

Adolescent Psychology

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Annotation: The period of puberty is 23-28 years old, which is typical of the Darwin, and one of the peculiarities of this period is the active participation in all spheres of social life as a mature person and the performance of labor in production.

Keywords: youth, maturity, youth, specialization, career choice, interpersonal relationships

I. INTRODUCTION

The labor activity of young people differs from other Age periods by the following three important features: Adaptation to the nature of the specialty, production conditions, the characteristics of the team members (skills) - the first years of labor activity (from 1 to 3 years) to find a place and achieve value; to carry out creative research or acquire professional skills for self-improvement as a specialist; Use the secrets of mastery, show initiative, demonstrate social maturity in increasing production efficiency, or set an example of creating a quality product by working for 10 years in a sustainable creative phase of creative activity. Although the above stages are common to all professionals, there is an age difference between people who enter production early and later. For example, young men and women who have graduated from vocational colleges are more likely to pursue a career in higher education. begin before the educated youth, but they must also go through these stages. Many of today's professionals face a number of difficulties from the earliest days of independent activity due to the gap between theoretical knowledge and practical skills in educational institutions. These difficulties are of three types: a) social difficulties: unfamiliar environmental conditions, interpersonal relationships, the level of the labor community, the character traits of the people in it, the values, spirituality, traditions of the production team, etc. ;

b) knowledge and educational difficulties: gaps in knowledge acquired in a special educational institution, limited level, weakness of creative research activities, lack of initiative, etc. ;

c) specific difficulties related to the specialty, the nature and characteristics of production, technology, devices, tools, lack of practical skills or insufficient knowledge of them, incomplete understanding of the economic basis of the profession, safety problems lol stay in front.

Quantitative and qualitative changes occur in the mental states, processes, and characteristics of a person during the period of overcoming these difficulties.

II.METHODS

According to psychophysiologist PPLazarev, changes in hearing, vision, peripheral and kinesthetic sensitivity begin at the age of 20. This information was further developed by foreign psychologists Ful'ds, Raven, Paco, and considered the criterion of mental and logical ability to be 20 years old. In his research, Ev studied the changes in young men and women during adolescence, from complex personality traits to general mental state, verbal and nonverbal mental (logical functions) to simple processes (from body heat to metabolism), and even personality traits. SVKravkov, who studied the sensitivity of the eyes to differentiate with age, said that the increase in visual sensitivity lasts until the age of 25, which is reflected in the scientific data based on mathematical methods and their in-depth qualitative analysis. , and stabilization will continue after the age of 25. Take from BGAnanov's laboratory The results show that the functional level of the human functional level is 44% in boys and girls aged 23-27 years, the stabilization of the functional state is 19.8%, the decrease in the functional level is 36.2%. These data show the relationship of growth in different microelements. Y.N. Kulyutkin examined the interval of attention, memory, thinking, cognitive processes of adults together, and at the age of 22-25 years attention and memory 100.5% thinking 102.5% (memory is equal to 97.0 points 26). At the age of -29, attention proved to be 102.8 memory 97.0 thinking 95.0 points. American scientist V.Shevchuk studied the starting point of creative activity in adults and found that it is 12.5% in the age group of 11-20 years, and 66% in the age group of 21-30 years. ZFesarova, who studied the dynamics of the scientific output of intellectuals, points out that its beginnings were 18-23 in mathematics, 24-27 in physicists, 25-31 in biologists, 27-30 in psychologists, 27-32 in historians, and 28-33 in philologists. V.Shevchuk, who studied the participation of young people in social life, found that the highest peak of participation in social activities is 25 years old, which is 45.4% of people. According to him, in the rest of the Age, a person's social activity is a relatively small unit, even at the age of 45 it is 3%.

III.RESULTS

L.N.Kuleshova and M.D.Aleksandrova, who studied the characteristics of the field of view in humans, note that in drivers aged 18-35 there are three types: 11% above the norm, 47% above the norm, and below the norm on the rest.23-28 Changes and improvements in the level of a number of functions in the pre-age period: the size of the visual field, the approximation of the

distance to the eye, spatial imagination, levels of cognition; scan sensitivity, short-term visual memory, or consolidation is evident: at the age of 22–25 years, a range of 2 different factors emerges and they consist of a mnemological vaattensional complex.

