

PSYCHOLOGICAL FEATURES OF ADOLESCENT AGE

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ANNOTATION

This article discusses the problems of adolescence, as well as examples of solving this problem.

Keywords: psychology, teenager, problems, student, transitional age.

The transition to adolescence is characterized by the emergence of qualitative new formations, which are understood as the formation of a new level of self-consciousness, "I-concept", a characteristic feature of which is a sense of adulthood.

L.S. Vygotsky was able to most clearly define neoplasm - this is the generalized result of these changes, the entire mental development of the child in the corresponding period, which becomes the starting point for the formation of mental processes and the personality of the child of the next age.

Neoplasms are characterized by profound changes in the conditions affecting the personal development of the child, which are fixed in the form of psychological characteristics. Most often they relate to the physiology of the body, the relationships that develop in adolescents with adults and peers, the level of development of cognitive processes, intelligence and abilities.

For the first time, the psychological characteristics of adolescence were described by S. Hall, who pointed out the inconsistency of adolescent behavior (for example, intensive communication is replaced by isolation, self-confidence turns into self-doubt and self-doubt, etc.). He introduced into psychology the idea of adolescence as a crisis period of development.

A sense of adulthood is a psychological symptom of the onset of adolescence. By definition, D.B. Elkonin, a sense of adulthood is a new formation of consciousness through which a teenager compares himself with others (adults or comrades), finds models for assimilation, builds his relationships with other people, and restructures his activities. The transition of adolescence, of course, includes a biological aspect. This is the period of puberty, the intensity of which is emphasized by the concept of a hormonal storm. Physical, physiological, psychological changes, the appearance of sexual desire make this period extremely difficult, including for the most rapidly growing teenager in every sense.

Transitional age - the period of puberty with the final formation of secondary sexual characteristics. The onset of puberty for everyone occurs at different ages, but this period proceeds in almost the same way for everyone. The child becomes lost, he understands that changes are taking place in his life, but he does not realize what. As a result of this, there are frequent mood swings, irritability, excitement, stubbornness, a desire to spend time with friends more often or vice versa not to leave the house at all. There are problems at school, not only because of studies, but also frequent conflicts with peers and adults. The child becomes more vulnerable, and perceives any quarrels painfully. Not understanding by parents that their child has already grown up and is already a person, accompanied by frequent reproaches in his direction, exacerbates the situation. For a teenager, it is very important to respect his opinion and thoughts, as well as support him in independence and self-development.

Often, the transitional age for an only child in the family is more difficult than for his peers who have brothers and sisters. This period is difficult not only for the child, but also for his parents, but it is impossible to say with accuracy how difficult it will be for a particular teenager. If parents are not patient, this can complicate the period of growing up, which usually ends by the age of 15. In the psychological and pedagogical literature, a difficult teenager is described as follows: it is not easy to cope with them in the classroom, they are conflicted, it is difficult to contact, including parents. Many people think that these children are some kind of intruders? It's a delusion! It is impossible to say exactly why a teenager begins to behave this way. The main reasons why a teenager becomes "difficult" are early upbringing and the atmosphere in the family where he grew up. Also, not all adolescents who do not meet the requirements of discipline are classified as "difficult". Some of them are hyperactive, inquisitive, restless, in this regard, they do not correspond to some concepts of "ideal". Such teenagers need to direct their energy in the right direction, go in for creativity or sports. Moreover, the help and support of adults is very important for them. There are also "difficult" teenagers who have an impressive number of negative qualities, such as hypocrisy, rudeness, ruthlessness. In such cases, the help of a psychologist is needed, thanks to him it is possible to learn how to properly educate a "difficult" teenager, determine why he does certain things, learn how to properly respond to his impulsive behavior. A psychologist will need a lot of strength and patience in order to work with this category of adolescents. After all, the psychological well-being of a "difficult" teenager depends on their timely and correct help. Most adolescents become uncontrollable due to the fact that they are considered children, and in this way they try to defend their adulthood and rights in front of adults. In many ways, the situation in the family affects the formation of the influence of the personality of the child. According to scientific research, when there is no love and attention to the child in the family, he lives in difficult conditions, then he has every chance of becoming "difficult". The child in the process of socialization adopts everything from his parents, both negative relationships with loved ones, and deceit, rudeness and cruelty. Delinquency committed by parents also adversely affects the microenvironment of the family in which the child is brought up, which is one of the main reasons for the child to become on the wrong path.

According to domestic scientists, adolescence is characterized by such psychological characteristics as:

1. The emergence of a sense of adulthood and the reaction of emancipation.

A teenager seeks to expand his rights and limit the rights of adults in relation to his personality. Protest and disobedience are the means by which a teenager achieves a change in the previous type of relationship with adults.

2. Grouping reaction with peers.

Communication with peers is the leading activity in adolescence, learning activities fade into the background. Joining a group of peers on the basis of equality, cooperation is the most important problem of this age: constant interaction with comrades gives rise to a teenager's desire to take a worthy place among them and is one of the dominant motives for behavior and activity. The guys communicate in groups, their friendship is very emotional, full of many experiences.

3. The emergence of interest in the opposite sex.

Physical and sexual development give rise to a teenager's interest in the other sex and at the same time increase attention to their appearance. There is a very emotional love-friendship relationship. Unrequited sympathy often becomes a source of very strong feelings. For some adolescents, by this time the first experience of sexual relations occurs.

4. Development of self-consciousness.

The most important feature of the personality of a teenager is the rapid development of reflection and, on its basis, self-awareness. It is at this age that the orientation of the individual towards self-esteem arises. The level of aspirations of a teenager depends on the nature of self-esteem. Self-esteem arises and is formed only in the process of communication of a teenager with other people.

Based on the foregoing, we can say that a teenager understands that he is no longer a child, noticing strong changes in his physical and sexual development, feeling the opportunity to be socially active, socially important things in the family and school.

It can be concluded that in a new situation that is rapidly changing for a teenager, he often loses his bearings in it, when faced with difficulties, a teenager has a strong sense of opposition, teenagers tend to express their feelings violently, when considering the mental status of a teenager, conflict tends to attract attention. and tension of development situations. All this is the prerequisite for the difficulties of adolescence.

We are talking about the difficulties that force society to create various services to combat these difficulties. We are talking about deviant (deviant) behavior.

LITERATURE

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