

PSYCHOLOGICAL APPROACHES TO THE PROBLEM OF BEHAVIOR

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Abstract. This article is a psychological perspective on behavioral problems recommendations of scientific research are expressed. Also, in the article, the scientific proposal and practical recommendations formed by the author on this issue were also expressed

Keywords. Activity, behaviorism, functionalism, consciousness, psychoanalysis, aggressive, psychotherapy, tendency, cognitive.

Enter :In today's developing country, educating the children who are our future, ensuring their healthy and all-round development, and instilling in them a desire to study, as well as organizing integrated education for their all-round development, is today's state. is calculated from the requirements. To bring them up in accordance with world standards, to implement individual-oriented education, to create conditions for spiritual and moral education based on the rich cultural and historical heritage of our nation and universal values, to prepare children for schooling, and their parents It is the duty of us parents and pedagogues to cooperate with their mothers and help them in a practical way.

The main part :Today's tasks of the science of psychology, of course, make some changes to its subject. Because if we take into account that the problem of the struggle for human mind and heart is considered as an urgent issue on a global scale, the formation of the mind of every member of our society, citizens of an independent country under the influence of the national-cultural environment, based on national and universal values, pure faith in their hearts and studying the mechanisms of formation of healthy outlooks and independent thinking is also an important subject of science. Especially today, it is in harmony with the interests of the people and the nation that the youth have a clear goal and profession, and that the feelings of national pride and pride are properly nurtured. Psychology, as a science, should study the ways of formation of correct attitudes towards oneself, fellow countrymen, various types of activities and the world in each person. Otherwise, the inability to accurately predict changes in the minds of young people will lead to errors in choosing the right means of educating them.

So, in short, the subject of psychology can be described as the reflection of a concrete person, his behavior in society and various internal experiences, actions and activities in a unique way by his mind. It is known that people differ significantly from each other in terms of their impressionability and the energy they show when they have the same external influence when their behavior and motivations are relatively equal. For example, one person likes to be slow, another likes to rush, some people are characterized by a quick awakening of emotions, and another is characterized by coldness, another is characterized by sharp gestures, expressive facial expressions, and another by slowness in actions. , is distinguished by very little movement of the face. Another trend called functionalism appeared in the United States. The representatives of this direction, founded by E. Titchener, proved that it is possible to evaluate human behavior based not only on the invisible elements of the consciousness system, but also on the basis of signs that can be seen with the eye and are based on the results of activity.

The researches of another great American psychologist, W. James, became so practical that

he began to describe bold psychology as a science that studies not the elements of the mind, but the activity of the mind. Consciousness is a dynamic, moving, changing whole structure, the conditions of the body and its activity play an important role in its manifestation. Therefore, these two structures allow a person to adapt to new conditions and find his place in the external environment in general. At the end of the 19th century, under the influence of the above ideas, a stream of behaviorism emerged that has not lost its meaning even today. The main ideas of the representatives of this direction, founded by E. Thorndike and D. Watson, were that they argued that the subject of psychology is not only consciousness, or not only activity, but also behavior. Behavior is expressed in one or another actions, actions, reactions and depends on external influence - stimulus. That is why, in order to know a person and his psychology, it is necessary to study the influencing and influenced behavior. These things are taken into account in our current conditions in the organization of production, education and psychotherapy, the famous "S→R" formula they carried out is taken into account in the technique of influencing in our conditions, they have their relevance or He didn't lose. As psychology was formed as a science and the views of scientists were formed in it, there was a need to study the nature of mental experiences from the inside. The direction of psychoanalysis, which appeared at the beginning of the 20th century, appeared in order to eliminate this deficiency in science. The Austrian scientist Sigmund Freud, one of the founders of classical psychoanalysis, said that psychology should study not only the field of consciousness, that is, the forms of behavior that are directly understood by a person, but also the phenomena related to the unconscious, that is, the nature of phenomena that a person cannot understand in real conditions. put forward the idea.

Freud focused on two main things: First. Any mental process or state occurs in conscious, unconscious and unconscious stages or states. In the personality system, this is the place of three stages, which are expressed in the sections "Id (U) → Ego (I) → Superego (Higher than I)".

Id is a special reserve of mental energy, and although the processes in it are not understood by a person, they have a great impact on conscious life. Ego is connected to the external world, it embodies the characteristics of a person who is susceptible to its influences and constantly tries to suppress the "Id". As a person matures and learns the norms of society, he gets rid of dependence on "Id", but in the end he is unable to do so.

Superego - in turn, develops under the influence of existing social perceptions and behavioral habits in "Ego". That is, a person is a person Faith, ideals, and individual "conscience" traits are the characteristics of a person as he lives in his life. A person's position in society is determined depending on which of the above is dominant in daily behavior norms.

Second. There is also a psychic energy that governs a person's behavior and actions, which ultimately defines a person's image. In other words, there are both "libido" and "aggressive" forces to satisfy needs. These forces play the role of mechanisms that distribute mental energy in order to ensure the spiritual and mental potential of a person. Usually, factors such as stuttering, constant anxiety, and psychoemotional dissatisfaction arise from the inconsistency of this distribution.

The influence of Freudism on world science and philosophy was so great that K. Jung, who promoted the idea of the collective or group unconscious, and promoted individual psychology

A. Adler and his followers contributed to the further development of this concept. This theory and concept is still used as one of the main methods in the study of personality psychology, and psychoanalysis in psychotherapy.

The 20th century was characterized by the fact that it began to set concrete tasks for various disciplines. Therefore, the science of psychology faced the task of justifying psychological laws on the basis of research. Secondly, many psychologists in America began to shift their research objects from the study of certain mental processes in laboratories to small groups. During this period, a tendency to study social behavior in small groups emerged within the three main trends in

psychology (psychoanalysis, behaviorism, and gestalt psychology). The main focus was on small groups and conducting various experiments in them. The emergence of such a situation played an extremely important role in the formation of social psychology as a science. The emergence of special socio-psychological directions - interactionism and cognitivism - on the basis of the direction of Gestalt psychology proved once again that this science is experimental.

Summary: The importance of studying the human psyche, the complex processes and situations that occur in it, and the formation of ideological immunity in young people is increasing in a situation where attacks on the mind and behavior of a person are increasing, and behavior management is a priority in all areas. From this point of view, no matter how ancient and traditional the study of man may be, there is no topic or process that is not relevant for the science of psychology in today's era of globalization and market relations. .

Psychology is a branch of science related to a number of fields of the national economy, such as education, industrial production, agriculture, cybernetics, and information technologies.

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