IV.DISCUSSION

There are 3 important psychological mechanisms that influence the development of young people in adolescence: the work community, family micro-environment and informal attitudes. For example, the psychological climate in the labor community, the spiritual world, instability, social consciousness, social values, Mothers and habits can cause a positive or negative change in the character of a new member. As a result of this influence, universal qualities may gradually be formed or a certain personal point of view may be lost. In order to adapt to the psychological climate in the road community, it is necessary to avoid internal conflicts, complex experiences, and silence in order to adapt to the psychological climate in the road community. Therefore, the factor that shapes the character of an individual or destroys his independent internal ties is the social opinion in the labor community. It is the duty of the member. In some cases, the person who is oppressed by the majority loses his sense of principle, justice, personal point of view, as a result of which he develops a sense of hesitation. Young men and women who are on the path to youth It is necessary to treat grandparents, sisters, brothers, spouses, children rationally, to communicate properly with each member of the family, to treat them according to certain rules. However, in order not to disturb the peace, harmony and harmony of the family, young men and women are forced to act against the dictates of conscience. It does not contradict their profession, thoughts and personal views. They strive to find a common "language" with each member of the family for compassion. Therefore, the family environment also serves as a factor that changes the spirit and spirituality of young girls. di.

Another factor that plays the role of a psychological mechanism for a person is the circle of ulfats. Ulfats usually consist of peers whose personal inclinations, interests, aspirations, desires, goals, attitudes, age and behavior are compatible with each other. As a result, young people's feelings, stable beliefs, scientific outlook, inner experiences, feelings of independence and initiative are manifested in the character of "absence of poison for your friend." As a result, irresponsibility, indifference, hypocrisy, It should be noted that in the circle of friends there is an opportunity to acquire new qualities, business acumen, practical skills.

Therefore, it is important not only to approach life from the point of view of life, but also to take advantage of these opportunities. connected, so their future plans, the projects they create, the emerging spiritual and spiritual world should not leave anyone indifferent.

This stage of development includes men and women aged 28-35. During puberty, a person can fully mobilize all his strength, abilities, intelligence, inner potential for his profession, social activities, public affairs. The fact that women have some experience in labor and social activities during this period leads them to the future. The attitude of a mature person to others, their evaluation, creates a significant change in the dynamic stereotype. She is no longer just for her own behavior, but for other people's actions. also begins to realize their responsibility, especially for young people who have no life experience, to burn for the behavior of their children, trying to help them as much as possible.

V.CONCLUSION

It is a period of maturity, greatness, wisdom, leadership, care, patronage. As in other ages, there is a crisis in this period. In this period, a person has to decide what to do, what opportunities he did not use, due to some mistakes and misunderstandings. Self-accountability is an important psychological feature of this period. Some changes in the body, the rapid passage of life, cause great anxiety and suffering. He decides to make the most of every minute of life. The realization of the lack of physical and mental capacity to realize certain dreams creates a feeling of "stagnation" in his psyche. The main reason for this is the radical reconstruction of the mnemological-attention complex at the age of 33-35. The factors of the state of attenuation are preserved, but the Memory and thinking play an important role in the intellect of a person at the age of one. However, the changes do not leave a deep mark on his mental world, experiences, feelings, imaginary images (feelings of youth, mood) in the memory of a mature person, dream, raw imagination) is preserved. At the stage of maturity, the ability to make full use of physical and mental capabilities emerges. This is not due to all the strength, mental, tension, willpower, nervous tension, but specific. occurs on the basis of skill, qualification and skill.

In the laboratory of BGAnanev, which studied the interaction of aspects of maturation at different stages of maturity, the staff increased the functional level at the age of 29-32 years 46.2 stabilization 15.8 decrease the functional level 38, 0, 33-35 years 11.2, 33, 3%, 55.5%

According to Y. Kulyutkin's research, at the age of 30-35, attention is equal to 102.8, memory to 99.5, and thinking to 102.3. G. Lehman, who studied the productivity of adulthood, is 30 years old in chemists and 30 in mathematicians. Psychophysiologist SVKravchikov examined the age-related changes in the differential sensitivity of the eye in people aged 4 to 80 years and found that the increase in sensitivity was observed at -34, in geologists 30-35 years, and the average productivity peak was 37 years. By age 25, it was found that sensitivity stabilization could continue until age 25–50.

Z.F.Esarova studied the problem of productivity of high school teachers and found that the defense of the candidate's dissertation can be done at the age of 26 mathematicians, 32 psychologists, 34 philologists, 31 historians, 30 physicists and 32 biologists.

The desire to participate in social activities in adults in the first stage of maturity is 18.3% at the age of 30, 6.2% at the age of 35. V.Shevchuk means that the level of participation in social organizations is narrowing. During this period, the differences between men and women If women were ahead in physical, sexual and mental development, now men are ahead, and this situation

will last until the end of human life. ZFesarova finds it necessary to measure the productivity of creative activity in adulthood by the following criteria:

- availability of textbooks, manuals and monographs in the published works;
- opening of a new direction in scientific research;
- discovery of a new method of solving a scientific problem;
- establishment of a scientific school;
- the amount of references and attachments to the works of other authors;
- the extent to which the teacher's scientific knowledge is used in the student's independent work;
- quantity and quality of diploma and dissertation works under the guidance of a teacher;
- rewarding teachers for their success in their research activities;
- such as associate professor and professor.

