



## To Their Own Mental Health in Conflict Situations in Adolescents Psychological Characteristics of Attitude

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### **Abstract:**

psychology to identify, shape, new conditions of the human psyche moving, improving, ensuring the dynamics of development, moving to a new quality stage it may have become a very practical, applied science with the possibility of recording. Psychology areas indicate that it is important for practice. In this article psychological attitude towards one's own mental health in conflict situations in adolescents thinking about the features.

**Keywords:** psychology, human psyche, conflict situation, adolescence, mental activity, endocrine garmon, nervous system.

The most psychologically important trait in adolescence is adulthood or adulthood of particular importance is the appearance of the feeling. The feeling of seniority is in the socio-moral sphere, mental finds expression in activity, interest, attitude, external forms of behavior. The personality of adolescents, while studying the psychological characteristics inherent in adolescence forming and developing, the way to maturation and the biological and social that affect it the direct influence of factors can be understood. Sexual maturation affects the adolescent's behavior at this age as the main biological agent. But this is a direct effect. The psychological "mechanism" of a small teenager is schematically assessed as follows. With the appearance of endocrine hormones and their influence on the central nervous system the onset of sexual maturation, which is associated with physical and psychological activity of children increase their chances and make them feel like adults, be independent emotions bring favorable conditions for their appetite. However, the development of the psyche even at this stage, the child is not yet ready to move independently. Social factors, however, include: high school enrollment from a junior school age, i.e. from the guidance of a single teacher, most teachers are in possession and communication changes to expand socially useful work, more independent and practical work fulfillment is, at the same time, a change in the position of the child in the family. To older teens the inability to agree that appears in relatively small adolescents with sexual maturity in them not the surrounding conditions, the attitude of the parents in the family, the brothers to him, it is necessary to associate with the influence of neighborhood-lake, that is, social conditions. Here are these social conditions with the aim of changing the psychological climate in them direct effects on adolescent behavior include colstation, bad behavior, stubbornness, it can prevent negative

qualities such as not recognizing their shortcomings. During this period, a teenager in a situation where he said goodbye to a happy childhood, but has not yet found his place in adult life is. A teenager is a complex life without a proper assessment of his abilities and strength tries to solve issues, but because the ability to think is superficial it allows for a number of disadvantages in its daily life. But rather than admit his mistake prefers to argue with adults. Does not like those who criticize, each criticism is supposedly a sign of disdain for him, pretending to be a deliberate act. He tries to act independently, arbitrarily, does not pay attention to the advice of adults. Some teenagers are in their adult ranks they begin to get used to various negative habits to demonstrate their attachment. Teen such changes in behavior are of severe concern to the teacher and parents. Positive them and to change to the side requires psychological knowledge and experience from adults. At this age adults embarrass adolescents in the majority of the shortcomings and mistakes that they know and do not know, helping with a psychological approach, rather than humiliating and condemning, made him "great not quenching the feeling of" becoming", but how and how a big man will be it is necessary to mean that it must meet the requirements. A teenager's claim to new rights is, first of all, a relationship with an adult it will be relevant to the whole environment. The requirements that a teenager willingly fulfills first can now be resisted begins: control when they limit his Independence, take custody, direct when they do, when they demand to listen, when they punish, their interests, relationships and when they do not count with their thoughts, he becomes very upset and protests. A teenager has a feeling of self-esteem, and he is self-deprecating, independent he considers a person whose right cannot be deprived. Parents and educators working with adolescents separately, it is right in time to find their liking and behavior they must lay down. Some teachers believe that these changes in a small teenager-negative symptoms, where the roots of wariness, stubbornness come from and what is connected with, not knowing what is the effect, they make misdiagnoses and conclusions, which in most cases, it can lead to tragedy. One of the main conflict-generating factors is the adolescent's own independence is an assessment of beyond capacity. Small with an overestimation of its capabilities a discrepancy arises in the six psychic possibilities of a teenager. To the will of adults disobedience, failure to comply with the decisions of school, class activists and others in this regard not only is it the only reaction to not being able to adequately assess the condition, thus together this teenager is also as a way to introduce himself to others from the point of view of his personality serves. Adolescents are more interested in thoughts about their personalities, they are more interested in knowing themselves, they try to develop purposefully, educate. It restricts adult rights, extends his own, respecting the adults ' own identity and value of humanity wants, claims to show confidence and independence, that is, known to adults tries to achieve equality and their recognition of this. In the growth of inner freedom in adolescence, in self-awareness capacities, independent large qualitative changes occur in behavior. In the occurrence of such changes will also matters. Free movement of a teenager as a higher psychic function of will the weapon is also considered to be the main line of Personality Development. Self-awareness the composition of the feeling, the attitude towards oneself as if as a separate independent person the occurrence is for adolescents of both sexes and desired temperament type during this period are important features. Teenage O'gll-self-assessment in the maturation of the personality of girls, in the process of self-realization tend to give and desire to compare oneself with other individuals, arise the need to put a building on oneself is. These are the mental activity of a teenager in the psychic world, the attitude of the environment affects the formation. In early adolescence, most adolescents are negatively personal to themselves they give a characteristic. As you get older, the self-assessment of a teenager is differential in character (behavior, behavior in social situations and certain behaviors) begins to manifest. Adolescent ustanovks have an important functional significance and are known for its manifests itself as a willingness to perform activities effectively.

Its main functions are:

- 1) determines the strict nature of the implementation of the activity;
- 2) free control of adolescent personality in the course of activities in standard situations and frees from making decisions.

Scientists who have interpreted the features of adolescence say that the son and the desire of girls to have a relationship with their comrades at this age, to the life of the community of peers interest is manifested brightly. Children affected by these changes are physical and mental in connection with growing opportunities, they begin to trust themselves more, they are now they also begin to participate in the discussion of family problems. In adolescence, mainly cognitive processes develop at a high level. During these years the main personal and entrepreneurial characteristics that adolescents need throughout life begins to look Open. Memory is translated from the level of mechanical memory to the level of logical memory. Speech is developed, diverse and rich thinking, and all its manifestations: moving, figurative, develops at the logical level. Training adolescents now in various practices and mental activities can. Also during this period, general and special competencies are formed and developed. A lot of contradictions and contradictions are characteristic of adolescence. School program the connection with appropriation and other work is conspicuous in solving various issues the intellectual development of adolescents makes adults with them on serious problems it is thought-provoking that adolescents themselves try to do the same.

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