

## FEATURES OF THE FIGURE "I" IN ADOLESCENCE

Do'sjonova Nilufar Rustam qizi

3 Years Student, Bachelor's Degree, Nukus State Pedagogical  
Institute named after Azhiniyaz, Nukus, Republic of Karakalpakstan

### ABSTRACT

In the article, first of all, general concepts about adolescence, it is about this period from foreign scientists R. Burns and Z. Freud's theories, you can get interesting information about what groups the human "I" is divided into in the theories of scientists, about the features of the figure "I" in adolescence, and in the summary section about what changes occur in a child in adolescence.

**Keywords:** teenager, imitation, concept of "I", Id, Ego, Superego, Imperial "I", Real "I", Material "I", social "I", psychic "I", moral "I", Persona.

### INTRODUCTION

In the current period, there are complex mechanisms for the expression and emergence of the specific features, laws, possibilities, motives of action of adolescent adulthood. It should be noted separately that the use of educational and educational activities in the maturation of adolescents, taking into account their characteristics in full, does not create misunderstanding in the relationship of individuals, creates a warm psychological atmosphere between the class team. It is never an exaggeration to say that the "inconsistency" of work with the word in the years of stagnation, gross mistakes in moral education negatively affected the spiritual world of adolescents. Nowadays, the issue of the fate of adolescents is also taking on an extremely serious turn, when the movement for a radical restructuring of the spiritual world of a person, humanization of personality formation has begun. Adolescence is distinguished by imitation, lack of formation of an important point of view, emotionality, Valor, solemnity. Therefore, it is necessary to pay special attention to teenage boys and girls who are addicted to external influences.

Adolescence is the period between the ages of 10-11 and 14-15. Current adolescents have a somewhat greater advantage in physical, mental and political terms compared to their predecessors. Sexual maturation, the process of socialization, psychic growth are manifested in them earlier. In most students, the transition to adolescence begins, mainly, from the 5th grade. "Now a teenager is not a child, but not a big one" the same definition indicates an important character of adolescence. Adolescence is a period of transition from childhood to adulthood, characterized by its own characteristics, both physiological and psychological. At this stage, the physical and mental development of children is greatly accelerated, their interest in various things in life, their desire for novelty increases, their character is formed, their spiritual world is enriched, conflicts escalate. Adolescence is a period of puberty and is also characterized by the emergence of new sensations, sensations and entangled issues related to sex life. At this age, sharp changes in the development of the teenager begin to occur. These changes are physiological as well as psychological ones. Growth to the height does not go evenly: if the girls grow 5-7 cm, then the boys grow 5-10 cm. Growth towards the neck occurs due to the

lengthening of the first bones of the tendon and the enlargement of the spine. The timbre of sound also changes due to changes in the oral cavity and larynx. This happens to a greater extent in boys than in girls. The sound of the boys remains more restrained, it roars. Although during this period the muscles grow and strengthen rapidly, but still the growth rate of the bones of the legs and arms is lagging behind. In adolescents, this feature causes rudeness in their beseeching behavior, behavior, large-scale STDs. Due to physiological factors, the chest develops slowly in relation to the growth of the buttocks. As a result of this, some adolescents have a narrow shoulder, chest, which in turn leads to a lack of oxygen, shortness of breath. During this period, with the expansion of the heart, blood vessels are also blocked, and the activity of the gonads also increases. As a result of the biological-physical change that occurs in a teenager, a fundamental turning point arises in his psychic world. A teenager has a feeling of knowing his own worth. He limits the right of adults, and expands his own. Imitation of someone's behavior is characteristic of adolescence. Often they imitate, imitate the behavior of adults they are familiar with and like. Adolescents may also be interested in smoking as well as alcohol during this period. A teenager who is close to children in terms of mental development, but close to adults in terms of needs, will have a lot of uncomfortable and worrying situations, and they will cause crisis in a teenager. It is from these characteristics that adolescence is characterized by its psychological manifestations, which receive such names as "transitional age", "crisis period", "difficult period". In his time, L.S.Vigotsky called such a state "crisis in psychic development." After a small school period, adolescence can be studied into two different periods - small adolescence and large adolescence:

