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FACTORS THAT INFLUENCE THE DEVELOPMENT OF A TEENAGER PSYCHICALLY.

Annotation. This article examines the issues of a teenager's lifestyle and its impact on psychological development, factors that motivate the improvement and formation of a teenager's personality, sharp turns in the adolescent's psyche in order to find new psychological qualities in a teenager's personality by complicating activities

Keywords: teenager, adolescent psyche, opportunity, team, feelings, emotion

Today, special attention is paid to the issues of ensuring the activity of underage youth in our country, organizing its activities and bringing its capabilities to the surface. In particular, in the strategy of action on the five priority areas of development of the Republic of Uzbekistan, one of the main tasks is "to educate young people who are physically healthy, mentally and mentally developed, who think independently, are loyal to the Motherland, have a strict life perspective, deepen democratic reforms and increase their social activity in the process of developing civil society." In the composition of the measures implemented in this regard, it is important to carry out educational activities, including the development of psychological pathways and methods that promote the activity of early adolescents in the process of everyday life, help them acquire the necessary knowledge, skills, qualifications for professional activities, ensure their independence and activity in working on problems. It is relevant to effectively harness the existing intellectual potential due to the demand for the tasks set for the sustainable development of our homeland, to form a conscious approach to the activities of adolescents, to strengthen personal responsibility and initiative in them, to develop positive behavioral qualities of students of adolescent and adolescent age.

Adolescence is one of the most important and complex stages in a person's life, in which the psychic development of an individual is accelerated. This process is influenced by various factors. They are divided into biological, social, psychological, cultural and environmental factors.

Biological factors are associated with changes occurring in a teenager's body, which include:

Genetic factors-the behavior, abilities and psychic characteristics of a teenager are formed through heredity. Genetic factors play an important role in the psychic development of a teenager. They are traits passed down from generation to generation through heredity and are one of the main factors in the formation of a person's temperament, behavior, emotional stability and intellectual abilities. Temperament is the innate psychic characteristics of a person, these characteristics are genetically transmitted from parent to child. The fact that adolescents have different types of temperament determines their stress tolerance and emotional state:

Sanguinistic-social, active, emotionally stable.

Choleric-quickly excitable, impulsive, sometimes impatient.

Melancholic-very sensitive, indulged in internal experiences.

Phlegmatic-calm, patient, stable.

Genetic factors are important in determining a teenager's IQ, thinking, and creative abilities. However, the environment and the educational process also play a large role in intellectual development. Some mental disorders (such as depression, schizophrenia, bipolar disorders) can go through heredity. If the family has a predisposition to such diseases, the teenager may also be more prone to emotional instability or stress. Some children have difficulty adjusting to the social environment due to hereditary factors. For example, congenital impulsivity or attention deficit syndrome (ADHD) can hinder adaptation to the social environment. Genetic factors have a great influence on the psychic development of a teenager, but they are not the only factor. Upbringing, education and the environment are also important aspects that affect psychic development. Thus, the negative effects of genetic predispositions can be reduced through positive upbringing and support.

Hormonal changes-as a result of the activation of sex hormones in adolescence, emotional instability, a tendency to stress increases.

Adolescence is a stage in which large physiological and psychological changes occur in the human body, hormonal changes play an important role in this process. Hormones affect the central nervous system, significantly affecting the emotional state, mood, behavior and general psychic development of a teenager.

1. Hormonal changes in adolescence

As a result of the activation of the hypothalamus, pituitary gland, thyroid gland and sex glands in adolescence, the production of the following main hormones in the body increases: testosterone (more in men) – affects the formation of aggressiveness, energy, independence and sexual aspirations. Estrogen and progesterone (more in women) – increase emotional sensitivity, mood swings and stress sensitivity. Cortisol (stress hormone) – is produced in response to stress and, if excessively high, can lead to depression and anxiety. Dopamine and serotonin are hormones that control motivation, pleasure and mood, and their uneven production can cause sudden mood changes.

2. The effect of hormonal changes on psychic development

a) emotional instability. Due to the uneven production of hormones, adolescents can experience conditions such as rapid mood swings, irritability, depression, and overexcitation.

b) self-confidence and self-awareness. With an increase in sex hormones, the teenager becomes extremely sensitive to his appearance and appearance. This can positively or negatively affect the level of self-confidence.

c) social relations and conflicts. Due to the activation of testosterone and other hormones, adolescents are sometimes more aggressive or prone to confrontation. This can lead to problems with parents, teachers, and peers.

d) Stress and depression. When the stress hormone (cortisol) is high in adolescence, depression and anxiety predisposition can increase. If this condition is not controlled, the likelihood of developing mental health problems will increase in the future.

e) Independence and curiosity. As a result of the increased production of dopamine, adolescents become more prone to learning new things and risky actions. This can sometimes contribute to creativity, but sometimes lead to risky behaviors.

3. Control and adaptation of hormonal changes. Even if hormonal changes are a natural process, the following measures can be taken to reduce their negative effects:

A healthy lifestyle-regular exercise and adequate sleep will help maintain hormonal balance.

A healthy diet-proteins, vitamins and omega-3 fatty acids help stabilize brain activity and mood.

Stress reduction-stress levels can be lowered through meditation, sports and hobbies.

