

CAUSES OF EGOCENTRISM IN TEENAGERS

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Abstract: In today's society, the prevalence of egocentrism among teenagers is increasing, and the development years of teenagers are highlighted in this scientific article.

Key words: society, teenagers, egocentrism.

Introduction. In today's society, the prevalence of egocentrism in teenagers has become a growing concern. As adolescents navigate through their developmental years, they are often characterized by self-absorption and a sense of invulnerability. This ego-centric mindset can be attributed to various factors, including biological changes, cognitive development, and environmental influences. Understanding the causes of egocentrism in teenagers is crucial for devising strategies to mitigate its negative effects on their personal growth and well-being. Therefore, this scientific article discusses the key factors that contribute to the development of egocentrism in teenagers, aiming to shed light on this phenomenon and to provide insights for educators, parents, and mental health professionals in supporting healthy adolescent development.

Several psychological factors contribute to the development of egocentrism in teenagers. Firstly, the adolescent period is characterized by a surge in hormones that affect brain development, particularly in the prefrontal cortex responsible for cognitive control and decision-making processes. This hormonal imbalance may lead to heightened self-focus and a distorted perception of reality, making teenagers more inclined to prioritize their own needs and desires over those of others. Additionally, the process of self-identity formation during adolescence prompts individuals to evaluate themselves in comparison to others, leading to heightened self-consciousness and a need for validation. This self-evaluation process often results in a heightened sense of self-importance and a tendency towards egocentric thinking. Moreover, the social context in which teenagers exist further reinforces the development of egocentrism. Peer pressure, social

media, and societal norms all contribute to a constant comparison and competition among teenagers, increasing their self-centeredness as they strive to stand out and gain social acceptance. As a result, these psychological factors interplay to contribute to the prevalence of egocentrism in teenagers, posing significant challenges in their interpersonal relationships and overall emotional development.

Sociocultural factors play a significant role in shaping and exacerbating egocentrism tendencies in teenagers. One notable influence is the prevalence of social media platforms that prioritize self-promotion and individualism. With the widespread use of platforms such as Instagram and TikTok, teenagers are constantly bombarded with images and videos that celebrate self-centered behaviors and promote the pursuit of personal gain at the expense of others. The constant exposure to curated content that showcases an idealized version of oneself leads teenagers to compare themselves with others, fostering a sense of entitlement and superiority. Moreover, the increased emphasis on material possessions and superficial appearance perpetuated by popular culture magnifies teenagers' self-centeredness. The endorsement of consumerism and the portrayal of wealth as a measure of success contribute to an individualistic mindset that fosters egocentrism. Additionally, parenting styles that prioritize the child's needs and desires over community values can result in teenagers who are more self-absorbed.

Parental influence is one of the key factors contributing to the development of egocentrism in teenagers. Parents play a crucial role in shaping their children's attitudes, beliefs, and behaviors, and therefore, have a significant impact on their level of egocentrism. Through their actions and behaviors, parents often unintentionally reinforce egocentric tendencies in their teenage children. For instance, when parents constantly prioritize their own needs and desires over those of their children, it sends a message that self-centeredness is acceptable. Furthermore, parents who excessively praise and laud their children's accomplishments without teaching them the importance of empathy and understanding can inadvertently foster a sense of entitlement and self-

centeredness. Research has consistently shown that parental warmth, involvement, and authoritative parenting styles are associated with decreased levels of egocentrism in teenagers. In contrast, neglectful or authoritarian parenting, which emphasizes control and power, tends to exacerbate egocentric tendencies. Therefore, it is crucial for parents to be mindful of their own actions and modeling behaviors to ensure they promote empathy, selflessness, and consideration for others, rather than inadvertently encouraging egocentrism in their teenagers.

In addition to cultural factors, the impact of technology on egocentrism in teenagers cannot be overlooked. With the advent of smartphones, social media platforms, and instant messaging apps, teenagers today have unprecedented access to a virtual world that revolves around their own lives. This constant exposure to self-centered content, such as selfies, personal updates, and validation-seeking posts, may reinforce egocentric tendencies in teenagers. Furthermore, the instant gratification and attention that can be obtained through technology can lead to a sense of entitlement and narcissism. Research has linked higher levels of daily social media use to increased narcissism and self-centeredness in teenagers. The constant comparison to carefully curated and idealized versions of others' lives on social media can also contribute to feelings of inadequacy and heightened self-focus. Thus, it is crucial to recognize the influence of technology and actively mitigate its potential negative impact on teenagers' egocentrism through promoting digital literacy and self-reflection.

Conclusion

In conclusion, the causes of egocentrism in teenagers are multifaceted, stemming from a combination of biological, cognitive, and socio-cultural factors. The hormonal changes that occur during adolescence can lead to increased self-focus and a heightened sense of identity. Additionally, cognitive development plays a significant role, as teenagers are still acquiring the ability to view situations from others' perspectives and regulate their own emotions.

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