At the stage of a small teenage period, a teenager tries to separate himself from, children and assert himself as belonging to an adult, is constantly in criticism for adults, others, that is, cannot stand the reproaches and criticism given by adults, whoever helps him begins to be close to this person, a very strong connection with his peers appears, for the fact that

And at the stage of the senior adolescent period, the following changes occur in a teenager: in this, a teenager begins to consider himself an absolutely young child, to realize his identity, to be interested in outside thoughts about his personality, to glorify his personality, to make specific purposeful and specific actions, it is at this stage that the thoughts and actions of Contradictions in the satisfaction of their physical, spiritual and material needs begin to grow independently on the advice of their parents. That is why it is this second stage that becomes important in the life of a teenager.

Famous foreign scientist R. Burns proposes a differentiated system of the concept of "I" in adolescence. According to him, the basis of the concept of "I" is a system of masters of self-orientation. The main component of the structure of its Concept "i" is the following master classes: cognitive; emotional; behavioral. R. Burns, having reached the peak of the concept of "I" in the form of a hierarchical system of the concept of "I", reveals the limit of opportunities in self-realization. He explains the concept of "I" as the sum of the ustanovkas of a person in relation to himself. R. Burns will have a master of self-orientation to 3:

\* the real (real) master "I" is an individual's perception of the role of his own actual abilities as it is;

\* Master "I" in the window;

\* Master of the future "I".

R. In the lower tier in the hierarchical system of burns, the next aspects of the concept of "I" are located. These are: social Me; spiritual me; physical me. R. In Burns's theory, only the physical I aspect is revealed more weakly than the other elements.

And now the famous Z. Let's dwell on Freud's theory. Sigmund Freud substantiated the theory of personality in a relatively different way, opposing the opinions of other scientists. In his opinion, "individ — will always be in conflict with society." That is, " the biological needs of a person (especially sexual ones) are contrary to the existing norms of culture in society, and the individual will definitely confront these norms in the process of satisfying his needs. The process of self-realization of a person, that is, a concrete assessment of existing qualities in himself, is often burdened by a person, that is, human nature is such that he tries not to realize, to hide bad qualities that do not correspond to the norms of society in him. Even such visions are squeezed into the sphere of the unconscious. This is not a deliberate task, it is a mechanism for a specific psychological defense of one's own personality in each individual. Such a protective mechanism often protects a person from various bad complications, emotional experiences. Z. According to Freud's theory of classical psychoanalysis, the concept of " I " is considered a structural component of the human psyche, in other words, Sigmund Freud divides the psychic structure of personality formation into three main parts:

1. Id ("He"). This is the basis of the instinctive needs that exist in connection with the innate reflexes given to the individual. A source of directed energy for pleasure. "He" performs the function of satisfying the nutrition and the necessary needs of the body.

2. Ego ("I"). Performs a function that puts a person's behavior in the environment, behavior on the road. The Ego is governed by the principle of reality. For example, when a person is hungry, the Ego will preserve him from eating poisonous fruits, that is, prohibit him.

3. Superego ("High Me"). It performs an ideal parental function. Superego sets the way for human behavior and, according to the standards of parents, promotes its formation in society. According to Freud's theory, in society, sexual inclinations are directly blocked due to the presence of historically composed habits, moral principles, social "censorship". That is why in some people there is an internal mental conflict between this unconscious natural tendency and the perceived situation, such conflicts sometimes lead to stable nervous disorders (neurosis).

