



Journal Website:
<https://theusajournals.com/index.php/ajsshr>

Copyright: Original
content from this work
may be used under the
terms of the creative
commons attributes
4.0 licence.

ADOLECTIVES' PSYCHOLOGICAL MECHANISMS FOR CREATING VOLITIONAL-EMOTIONAL INTELLIGENCE

Submission Date: June 18, 2024, Accepted Date: June 23, 2024,

Published Date: June 28, 2024

Crossref doi: <https://doi.org/10.37547/ajsshr/Volume04Issue06-18>

Ismailova Dildora Qilichevna

Shahrisabz State Pedagogical Institute, Department of Social Sciences, Uzbekistan

ABSTRACT

This article examines the problem of psychological mechanisms of the formation of voluntary emotional intelligence in adolescents. The goal and psychological essence of the process of raising adolescents is to educate the younger generation as individuals who meet the requirements of society. The author provides scientific conclusions about the primary and secondary factors influencing the formation of voluntary emotional intelligence of adolescents.

KEYWORDS

Teenager, education, comprehensively developed personality, education, behavior, value, activity, upbringing, creativity, emotional, socialization, duty, will, social mechanism, intelligence.

INTRODUCTION

The study of the activities of our country and world scientists, contributing to the prosperity of the science of psychology in the current period, when the science of psychology is developing dramatically, the delivery of it to young people is one of the important tasks before us. Each teenage personality is a kind of spiritual

breadth, in which the Inner “I” of the student is manifested. This self-consciousness, combined with his external self, creates opportunities for the perception of the identity of the individual. As a result, by reading and learning, the reader becomes deeply aware of his surrounding being, what exists, the history of society

and national culture, and the cultural, spiritual riches created by mankind. This is reflected in his awareness of his national identity. The study of the emotional-volitional qualities of a teenage personality is a kind of psychological problem in the educational process. The content of this problem implies the following: each adolescent personality has its own specific biological and physiological mechanisms. These mechanisms lay the groundwork for the origin of certain individual characteristics in connection with the psychological laws in the personality of the student; the more a healthy environment is created in the social, spiritual, economic, educational factors surrounding him in the formation of emotional-volitional qualities in the personality of a teenager, the more creative power of influence.

Adolescence is a period of clouding from the ages of 10-11 to 14-15. In most students, the transition to adolescence begins mainly with grades 5. "No longer a teenage child, but not a big one" - the same definition indicates an important character of adolescence. At this age, sharp changes in the development of a teenager begin to give ruy. These changes are physiological and psychological changes, the physiological change is the beginning of sexual maturity and, in connection with this, the perfect development and growth of all organs in the body, the beginning of the reshaping of the structures of the cell and organism. Changes in the body are directly related

to changes in the adolescent endocrine system. During this period, the function of the pituitary gland, one of the glands of internal secretion, is activated. Its activity enhances the growth of the body's tissues and the functioning of important internal secretion glands (thyroid, kidney growth and gonads). As a result, the growth of stature is accelerated, sexual puberty (development of the genitals, the appearance of secondary sex glands) is achieved. Adolescents try to behave like adults. They strive to show their competence, abilities and capabilities to some extent to their comrades and teachers.

Some of the difficulties encountered in educating and educating adolescent students arise from sometimes insufficient knowledge or denial of the psychic development and characteristics of children of this age. There will be a lot of difficulties in raising children in adolescence than schoolchildren of younger and older age. Because, the process of a small child becoming a big person is very difficult. This process is associated with a serious change in the forms of adolescent psychology of relationships with people, as well as with a change in life circumstances. During this period, adolescents' own personal thoughts appear. In them, the concept of self-worth expands. The forces that move the psychic progress of adolescents according to the definition of scientific psychology are the emergence and elimination of dialectical contradictions between the needs that are born with

their activities and the possibilities to satisfy these needs.

Contradictions consist in overcoming a much higher level of psychic progress, types of activities of a much more complex form and a number of new psychological peculiarities of the individual through their content. After that, the psyche moves to a higher stage of development. Let's look at adolescence more clearly from this point of view. The child completes the elementary grade. The transition of a child to high school is a turning point in his life. The activities of adolescents, which are formed and colored by a new social nature, are served by the basis, conditions and means of its psychological as well as the content of the individual. Thus, in order for adolescents to find new correct methods of education and tools, we need to be well aware of the physical and psychological development of the specific peculiarities of adolescence.

The content characteristic of adolescence changes over time, since the particular social conditions of a person's life change.

