

METHODS OF DEVELOPMENT IN ADOLESCENCE

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Annotation : this article is devoted to the psychological characteristics of children of different ages and the psychological processes involved in them in ontogenesis and the specific characteristics of each period of a person's personality in educational features.

Key words: upbringing, psychological characteristics, adolescence, parents, impressionable, nervous, intensive.

The adolescence period mainly involves children aged 11-15 years, that is, it includes students 5-8 classes. This period is a period of rapid growth of the organism. During this period, intensive development of the body occurs. The muscles and the parts of the base movement are strengthened. One of the peculiarities of the adolescent age is the process of sexual maturation [1] [3] [5].

The onset of sexual maturity is largely due to the climate and ethnographic factors, as well as individual characteristics of the organism. According to the statistics, the period of beginning of sexual maturity begins in boys 12-13 years old, in girls 11-12 years old, and in them secondary sexual manifestations start to demonstrate gradually [4] [5] [10].

During this period, profound changes occur in the psychological state of teenagers. Young people who are experiencing a cycle of adolescence need more than

ever what they need to receive from their parents. In this time, adolescents begin to form their own personal thoughts. They have an understanding of their dignity. They sincerely hope that their parents will love, support and give encouragement, pay attention to their desire and thoughts [12] [14].

The biggest mistake we make in the upbringing of adolescents is that we are in the same relationship with them as in childhood. Actually, what are the differences in wants of children and teenagers adolescent-developmen. Children like to follow their parents more and want their parents to protect him constantly. Additionally, teenagers enjoy doing the chores themselves and being in the centre of attention of others, especially when their parents are proud of them. Very often, because of hormonal changes, their mood of children starts to vary. Obviously, they become extremely impressionable, nervous and sometimes looks like they are all alone. For the purpose of driving attention, they do not obey rules of safety measures, which are always emphasized by their parents, refuse healthy food and start drinking all sorts of carbonated, alcoholic beverages or eating fast foods, start to smoke, reject wearing simple clothes because of the opinion of the surrounding people. In addition, adolescents often suffer from unrequited love, disagreement with parents or people who are at the same age , fear of the future, as well as loneliness[6][8].

Another "problem of the century" among adolescents is computer addictions. The fact that they play computer games for hours, use the internet on various entertainment sites, continuous monitoring of various serials lead to their dependence on the nervous system in relation to the virtual world .As a result, the teenager does not want to understand real life, he grows up ungrateful and insensitive. Undoubtedly, not all adolescents have such problems. However, in most cases, the above-mentioned situations occur. At this time, parents should have an understanding of what changes are taking place in the mental state of their child, and it is good for them to keep themselves friendly. Parents should spend more time with their children, especially it is a great chance in the morning to have breakfast with them and ask about lessons at school, friends, conflicts in their life. As a result of this method, parents get to know

better about children's personality and become aware of interests from various field, that they have never thought before. For example, among adolescents, this is a natural phenomenon due to increased interest in sports. Teenagers love sports games, they know the name of all teams, athletes, they watch sports meetings with an obsession. If their favorite team loses, they will sink into deep sorrow [3]. During the adolescent's interest in sports, the doctor determines, of course, what kind of sport he can train with. It is useful for the child to raise heavy stones in the form of competitions, to necessarily take control of the cases of prolonged racing or diet due to gymnastics. Even if the teenager achieves good results, of course, health control and education are very important. For example, a group of people interested in sports can be offered a person who has achieved success in some field of sports. And he is sympathetic about his difficulties, about the feelings he felt at the time of the victory and this has a really positive effect on the rest. If it is not possible to make an offer, it is also possible to show a documentary or feature film with a single motive [9].

Adolescents' outlook is broader than those of small school-age children, and the difference in interests is large. While young adolescents' interests are related to school and family activities, older adolescents' interests are broader, diverse, constantly growing and evolving, and changing. It is advisable to use special tests for this purpose, because the tests can be used to identify hidden, previously untapped abilities.

Once the results are obtained, they are divided into groups according to interests [14].

It is not easy to apply the above in practice and achieve good results, and the cooperation of parents, school and doctors benefits well. When the younger generation is directed to a profession based on their interests, they will learn the profession diligently, kindly and responsibly in everything they do in the future [8] [11]. Especially when they don't spend their free time on ineffective, useless activities, it becomes easier to deal with various harmful ideas that poison the mind of a teenager.

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