of the child, fundamental changes in the course of biological, physiological maturity are realized. A new stage in the process of physiological development and sexual puberty begins. Changes in the body begin directly with changes in the endocrine system of the adolescent. During this period, the functions of the pituitary gland are activated. Released from its anterior part, the Harmon enhances the growth of the body's tissues and the functioning of other important internal secretion glands (thyroid, adrenal and genital glands). Their activity causes many changes in the adolescent body, including a sharp acceleration of height growth (4-5 cm increase in boys in a



year, 3-4 cm in girls), puberty (development of the genitals and the appearance of secondary sexual signs are realized. These processes are relatively intensive in girls at the age of 13-15 years. At the present time, when physical development and sexual maturation are observed, some girls are 9-10 years old, while boys may be in the early stages of puberty at 11-12 years old. Growth of the neck, weight gain, expansion of the chest — all these are characteristic of adolescence of physical development. Due to these, the appearance of the adolescent is different from that of the child: body proportions tend to have an adult-specific appearance. The facial structure of the adolescent also changes, and the facial part of the skull begins to develop rapidly. In adolescence, the growth of the spine lags behind the growth rate of the neck. Because by the age of 14, the intervals between the spine will be filled with lumps, which means that the spine is prone to improper development due to excessive physical exertion, improper posture of the body. The highest incidence of spinal development disorders is between the ages of 11-15, and it is also easy to overcome even the defections that can occur at these same ages. Reaching the age of 20-21 years, the growth of the pelvic bones is completed (during this period, the sexual organs of girls are also matured). The increase in muscle weight and muscle strength occurs relatively intensively towards the end of puberty. In this, the development of muscles in boys occurs in a male-specific type, while the soft tissues of girls are of a female-specific type. This gives each gender distinct masculine and feminine qualities. The end of these processes occurs after puberty. An increase in muscle strength will expand the physical capabilities of the teenager. Children understand this very well, and for each of them it is very important. However, the muscles of the teenager will be more quickly exhausted than those of an adult and will not be able to withstand continued tension. Therefore, this should be taken into account when dealing with sports and physical labor. The growth of various organs and tissues also puts high demands on heart function. In turn, the heart also grows faster than the blood vessels. This process can cause functional disorders in the activity of the cardiovascular system, manifest itself in the form of increased heart rate, increased blood pressure, headaches, dizziness, rapid exhaustion. Also, during adolescence, drastic changes occur in the body in connection with the activity of the glands of internal secretion. Especially the hormones secreted by the thyroid gland and sex glands act as catalysts for the metabolism in the body. Because the Endocrine and nervous systems are inextricably linked. Accordingly, adolescence is characterized by a sharp increase in strength on the one hand and an extreme sensitivity to pathogenic influences on the other. Therefore, mental or physical overeating, long-term nervous tension, affections, strong negative emotions (fear, anger, resentment) can cause endocrine disorders (temporary disruption of the menstrual cycle) and disorders of the function of the nervous system. Such disorders are manifested in the form of increased irritability, lack of self-control, malaise, decreased productivity at work, sleep disorders. In adolescence, the existing balance of the activity of the Endocrine and nervous systems in childhood is disturbed, and a new one is just dying. Such reconstructions certainly affect the inner state, mood, psyche of a teenager, and often give rise to his general notoriety, irritability, serjeanliness, activity of movement, occasional indifference and lethargy to everything. The occurrence of such conditions is often observed in girls a little earlier than the onset of the menstrual cycle or more during the cycle. Growth in sexual puberty and physical development is important in the emergence of new psychological structures in the adolescent psyche.



First, these are changes that are so noticeable to the adolescent that they serve as an objective source of the adolescent's perception of adulthood (based on which the adolescent feels that he is similar to an adult).

Secondly, sexual puberty develops interest in a representative of the opposite sex, brings new experiences, feelings, feelings. The level of inner employment of a teenager and his attitude to new impressions, experiences is determined by the wide range of social conditions in their role in the life of a teenager, the specific individual conditions of a teenager's life, the characteristics of his upbringing and communication. In this place, the formation of a teenage personality can be negatively influenced only by books and motion pictures intended for adults. All this, as well as the fact that they talk to their comrades about love and gender problems, can create a high interest in the intimate aspects of people's relationships in adolescents, develop erotic traditions and early sexuality. For adolescents of both sexes, the occurrence of the first romantic feelings during this period is considered normative, such as experiencing "first love", receiving the first kisses.

ADOLESCENT AUTONOMY

Another characteristic feature of adolescence is the state of adolescent autonomy, which is observed in adolescents during this period.

Such types of adolescent autonomy as legal autonomy, emotional autonomy, spatial autonomy are distinguished. It is known that the child will need someone's care from the day of birth. His parents and other loved ones feed him, dress him, raise him and keep the child under regular supervision. They support the child in every possible way, and the child feels the need for such support, encouragement. In adolescence, however, the child gains relative independence in ensuring his or her life, safety. Now he will be able to protect himself, if necessary, work at the level of his capabilities, make sufficient income, independently satisfy his needs. The legal autonomy mentioned above is characterized by the fact that at the same time the child reaches adolescence, giving him a number of legal opportunities. During this period, the child will be considered a legal entity and will have the right to vote. When a teenage parent is separated during this period, it is decided in this case where and with whom my tumor will remain, depending on the wishes of the child. It is also possible for the child to formally engage in physical labor during this period, based on his own opportunity. If necessary, they are also required to respond for their behavior, deeds. Having similar legal opportunities and from this the awareness of the teenager ensures the emergence of his legal autonomy. Having such autonomy creates in a teenager a sense of responsibility, responsibility for his behavior.

