

MODERN PSYCHOLOGY AND ITS TYPES

Yuldashev Dilshodjon,
KokanDPI Teacher

Abstract:

In this article, school, university, and vocational school pupils and students are given an understanding of modern psychology. The structure of modern psychology, its main branches. You will have information about the methods of scientific investigation of psychology .

Keywords: Psychology, activity, method, individual, problem, solution, efficiency, pedagogic psychology, object, subject.

Introduction

Recent years, a number of activities have been carried out in the country to train pedagogical personnel in the field of psychology and to support the activities of practicing psychologists . targeted admission of students on the basis of a state grant. From the 2019/2020 academic year, the duration of the qualification practice in the curricula of the psychology education areas in higher education institutions has been changed from 8 weeks to 15 weeks. The subject of pedagogical psychology is to study the laws of education and training processes. This field deals with the problems of managing the content of students' thinking, mastering intellectual activities and methods, psychological factors affecting the effectiveness of education, relationships between pedagogues and students, individual contradictions in students and their explores issues such as consideration, mental development, and parenting. Pedagogical psychology has the following branches. These are divided into psychology of education, psychology of education, psychology of education for abnormally developed children.

A number of the following principles of modern psychology can be pointed out: the principle of determinism , the principle of the development of the psyche in activity, the principles of the unity of consciousness and activity. According to the principle of determinism, the psyche changes with the change of living conditions. For example, the development of the human psyche is influenced by production methods and social life factors. In animals, mental development takes place on the basis of biological laws. According to the principle of the development of the psyche in the activity, the psyche is considered a product of development, a result of activity. In the process of activity, as a result of play, study, and work, a person acquires social experience, which constitutes a form of psychic development unique to a person. According to the principle of the unity of consciousness and activity, consciousness and activity are not opposite realities, the unity of consciousness and activity is the mechanism of their dominance, consciousness and activity are not exactly similar to each other. Consciousness reflects the internal plan of activity, its programming aspect. For example, when a person interacts with the environment, he takes aim from it, and as a result, he does not allow defects. The activity is characterized by the reflection of its external expression of reality. Activity is improved in this process with the help of consciousness.



Current methods of psychology . Psychology, like all other sciences, has its own research object and its own research methods. Despite the fact that psychological research methods are very diverse , they are all subject to common requirements and rules. These are conducting research with a dialectical method, objectively and following the genetic principle. According to the dialectical method, principles such as general interconnection of all phenomena, development and universality of movement, development and resolution of contradictions of the source of development, development through denial, denial of denial as a manifestation of the direction of development processes are studied. includes. In the study of psychology , the objective conditions and objective manifestations of the occurrence of mental phenomena are examined. If these requirements are not met, even a psychologist with special training cannot collect scientifically valid data. The essence of following the genetic principle is that any mental phenomenon under study is viewed as a process. It consists in studying the moments of development , the history of the studied psychic fact , and the exchange of these moments. Modern psychology has a number of well-researched, tested, and effective methods. Method (Greek - *metodos* - a method of investigating natural phenomena). The observation method is one of the widely used methods in psychology. According to BG Ananov, psychological observation methods are a system of operations with psychological objects and are an object of knowledge of science. The observation method as a scientific empirical method has been widely used since the end of the 19th century in social, pedagogical, clinical psychology, developmental psychology. It has been widely used in labor psychology since the beginning of the 20th century. The most important aspect to monitor is the maintenance of external validity. The main advantage of this method is that the observation is carried out in natural conditions, the observation does not change the usual behavior of the observed persons. Observation can be carried out both on a single habit and on a group of individuals. This method is convenient for studying children in kindergarten groups or school classes. The disadvantage of the tracking method is that it requires a lot of effort. A research psychologist is interested in the manifestation of behavior in connection with specific research tasks, not in any form. Therefore, the observer should wait for the personality traits and mental states to manifest themselves in the way they want. Moreover, it is not enough to observe and record the manifestation of psychic properties in isolation. A research psychologist should be sure of the character, typicality of this or that feature. The research process using the observation method consists of the following stages:

1. The subject of observation (behavior) object (individual or group) situation is determined.
2. The method of observation and data recording is selected.
3. A follow-up plan is drawn up.
4. The method of processing the results is selected.
5. Processing and interpretation of the received data is carried out.