They attach great importance to the biological factors of the development of psychology, to sexual maturity, which falls into the consciousness of adolescents as heavy, sometimes powerless, provoking them into a serious psychic crisis and excitement, for example: dissatisfaction, rudeness, stubbornness,

stubbornness, tendency to self-analysis, which is characteristic of adolescents, bring into the subjective world and similar sensations. The new sensations that arise in connection with sexual maturity are thoughts, inclinations, experiences, as if dominated in the minds of adolescents. Their Hulk determines his attentiveness. This is how, as a result of the consequence, the psychological manifestations of adolescents are mainly seen as a purely biological factor alone. Psychologists believe that age psychological characteristics are not only the result of solitary biological maturation and development maturation, but also the change in the social life conditions and activities of the child and the emergence of new social factors in this regard, the development of the teenager and the specific organization of education and upbringing in the school given to him cannot be viewed as. In other words, the role of social conditions cannot be replaced by the role of concrete life conditions and activities. It is from these above that it can be concluded that the age of a teenager and his characteristics are not of absolute importance in this regard, the adolescent is absolutely certain and does not have an absolute limit and characteristic there are certain points that are much more important here. These differences can be explained by the influence of concrete social factors and by the influence of the various educational and educational conditions given to adolescents. The main direction of development it is possible to distinguish

the main characteristic of the development of the child in adolescence. Adolescence is a period of intense growth of the organism. During this period, intensive development of the body occurs. The muscular apparatus is strengthened and the skeletal ossification process continues. During this period, the phenomenon of incompatibility in the development of coronary heart disease is strengthened. At this time, the heart becomes much larger in size, begins to work much stronger. Most often, a temporary violation of blood circulation leads to an increase in blood pressure in an age-related way, a violation of the functioning of the heart. The result is dizziness, palpitations, headaches that occur in adolescents.

The age of adolescents is also an organism with a physical psychic character. According to Pavlov's doctrine, a whole system of sysema is formed, in which all tissues and organs are inextricably linked with each other physiological processes. But in one whole, the nerve cytema and its connected upper part I.P. In the word Pavlov, the main leading role is played by the cranial pout, which controls all the phenomena that occur in the body. In adolescence, the upper part of the nervous system begins to grow qualitatively, and the internal structure of the brain switches to complication. In the large hemisphere, the reach of nerve cells is completed. The physical development of an adolescent organism the development of its organs

and tissues is realized in the OTS of the steering role of the cranial pore, but the growing tissues and organs in turn affect the growth of the nerve cyst. At the age of adolescence, the volume of the lungs increases breathing much faster and shallower. In adolescence, the more useful the child walks in the fresh air.

This is a period of sexual maturation that depends on the remodeling of the glands of internal secretion. The maturation of these glands is very great in service in the functioning of the human organism. One of the characteristic features of adolescence is the process of sexual maturity. The onset of sexual maturity is largely dependent on climate and national epiographic factors, and thus individual characteristics.

In adolescence, theoretical thinking begins to gain high importance. Because readers of this period try to know at a high level the content of connections in the surrounding world. During this period, progress occurs in a teenager's interest in knowing. The acquisition of scientific theoretical knowledge leads to the development of thinking. Influenced by this, proof develops, the ability to think with the Dalis. In it, the ability to draw deductive conclusions appears.

The subjects taught at the school serve as conditions for the teenager to generate or verify his own assumptions J. Piaget argues that "social betrayal is formed on the basis of the influence of three things - language, content, rules." In this regard, assimilated

social relationships create new opportunities for self-reflection. From the age of 11-12, a teenager will now begin to act logically, while a teenager at this age begins to learn to plan as wide as an adult. How quickly a teenager can rise to the theoretical level of thinking, quickly and deeply occupy educational materials will determine the development of his intellect as well. Adolescence is characterized by a high level of intellectual activity. This activity is determined by extreme curiosity and the presence of the extirpation of demonstrating their competence to those around them, as well as obtaining a high assessment of them, the questions that a teenager asks adults will be meaningful, thoughtful and within the framework of exactly the same issue. Children of this age will be able to draw different hypotheses-think hypothetically, conduct research, and Ma'um will be able to compare alternatives on an issue. Adolescent thinking often tends to generalize. The importance of practical thinking in people is increasing when passing through the market economic conditions of our republic. The system of practical thinking includes the following mental qualities:

- entrepreneurship. savings, bookkeeping, quick overcoming of problems that have arisen, etc.

In the pedagogical process, several methods have been developed to raise involuntary attention to the level of involuntary attention, and the creation of conditions for a teenager to show himself among his

peers in the course of the lesson can also serve as the basis for the involuntary conversion of attention in a teenager. But there are also very severe cases of fatigue in adolescence, precisely at the age of 13-14 and 16, fatigue rises sharply. In such cases, the teenager cannot fully concentrate on what is around him and on events, his attention is given to the period when adolescence is completely opposite in terms of achievement and loss of appearance. This restored type of Development prepares a teenager for the transition to a new age stage senior school age, let's dwell on this process.

1.The teenager is the first to participate in scientific knowledge, different from small school students. Before him, the first is used not only to understand certain things and phenomena, but also to understand the laws that are common to all things and phenomena. If someone's school age consists mainly of the age of collecting images about things, nature and society phenomena, then at the age of adolescence, systematic concepts of this nature and society phenomena appear.

