

## 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.

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.

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