Two types of observation methods are distinguished: self-observation and external observation. Self- observation is one of the most basic methods of psychology. Because, according to the supporters of this point of view, only the person himself knows and understands the real mental state of the person. Another person cannot fully understand these events. In reality, self-observation has subjectivity. Self-observation therefore cannot be the only reliable method of psychology . External observation is the observation of one person by another person. This type of monitoring is used with the help of various tools (photo camera, video camera, chronometer)



and other complex monitoring and data display tools. Observation is not limited to describing the external symptoms of mental phenomena, but only if it explains the psychological nature of these phenomena, it can be a true method of psychological research .

The main advantage of the experimental method is that the research psychologist can test the dependence of the psychological phenomenon on external conditions by causing some mental process or characteristic at will. Another advantage of the experimental method is that the experimenter controls the progress of the experiment during the experiment. and can control, repeat several times. However, experimentation cannot be applied to all researchable tasks . For example: complex types of character and abilities cannot yet be studied experimentally . Two main types of experimental methods are distinguished:

1. Laboratory experiment
2. Natural experiment Laboratory experiment is conducted in laboratory conditions using special psychological equipment. A natural experiment (recommended to science by AFLazursky in 1910) is essentially aimed at not letting the examiner know that the experiment is being conducted in the experimental conditions, and transfers the research to the usual natural conditions. In addition to these, comparison, longitudinal, complex, mathematical statistics, sampling, genetic, questionnaire, interview, archive, projective, test, biographical methods are widely used in psychology. The method of studying the product of activity is widespread in the history of psychology, anthropopsychology, and creative psychology. Activity product analysis provides important material for clinical psychologists. In certain diseases (schizophrenia , depressive psychosis), the character of efficiency changes rapidly (in texts, pictures). Let's look at the four main stages of psychological research . The first stage is the preparatory stage. At this stage, the material is studied by various means, preliminary materials about the studied phenomena are collected. The collected materials are analyzed. The effectiveness of any research, the choice of the right research path, largely depends on the preparatory stage . The second stage is the stage of direct research. Concrete methods of research are used in this. Inspection (experiment) is conducted and necessary research (experimental) data is collected. The third stage is the quantitative development of the data collected during the research. The fourth step is to explain the obtained results. At this stage, the data developed from many mathematical methods are interpreted from a psychological point of view, and the correctness or falsity of the research hypothesis is decisively decided. Modern psychology consists of multidisciplinary psychological systems, it is considered a science and consists of many fields with its own research subject. These include: general psychology, aviation psychology, military psychology, psychophysiology, differential psychology, space psychology, engineering psychology, medical psychology, legal psychology, pedagogical psychology, neuropsychology, pathopsychology, sports psychology, labor psychology, creative psychology, special psychology, management psychology, there are social psychology, marketing psychology, youth psychology, religious psychology, organizational psychology, family psychology, genetic psychology, experimental psychology, practical psychology, professional psychology, political psychology, psycholinguistics and other branches of psychology. The main reason for the division of psychology into branches is the emergence of applied fields within it. Psychology is used to solve important issues in society management, education system, health care, sports, culture, television and other structures. In modern psychology, it is effective to organize and implement activities such as helping young people to



show their potential , enriching their cognitive activities and interests, forming a wide range of ways of perceiving the world, maintaining the level of happiness of our people, maintaining their health, especially mental health, and protecting them from stress. getting results. In modern psychology, electronic computing techniques, electrical and chemical tools are widely used in the deep study of the psyche.

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