

SUBJECT: PSYCHOLOGICAL APPEARANCES OF THE EMOTIONAL STATE IN ADOLESCENTS

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ABSTRACT

In this article, the mental characteristics of adolescence, mental and emotional development, personality characteristics during this period are highlighted. The formation of their consciousness and worldview, taking into account the age and psychological characteristics of adolescent children, working with them, and developing the skills to solve problematic situations will be discussed.

Keywords: Early adolescence, adolescence, intellectual development, leadership activity, communication, emotional development, new psychological structure.

In the conditions of today's globalization, the science of psychology calls for a comprehensive study of the problem of adolescence. This is a very difficult issue, because with the pace of psychophysiological development, its stages do not always coincide with the period of social maturation. As a result of the acceleration, the development of today's first-generation teenagers reaches two to three years earlier than the previous generations.

Physiologists divide this process into 3 stages, depending on the appearance of secondary sexual characteristics: Due to acceleration, the age limit of adolescence is now from 15-16 to 23 years. Early adolescence includes boys and girls aged 15-18 years, and adolescence 18-23 years. So, adolescence begins earlier. However, the concrete content of this period of development is primarily determined by social conditions. The role of young people in society, their position, the amount of knowledge they acquire and a number of other factors depend on social conditions.

The mental development of an early adolescent is affected by the conflict between the level of demands imposed by public organizations, the school community, and the educational process, and the mental maturity he has achieved. Various contradictions and conflicts are eliminated through the rapid moral, intellectual, and aesthetic growth of a teenager. The leading factor in early adolescence is a radical change in the nature, nature and content of the activity of a high school student. First of all, the shift in self-awareness is clearly visible in teenagers. This score doesn't just mean growth. In a teenager, the desire to determine his spiritual world, personal qualities, intelligence,

abilities and opportunities increases. Students of this age have characteristics related to self-awareness. First, they will have the opportunity to more accurately assess their strengths and weaknesses, achievements and shortcomings, appropriate and inappropriate actions. Although a teenager can fully imagine the characteristics of his spirituality and psyche compared to a teenager, he allows shortcomings in their rational assessment. As a result, he overestimates his own characteristics, suffers from arrogance, arrogance, arrogance, begins to behave abnormally towards the members of the class and pedagogic teams.

Also, some teenagers underestimate their behavior, mental abilities and interests and tend to behave modestly. Cognitive processes of early teens become complex and flexible.

They try to devote their time to serious work as much as possible. Their cognitive processes improve and begin to develop. They begin to think logically about more things, which indicates the development of their thinking and the development of their speech and memory. That is why they express their independent opinion in the educational process and in society. They can find the right solution by looking at a problem from different points of view.

In the development of memory, the role of understanding and remembering the meaning of ABSTRACT words, logic, and memory increases significantly. Although voluntary memory predominates, involuntary recall is also a part of early adolescent experience. It will only have its own characteristics, that is, it will depend on individual characteristics.

Early teens are more connected to their interests, especially those related to their knowledge and career choices. At the same time, in any case, voluntary memory plays a leading role in actively acquiring knowledge, studying and public activities.

Cognitive processes continue actively during adolescence. They try to know all the truths in the events and happenings around them. They are not interested in ready solutions, answers, and information. They are interested in the process of searching and thinking about this problem and solution.

When a problem arises, they analyze and reason and try to prove the solution with proof. A person's cognitive processes are related to his emotions. Indulging in various emotions, various emotional states are the conditions that occur in adolescence, but have their place in society, psychological difficulties in becoming an adult, the image of "I" and the level of action, achievement, aspiration. "squeaks" are characteristic not only of teenagers, but also of early adolescence. As a person grows older, the causes and factors that cause emotional arousal increase. They don't respond to all of them. If they responded to everything and every stimulus like a young child, they would have survived a lot of agitation and emotional instability. It is wrong to say that early

teenagers are fully grown-up people, in their personality traits you can also see children's characteristics. This can be seen in their worldview, their independent opinion, their assessment, and their attitude towards their future. Most of the teenagers approach their future irresponsibly, not knowing what profession to choose even after finishing school. This period is the period in which a self-aware and morally self-aware, and at the same time, stable "I" image is formed in adolescents. In early adolescents, this means that self-awareness and self-esteem are not limited to simple growth, but also develop qualitatively from the spiritual and psychological point of view. Qualitative growth is evident in the goals a teenager sets before himself, in his thinking, in his resolute pursuit of his goals. Early adolescents can accurately and deeply assess their strengths and weaknesses, as well as their strengths. They are more interested in the issue of behavior, especially in the process of self-evaluation, when they are thinking about an issue. That is why they feel the need to look at their behavior and actions, to learn about their experiences, feelings, and emotions. As early teens gain self-awareness, growth and development can be seen. That is, they do this consciously.

They understand which of their actions are in accordance with the norms of the law and which are not, and correct their mistakes and control themselves.

When characterizing the interests of early adolescents, it should first be said that boys and girls usually determine their specific interest in a science, field of knowledge, field of activity at this age. Such an interest at this age leads to the formation of a person's knowledge and professional orientation, determines the career and life path of a young man or woman after finishing school. The presence of such a special interest encourages a constant desire to expand and deepen knowledge in a particular field.

In teenage boys and girls, the concept of starting a family takes the place of a very large motive in the period of adolescence. At such a time, young men and women think about what kind of person their future spouse should be and strive to fly that person. In such cases, parents and relatives should help them make the right decision and choose the right person.

In conclusion, this period is a period of complex development. During this period, teenagers do not dream of growing up and act, but they step into the world of these big people and start living among them. To live such a life is to enter the social world. In this period, the intellect and emotions of teenagers are developing well. The main distinguishing feature is that they have an independent opinion and are able to find the right solution by looking at the same problem with different eyes. As for emotions, this period is the period of the peak of emotions in them. Strengthening of feelings of friendship and love. Getting emotional about love is likely to lead you astray. Because this period corresponds to school age and college age. They may start a family due to

this feeling. But they are not ready for a family during this period. It is still a period of puberty. Even if they start a family for certain reasons, there is a high probability of divorce. Because they are not yet psychologically ready for it. Misunderstanding each other is followed by separation after wars and quarrels. In order to prevent this, they should be advised and explained. You need to hear what they want, what they are interested in, what their goals are, what they are trying to achieve. They seriously think about their future and spend a lot of time to achieve it. Knowing the direction of his interest, he firmly determines what profession he will take in the future. It is necessary to have a lot of conversations with teenagers and help them choose the right path if they are making mistakes.

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