Another of the adolescent autonomies is emotional autonomy. It is known that from the moment the child is born, he feels the need for emotional, emotional support, affection, caress of his mother and those around him. That is why, when children of early childhood, preschool and junior school age are shown emotional closeness to them by leaning, caressing them, stroking them on the head and saying pleasant things and treats, they rejoice, rejoice in it and despise the person being caressed. We can observe this in the case when young children lean on their mother, they are sucked into the Pinyin, they are pampered. Also, children expect emotional encouragement, emotional support from their parents and loved ones around them when they are in conflict in their relationship with their peers and, especially, when they are "victimized", "overcome" from their peers. If he can receive this emotional encouragement in time, he will feel free, refreshed, victorious and rejoice with them. The little one feels the need for adult help in solving the





"problems" he faced in his life, seeks to use them regularly. In adolescence, on the contrary, a teenager is no longer a "young child". now he is the "big man" and the big man must be independent, solve his own problems on his own. During this period, the appeal to adult help is condemned by peers. And the teenager himself does not want this either. During this period, it seems to adolescents to Melt compliments, caresses, which are shown by Canas as before. Now they "do not like" that they pamper themselves and stroking, applause expressed by adults for "trifles". Now they strive to be less emotionally supportive of those around them, to solve their problems personally. Having asked his parents for help complaining about the events that happened in the street, kindergarten, school, now outside the family, he tries not to tell his parents about it even if he hears a duck from one of them and eats a bitch, and wants their parents not to interfere in his "affairs" as much as possible. All this is the effect of emotional autonomy, which is directly observed in adolescents.

Another state of autonomy observed in adolescents is spatial autonomy. According to this, teenagers are as much as possible to be alone in their room. being as lonely as possible while doing something or being somewhere, especially being in the chatroq from the point of view of one's parents, family members, tends to spend time obsessed with one's own thoughts. Even though they talk mostly to their peers, close comrades remain preoccupied with themselves, seeking to communicate as little as possible with their parents as they know. At the same time, some parents who do not understand the true cause of these phenomena observed in a teenager are worried about their condition and become more interested in them than before. In other words they "invade" their autonomy. And teenagers don't like it. Such situations can be the basis for disagreements, conflicts in the interaction between adolescents and their parents. One of the characteristic features that are observed in the essence of a teenager, as we have partially touched on above, is that they are extremely impressionable, irritable, fearful, upset about a little thing is an expression of his emotional uncertainty. One of the reasons for the occurrence of such cases is directly related to sexual puberty, activation of the functions of the glands of internal secretion, especially the sex glands, and psychophysiological changes that occur in the adolescent's body in connection with these. It is known that in adolescence, the "I" of a teenager goes to form again. His attitude towards those around him, especially towards himself, interests, values, changes dramatically. His attention to his own personality increases. In adolescence, personality egocentrism reaches its highest levels than in others. During this period, a teenager becomes more self-imposed, putting his personality above others. During this period, both boys and girls are observed not just imitating adults, but literally controlling their behavior, diligently paying attention to their own behavior, dress, appearance, doing grooming. However, during this period, changes occur in the body and body structure of the adolescent under the influence of hormones secreted by the endocrine system, the epophysis, the glands of sexual secretion. Its body structure proportions are disturbed (it remains relatively besooke), its sounds change and become murmured. With the onset of puberty, acne begins to appear on their face. These are all unexpected, not very pleasant situations for a teenager, and it is this condition that increases the irritability, irritability of a teenager. During this period, a reported trifling objection to the appearance, personality of a teenager can become the basis for serious negative experiences for him.



Sexual puberty

The concept of sexual puberty. One characteristic condition observed in adolescence is sexual puberty. How sexual puberty occurs. The sex glands and The Associated sex signs appear as soon as the child is still in the womb and determine sexual development from the birth of the child to adolescence. The sex glands and their functions will be inextricably linked with the integrity of the child's development process. At a certain stage of ontogenetic development, sexual development is sharply accelerated, and physiological sexual maturity is realized. The acceleration of sexual development and the period of sexual puberty is called the period of sexual puberty, and it in most cases corresponds to adolescence. Female puberty is 1-2 years earlier than boys. Puberty is relatively individual in nature and can occur differently in different children, depending on time and tempo. The duration of puberty and its intensity vary, and it depends on the multi-population: health status, nutritional character, climate, household and socio-economic conditions. Hereditary characteristics also play an important role in this. Unfavorable household conditions, insufficient and proper nutrition, a lack of the necessary vitamins in them, severe or recurrent diseases can lead to a delay in the period of puberty. Typically in larger cities, adolescent puberty occurs earlier than in rural areas. During puberty, under the influence of hormones secreted by the pituitary gland and thyroid glands, a teenager experiences such as increased height, the development of secondary sexual signs, changes in voice, increased muscle forces, wool pressing on certain parts of the body, the development of the breast glands. Adolescence is characterized by special, spiritual – spiritual and physical pleasures. These stages are a kind of complex period of life, that is, the period when the individual is being formed. "Maturation period" (sexual maturation) is a period of gaining life skills. During this period, different changes occur in each system. These changes do not affect the adolescent nervous system. O'mir's spiritual aspects, on the other hand, set the stage for him to grow up as a person. Adolescents have a manifestation on the issue of building self-esteem and attention, gaining prestige, strengthening willpower. As our great ancestor Abu Ali Ibn Sina recounted in his work "raising children": "under any circumstances, it is not mumrin to beat a child hard, especially punishing, to beat". Disorders in the psyche of Capricorns, "interruptions" in the nervous system - can cause a teenager to become wild and memorized, and, on the contrary, become angry and quickly irritable. As a result, it is also possible for a child to leave home, walk the streets, get used to smoking, indulge in drugs, alcohol, go as far as suicide, that is, commit suicide. Valeological actions should be directed not only to adolescents, but also to their parents, to the people around them.

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