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## **IMPROVING METHODS FOR DEVELOPING HEALTHY THINKING**

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### **ABSTRACT**

This article discusses the essence of the concept of healthy thinking, methods for improving healthy thinking, principles, directions of healthy thinking, and individual characteristics of thinking.

### **KEYWORDS**

Healthy thinking, method, individual characteristics, education, intelligence, health, person, flexibility, purposefulness.

### **INTRODUCTION**

In the world, the only goal of education is to improve the methods of developing healthy thinking, while the main factors of cognitive, conative, creative, innovative, intellectual potential are studied separately. In scientific and practical research at the University of Melbourne in Australia, special attention is paid to issues of thinking, creativity of the individual, his emotional state, intelligence and their relationship with society. In this regard, there is a need to study the problems associated with determining the professional success and potential of young people as

indicator indicators through the criteria of thinking, with the recognition of creative abilities, giftedness, talent of the individual as a strategic reserve of society.

In this context, I use the concepts of “health” and “healthy” not in the everyday sense, but in accordance with professional definitions of health, in particular, in the sense of the well-known definition of the (World Health Organization): “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Accordingly,



healthy thinking is such specific thinking skills that allow not only to avoid illnesses and physical infirmity as much as possible, but also to ensure “a state of complete physical, psychological and social well-being”. In this sense, healthy thinking is one of the most important and fundamental factors of health in any sense. And it is precisely cognitive social psychology, on whose achievements I rely, that has made a great contribution to filling the concept of “healthy thinking” with specific scientific content. In psychology, healthy thinking is recognized as healthy thought that controls emotions and emotions.

It was used under different names in the studies of the famous scientist J. Orlov, devoted to the study of healthy thinking. For example: it is used with such words as positive thinking, healthy thinking, optimistic thinking, constructive thinking, rational and harmonious thinking.

"Social psychology", as American psychologists Lee Ross and Richard Nisbett write in their book "Man and Situation", "challenges philosophy's right to teach people that they do not really understand how the world they live in works. This branch of psychology has created very important prerequisites for the awareness of this deep-rooted ignorance and for a truly sober look at man himself and the true properties of his interaction with other people and with objective reality.

This new view assumes three most important principles: the principle of situationism, the principle of subjective interpretation and construction (construal) and the idea of tense systems.

It follows from the first principle that human behavior and thinking are extremely dependent on the specific properties of the situation in which the individual finds himself. An important addition to this principle is the idea of so-called "channel factors", i.e. such elements of the situation that seem secondary, but the presence of which greatly facilitates the achievement of certain goals, and the absence of which greatly complicates them.

The second principle explains the high degree of subjectivity and literal fantasizing of a person in the perception of reality. This principle allows us to develop adequate measures for teaching the skills required for the most realistic orientation of a person in the world.

The third principle is a fundamental concept, developed in recent decades, of the individual psyche and the psyche of groups as dynamic, tense systems, the equilibrium (stability) of which is only a consequence of the zero sum of vectors representing constantly acting contradictory influences and processes. Such a concept is the result of general scientific achievements, expressed in theories of



systems, chaos and catastrophes, i.e. theories of any complex dynamic formations.

An essential consequence of this concept is the focus not on a straightforward approach to solving problems, but on the search for “channel factors” and critical points of application of forces, when relatively insignificant efforts in seemingly minor areas can bring tangible and even global results.

To understand the principles of healthy thinking, it would probably be better to start describing from the opposite, that is, from what prevents it.

And cognitive distortions prevent it. These are thinking errors, thanks to which we do not adequately perceive reality.

By and large, these are exaggerated and irrational thought patterns that reinforce negative emotions and beliefs, causing a person to feel anxious or depressed.

Any process of cognition and acquisition of knowledge is formed thanks to our thoughts, experience and senses. But if these thoughts are distorted, it just so happens that in the process of life we accumulate various psychological traumas, losses and stresses, forming certain defense mechanisms. To this can be added the neuropsychology of the brain, which in the process of its evolutionary development has developed the cognitive strategies necessary for survival.

These cognitive errors are not gross pathology, I would even say that they are some kind of error that occurs as a growth in the process of lifetime, which makes it difficult for the brain to adequately process information and which tries to reduce its work by conserving energy, compressing and simplifying information when it is too complex, there is a lot of it, or when there is an urgent need to make important decisions.

These mistakes are often concluded with a certain form of bias, illogic, irrationality, "attribution error", when a person tries to explain some of his mistakes and problems by external factors and life circumstances, and the mistakes of others by their personal qualities. Kahneman, in his book "Think Slowly," describes very clearly how we make our judgment mistakes under the influence of feelings and emotions. I recommend reading.

Therefore, having cognitive distortions, it is difficult for most people to live consciously and think with a healthy mindset.

The principles of healthy thinking are the skills of a realistic, rational, logical and consistent approach, which is based on the achievement of goals, description of facts, common sense and compliance with results.

Individual features of thinking.



People are unique. We have a unique appearance, voice, body structure that distinguishes us from other representatives of the species.

Everyone can distinguish individual features of thinking on the basis of the following properties:

Depth, how much a person is able to delve into the depth of the problem, to determine the nuances of phenomena and processes.

Breadth, the ability to simultaneously process the entire situation, including various details, the ability to perceive the picture as a whole.

Independence, knowing how to find or calculate the answer to the question posed independently, is characteristic of creative individuals.

Flexibility, the ability to switch to still unsolved tasks, change the emphasis of the thought process, and learn the essence of the changed problem.

Speed of thinking, time needed to think over the task, search for a solution.

Purposefulness is the ability not to deviate to secondary phenomena on the way to solving the problem.

Criticality, the ability to give an objective assessment of one's own or other people's thoughts, the tendency to check and double-check the information received, the statements of others.

Economy is a property due to which synthesis and decision-making are carried out in the least number of logical moves.

## CONCLUSION

In conclusion the specificity of human thinking in each case is different, because everyone has developed certain types of it to a different extent. And not only the way of thinking depends on which of them prevails, but also the parameters of personality, the abilities of a person, and the inclination to a particular profession.

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