At this age, successes, victories or failures in personal life have a profound effect on a person's spiritual world. As a result, he develops feelings of arrogance, pride, self-esteem or, conversely, indifference to the hardships of life. However, the mental state, which has both appearances, gradually falls in a certain direction through the influence of family members, peers, cocktails, members. In general, people in the stage of maturity They do not remain indifferent to the realities of life, nature, society, the universe, events, they live with a sense of peace, harmony, tranquility, friendship, the rational use of worldly pleasures.

The period of maturity includes men and women aged 36-55 (60). During this period, a new trait is manifested in the re-evaluation of creative activity. If they have been chasing quantity in their labor activity to this day, now They begin to focus on the quality of the product of the cocktail. They begin to look at family life, social life, purpose of life, human dignity, environment, themselves and other people with new criteria. Life's details, calmness and patience in social events. They communicate with each other based on their life experience, they know their thoughts about the subtleties or bad consequences of everything. The opportunities, mistakes and shortcomings they have lost in life give them a sense of seven-dimensional, one-sided behavior. That is why they regret that a moment of their lives is wasted. They try to make up for what they lost in their youth with intelligence and wisdom. In the second stage of puberty, the symptoms of aging become more prevalent, the starting point is 45-50 years. However, according to the specifics of people, this limit varies, for example, one person is 60 years old, and another. It can be up to 70 years old. Therefore, the boundaries of the age period are determined only conditionally. This factor also depends on the family environment in which people live, historical and social conditions, geographical climate and so on.

The variability of this age is determined by biological, social and educational factors of man (genetic trait, social environment, continuous educational impact). Y.N. Kulyutkin The growth of different processes, conditions, properties, characteristics in people of the same period. , change is not equal, but their memory before one, then contemplation, on the contrary in another, teaches development, the weakening of one mental process, the rapid growth of another.

The pursuit of one's inner potential has further improved one's spiritual and spiritual self-awareness in all activities. The "I" in the self-awareness of men and women in adulthood is expressed in three different ways: "I" 'pincha is interpreted by itself in the form of "I-image".

The retrospective consists of the "I", which reflects the identity of the past; imagined as the actual 'I', representing its present tense;

and the ideal self is shaped by how one imagines oneself in the near future.

Therefore, the desire to fully mobilize their potential in life creates a model of personal ideal in all spheres of social life, comparing the image of the past with the present, based on this model, the person chooses life plans, goals, methods and means. Man's aspiration from the past to the present, from the present to the future is the main criterion of self-awareness. There are other criteria of self-awareness, such as self-assessment, control, inspection, capture. , self-command, etc. Self-awareness is often expressed by other people:

- A) older people;
- B) peers;
- C) from the point of view of people younger than him.

L.N. Kulenova and M.D. Alexandrova, who studied the field of vision of people of this age group, found that the range of vision in men aged 36-50 years is as follows:

Exceeding the norm by 4%, the norm by 53%, the rest by less than the norm. Y.N. Kulyutkin proved that in subjects aged 36-40 years, attention, memory, thinking on the scale from 0 to 130 have 94.8, 93.7, 99.0 units. BGAnanev, on the other hand, says that at this age there are some differences in the bipolar and mopopular ways of form perception. A number of scientists (Clapared, Mayle, Bellis, Philip) have studied the changes in the exposure time of sound and light in this age group. The data obtained are of practical importance and still retain their value. Researchers such as Raven and Paco tested the ability of the intellect to be 96% at the age of 30, 87% at the age of 40, 80% at the age of 50, and 75% at the age of 60. In terms of activity, V.Shevchuk % want to participate in this activity, 2.2% want to participate at the age of 40, and 2.8% decide to leave it.

ZFesarova studied the characteristics of the creative work of high school teachers and determined that the defense of doctoral dissertations should be carried out by mathematicians 33, psychologists 46, philologists 46, historians 47, physicists 37, biologists 40. In general, people belonging to the second stage of maturity On the other hand, social activity is declining. Because

old age differs from other people of the Young Age in the abundance of both joyful and fleeting moments, experiences, emotions. The desire for a peaceful rest. There is a crisis between and a sense of alienation from social activity. How to make a decision, that is, not to lose contact with the workforce or to be completely excluded from social activity, depends on the struggle of motives in certain situations. The maturity day, which is about 1.5, 2 times longer than at the beginning of the century The social vigor, spirituality and spirituality of men and women in the world show that there can be no question of weakening social activity. Hence, their diligence, mental ability, professionalism, life experience, high consciousness, richness of spirituality , the purity of the soul is a complete guarantee of a new victory, a bold step towards the joys of cocktails.

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