

THE MAIN TASKS OF TEACHING PSYCHOLOGY

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Annotation: Nowadays, the science of world psychology has rich materials on self-control and improvement, self-control, self-command, and self-discipline 'plagan, which, in turn, provides scientific and practical information about the change and re-creation of human attitudes, goals, conditions, experiences, and provides diversity in the psychology of everyday life. Psychology has become a very practical, applied science with the possibility of identifying, forming, moving the human psyche to new conditions, improving it, ensuring the dynamics of development, and recording the transition to a new quality stage. The fields of psychology show that it is important for practice (legal psychology, clinical psychology, labor psychology, trade psychology, social psychology, pedagogical psychology, special psychology, sports psychology, etc.).

Key words: Human, psychology, legal psychology, clinical psychology, family psychotherapist.

Psychology has its own subject from a practical, applied point of view, and includes fields such as practical social psychologist, engineer (engineer) psychologist, family psychotherapist, medical psychologist, school psychologist. It should be emphasized separately that the science of psychology despite having an old history, it is a very modern science, because scientific psychology begins with the opening of the first experimental laboratory founded by the German psychologist W. Wundt in 1879 at the University of Leipzig (Germany). Therefore, the time has come to include the scientific study of reflection (Latin reflexus means analyzing one's mental state) into the subject of psychology. It has not been determined whether it will be included in the humanities or natural sciences, but nevertheless, it can be called the product of the combination of information and laws collected in the fields of both directions. But regardless of the fact that psychology contains both humanitarian and social knowledge, it is an independent science with a special feature. Because the science of psychology clearly deals with the nature of human qualities, specific development features, mechanisms, laws, uniqueness, individuality, and loneliness. In the analysis of the science of psychology, it is more appropriate to reflect on the relationship between scientific and everyday psychology than to determine its connection with which field of science. It is known that the life and practical experience of people is reflected to a certain extent on the basis of any science. For example, the subject of chemistry is based on the knowledge of everyday life about the properties of substances, their density, weight, and interaction, and the science of mathematics is based on human imagination about numbers, quantitative relationships, properties of geometric shapes, and trigonometric functions. But it is impossible to make or express such opinions about psychology, because at its core lies a completely different identity. Each person has acquired specific psychological knowledge of everyday life and has a different level of maturity depending on his level and potential, even the knowledge accumulated in life experience may be superior to scientific psychological knowledge (the old man does not know what the old man knows). Because great writers (they are observant about interpersonal relations and behavior, communication features), doctors, teachers, priests, and merchants are highly armed with knowledge about their inner world and behavior as a result of their continuous dealings with people. Every person has more or less

psychological knowledge, as proof of this is the ability of people to understand each other, to influence each other, to predict the consequences of behavior in advance, to emphasize the importance of providing assistance to a person taking into account his unique characteristics is enough. The word "psychology" consists of two Greek words - "psyche" - soul, spirit and "logos" - teaching, science, and in the traditional sense, all events and processes related to the human spiritual world constitutes its subject. In other words, the subject of psychology is the processes, events, and situations that form the basis of our knowledge of the external world and self-knowledge of each of us. In the literature on psychology, its subject is briefly described as psyche. Psyche is such a state of the human psyche that allows us to consciously reflect the external world (including the inner spiritual world), that is, to know and understand. But it would be wrong to draw a superficial conclusion from these short definitions that the processes related to the psyche are forms of reflection of consciousness. Because the events and processes related to the human psyche and its spiritual world are so complex and diverse that sometimes we do not even understand ourselves. That is why people's knowledge is not only about having a set of knowledge related to the nature of objective phenomena occurring in the external world, but also about all the secrets of rationally organizing their activities while taking a worthy place in life and effectively using their internal capabilities and potential. Being knowledgeable means knowing how to influence yourself and others and using them effectively. The complexity of psychological knowledge lies in the fact that we can directly feel the essence of things and events around us, but we indirectly know the processes related to the psyche, the essence of what is happening in ourselves, our brain, our consciousness. For example, we like one of our friends, he can always make a good, positive impression on us, but although we can directly see, evaluate and analyze his actions, our love for him, when we don't see him for a long time we do not have the ability to directly see and perceive the feeling associated with what we miss. Such cases indicate the unique nature and complexity of phenomena and situations studied by psychology, and they differ from other various phenomena.

Conclusion:

Thus, the processes and phenomena studied by the science of psychology are complex and diverse. There are two aspects to learning them: on the one hand, it is difficult to learn them, and on the other hand, it is easy. Regarding the last aspect, it can be said that these phenomena are given directly in ourselves, it is not necessary to search for them from afar, to make abstract analogies, on the other hand, they are subject to general laws and principles that are related to each other. So, the subject of psychology can be described as the specific aspects of a concrete person, his behavior in society and various activities. Manifestations of the psyche in various forms: there are psychic processes, psychological states, characteristics, and psychic reflection is distinguished by a number of features, that is, it is manifested through the individuality of a person; occurs in the course of a person's activity; gives an opportunity to accurately reflect the surrounding reality.

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