In a teenager, the parts of the skull under the trunk increase in their control from the uterus, while in the horse of the Poots and Poots, parts constantly move together. In some cases, the poodle does not control the activity of the part of the horse. This is evidenced by the fact that the teenager is given his carelessness, exuberance and emotional qualities. The character of

the emergence of a braking reaction will not stagnate. The agitation processes are sometimes so strong that a teenager cannot catch up without being able to brake his unpleasant characters. Excitation processes are dynamic, but grow quickly. A teenager from the second Tamon cannot handle his actions when he is excited on the basis of especially relevant social reasons during intense excitement. In adolescence, the role of the second signal cicema goes to kuchaya. In the process of verbal cognition, the acting speaker predicts that people have a greater role in treating bilin and evaluating their actions. Alternatively, the growth of the adolescent's nerve cicema is still unborn and is in the content-finding phase. It cannot withstand a strong Exciter that lasts for a long time. Sometimes it goes into a state of excitation much faster because of this. This is evidenced by a certain degree of emptiness of adolescent nerve cicema. The relationship in which a teenager's nerve cicema is composed is enhanced and mutated as a result of the content. It is necessary to train a teenager to study work and breathe correctly and deeply during sports activities. This is why it is important that a teenager needs a large amount of oxygen as the rapid growth of the neck accelerates the exchange of substances in the body. At this age, it is especially important for a teenager to be in the fresh air. At the age of puberty, the heart grows more than twice, while the gall wasp grows half as much. The increase in the diameter of the arteries lags behind the growth of the heart. The vascular pathway decreases

relative to the size of the heart, and this, combined with a strong acceleration of the activity of the nervous thyroid glands, leads to an increase in blood pressure and an increase in cardiac activity.

CONCLUSION

In place of the conclusion, it can be said that adolescence occupies a special place in the process of finding content of a person's personality. This period is considered the main one. Because at this age, extremely important psychological changes appear. Various psychology changes and the development of the individual, above all, depend on the nature of the activity of this individual. The activities of a teenager include reading Labor and Game processes.

REFERENCES

1. M. Family Psychology. Textbook. For students of pedagogical universities. - T.: "Science and technology", 2008. – 170 b.
2. Abdullayev S.U. Social mechanisms for increasing population employment. Doctor of philosophy in sociology (phd) disser. autoref.: 22.00.02. - T.: 2021.
3. Ivanov I., Zufarova M. "General psychology". Own.FMJ., 2008.
4. Dostmammedova Sh.A., Z.T.Nishanova, S.X.Jalilova, Sh.T.Karimova, Sh.T.Alimbayeva Printing House of the Tashkent Center for Science and technology" Young times and pedagogical psychology". 2013.

5. Goziev E.G'. "The psychology of ontogenesis".- T.: Publisher. 2010
6. BEKMURODOVA, H. (2024). O 'SMIRLARNI KASBGA YO 'NALTIRISH JARAYONIDA INDIVIDUAL XARAKTER XUSUSIYATLARINING TA'SIRI MUHIM IJTIMOY-PSIXOLOGIK OMIL SIFATIDA. News of UzMU journal, 1(1.2), 78-82.
7. Худойназаров Қ, Қ. Д., Бекмуродова, Х., & Комилова, М. ШАХСЛАРАРО НИЗОЛАРНИНГ ЮЗАГА КЕЛИШИ ВА УЛАРНИНГ ПСИХОЛОГИК ЎЗИГА ХОСЛИГИ. ЁШЛАРДА ҲУҚУҚИЙ САВОДХОНЛИКНИ, РИВОЖЛАНТИРИШДА ПЕДАГОГИК-ПСИХОЛОГИК ҚОНУНИЯТЛАР ЎРНИ, 325.
8. Xalilov, J. (2024). YOSHLAR HAYOTIDA RADIKAL TUSHUNCHALARGA XOS IJTIMOY-MA'NAVİY OMILLARINING NAMOYON BO'LIISH XUSUSIYATLARI. Молодые ученые, 2(16), 4-8. Ruzimuratovna, O. D., & Doniyorovna, A. A. (2024). SPORT BILAN SHUĞULLANISHDA YOSH DAVRLAR PSIXOLOGIYASINING RIVOJLANISH BOSQICHLARI. TADQIQOTLAR. UZ, 34(3), 123-125.
9. Ruzimurotovna, A. D. (2024). RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND LIFE SATISFACTION. Conferencea, 1-6.
10. Айматова, Д. Р. (2024, February). СОЦИАЛЬНО-ПСИХОЛОГИЧЕСКИЕ ХАРАКТЕРИСТИКИ В СВЯЗИ И ЭМОЦИОНАЛЬНОГО ИНТЕЛЛЕКТА К УРОВНЯ УДОВЛЕТВОРЕННОСТИ СЕМЕЙНОЙ ЖИЗНИ. In E Conference Zone (pp. 1-4).