It is known to many that personality is seen as a social phenomenon in Social Psychology, although its formation is also influenced to some extent by biological characteristics such as gender, temperament, hereditary traits. Against the same background, one of the scientists who conducts research in social psychology is U. It is no exaggeration to say that James, in the theory of personality, was able to fully express his thoughts about the individual "I", like other scientists. He distinguished two aspects characteristic of the individual "I": the imperial "I" and the real "I". The empirical " I " is the sum of all that a person can call something "his own". They are as follows:

- Material " I " - containing the body structure of the person and personally if it is the "I" who receives all that belongs to him;
- Social " I " - "I", recognized by those around him in a person, each person is interested in the opinion of those around him about himself, of course. So the more individual social groups there are around the individual, the more social "I" will be available to him;

\* The psychic " I " is the sum of the individual's abilities and talents that help him to show who he is in the social environment;

• True or moral "I" — consists in the circle of self-realization, self-assessment of the individual. In modern psychology, such a "i" is considered as the central link of the individual, and the Concept " i " (this scientific term refers to science as the American psychologist K. Introduced by Rodgers) is expressed through the concept. One of the sociologist scientists, Charles Culey, used the concept of " the mirror of the individual", substantiating through it the idea that the person looks at the assessment and opinion of the people around him in relation to him exactly as if he were looking in the mirror. In his opinion, any person seems to put himself in the mirror, while accepting the assessment and opinion of those around him.

American John Hoelter, on the other hand, conducted a study with American teenager — readers, which found that while teenage girls are more mindful of the opinions of their boy peers, teenage boys are more likely to take into account the opinions of their parents (Hoelter J., 1984).

Carl Jung argues that there is a protective part in the structure of the personality psyche, and it is called Persona. This Persona creates problems between the person's true "I" and the false "I". In his opinion, Persona, having a kind of mask, a person wears this mask in order to hide his true "I" in relations with the public. Thanks to this, the individual does not always manifest his true self and in front of all social groups, as a result of which those around him cannot know what he really is. The scientist assumed that Persona is a collaboration between society and the individual. Its purpose is to make a good impression on others, hiding the true "I" of the individual. Often a person confuses a person with his original state. In this case, the "I" will also be confused with the Persona, while the individual will become a false creature that plays a role in front of the social environment. K.G.Jung indicates that such a situation poses a danger to the individual's self-realization.

In conclusion, we must emphasize that in adolescence, the process of moving from childhood to adulthood occurs. In adolescents, with a sharp change in mental processes, deviations are also felt in their mental activity. Therefore, in interpersonal relations, strict changes occur in the communication of the teacher with the student, in the treatment of adolescents with adults. In the process of these changes, difficulties arise. For example, a teenager walking back, gently responding to adult instructions, requirements, will be critical of them. In their opinion, the requirements, guidelines of adults should be logically compact, evidence-based and have sufficient objective as well as subjective factors. Due to the emergence of a personal point of view in a teenager, he tries to transfer his opinion, despite the grief, coquetry of an adult, a teacher. Serzardy becomes an integral part of everyday behavior. Such changes in the behavior of a teenager cause severe anxiety, irritability and change their attitude towards the student to an inexperienced teacher or parent. As a result, disagreements, misunderstandings, conflicts arise. In itself, the question arises, What is the force that drives the psychic growth of a teenager? Hence, the force that drives the psychic growth of a teenager is a manifestation of a system of contradictions between the needs that gave rise to his activity and the possibilities of satisfying them. From this we can say that current adolescents have a somewhat greater advantage in physical, mental and political terms compared to their predecessors. In them, sexual maturity, the process of socialization, psychic growth are manifested earlier. For this

reason, we have boys and girls from 10-11 to 14-15 years old considered in adolescence. Psychologists believe that adolescents cannot be viewed as a product of real social living conditions and individual activity, since we have no right to deny the biological and Psychological Laws of growth.

There is also no specific invariable feature and characteristic of adolescence.

#### REFERENCES

1. Rivojlanish psixologiyasi va pedagogik psixologiya (Z.T.Nishanova, N.G`Kamilova, D.U.Abdullayeva, M.X.Xolnazarova) Toshkent-2019.
2. Pedagogik psixologiya (Ergash G`oziyev) Toshkent-2014.
3. Ontogenez psixologiyasi (Ergash G`oziyev) Toshkent-2010.
4. Psixodiagnostika va eksperimental psixologiya (Z.Nishanova, D.Qarshieva, N.Atabaeva, Z.Qurbonova) Toshkent-2018.
5. Ijtimoiy psixologiya (N.Ismoilova D.Abdullayeva) Toshkent-2013.