The support of parents and mentors-understanding, communication and emotional support – helps the teenager to control himself.

Hormonal changes in adolescence have a significant effect on the body and psyche. In this process, emotional instability, mood swings, stress and problems in social relationships can occur. However, through a healthy lifestyle, proper nutrition and the support of loved ones, these changes can be alleviated and managed.

Physical development-body changes during growth can cause psychological discomfort, which can increase or decrease self-confidence.

Physical development and its effects on the adolescent psyche

During adolescence, physical development is very rapid. Body changes during this period have a significant impact on the adolescent's psychic state, self-awareness, and social relationships. Psychological problems associated with physical changes or the process of adaptation can directly affect the mental health of a teenager.

1. Features of physical development in adolescence. Physical development depends on biological and genetic factors, and the following main changes occur: height gain – adolescents experience sharp height gain in a short period of time, which can sometimes lead to impaired body coordination.

Muscle development-in boys, under the influence of the hormone testosterone, muscle mass increases, and in girls, fat accumulation and changes in body shape are observed. Changes in skin and

appearance – acne, activation of the sebaceous glands, oiliness of hair and skin can affect self-confidence. Puberty-some changes in girls and boys can cause psychological discomfort.

2. Impact of physical development on psychic development

a) self-awareness and confidence. Adolescents are extremely sensitive to the changes that occur in their bodies. If they are not satisfied with their physical appearance, insecurity, social withdrawal and depression can be observed.

b) peer comparison. Adolescents tend to have differences in the rate of physical development. While some develop early, others grow more slowly. This can cause psychological problems associated with being smaller or larger than their peers.

c) physical development and attitude to sports. Some teenagers play sports and increase self-confidence through physical activity. Others may develop more sluggishly as a result of being left out of physical activity.

d) a feeling of aggressiveness and anger. Increased levels of the hormone testosterone can cause aggression and impulsive actions among adolescents. This is especially observed in boys.

e) sexual identity and emotional development. Physical development plays an important role in the formation of sexual identity. Adolescents begin to realize what gender they feel as representatives, which creates psychological changes.

3. To mitigate the impact of physical development on mental health, a healthy lifestyle for a teenager – regular physical activity and proper nutrition support physical development and increase self-confidence. Peer and parental support-it is important to understand and support adolescents in order to reduce their anxiety about their appearance. Positive reception of physical appearance – adolescents should be taught to love their body and avoid critical thinking. Stress and psychological pressure reduction-mental support and motivation must be given so that adolescents can perceive their physical changes without stress.

Physical development strongly influences psychic development in adolescence. This process may involve problems with self-confidence, social adaptation, emotional stability, and mental health. It is necessary to help adolescents adapt to these changes through the right approach and support.

The relationship of a teenager with society has a huge impact on his psychic development:

The family environment-the kindness, support or carelessness of parents and brothers, sisters-affects the mental state of a teenager.

Peer group-how a teenager feels with his friends, his position in the team and the level of pressure affect his psyche.

School and teachers-the quality of education, the attitude of teachers, the assessment system and the rules of discipline contribute to the self-realization of a teenager or, on the contrary, cause stress.

Internal psychological processes that directly affect the psychic development of a teenager include:

Self-awareness and personal identity – the teenager tries to understand who he is and seeks to find his place in society.

Emotional stability-during this period, psychological problems associated with rapid mood swings, insecurity or overconfidence may appear.

Motivation and life goals – a teenager's vision and motivation for the future plays an important role in his psychic development.

Today, the flow of media and information has a huge impact on the psychology of adolescents: social networks and the internet strongly influence the thinking, self – assessment and social adaptation of young people. Cultural values-the religious and national values of the family and society form the moral point of view of the teenager. Books, films and music – through art and literature, a teenager's worldview expands, his interests are formed.

Environmental and material conditions also have a direct impact on the psychic development of a teenager: Family material conditions – growing up in a rich or poor family-form the attitude of the teenager towards himself and his outlook on life. Living environment-a safe or unstable social environment affects the psychological state of a teenager.

The psychic development of adolescents is a complex and multifaceted process, which is influenced by various factors. To ensure healthy psychological development, parents, educators and society must create an environment that has a positive impact on the teenager.

In contrast to younger students, there are significant changes in the way middle-aged students live, i.e., adolescents. The position of a teenager in the family, school and in the community of students creates significantly distinctive features. Adolescents will also have to establish a new relationship with family members. One of the factors that motivates the improvement and formation of a teenager's personality is qualitative changes in the motives of educational activities. A teenager now has a priority not only to have a knowledge system, to hear the teacher's praise and increase "5" grades, but also to occupy a certain positive position among his peers, to become a good person in the future, educational motives become priority, but due to the weak motivation to know among the motives of educational activities, to have new It is required by adults to keep a teenager walking, to respond to his behavior. The teenager is assured that his previously satisfied needs and desires will no longer be satisfied, that many of them should be abandoned. While the teenager is with difficulty, he begins to understand his new position, changes his behavior and goes to adapt to it. At school, the position of a teenager changes even more dramatically. It is now taught by several teachers. Before a teenager stands such a complex task as adapting to the specific methods and methods of each teacher, realizing and knowing their requirements. Now a teenager will have to study many new educational subjects. The attitude of the teenager towards the children's community is also complicated. A teenager is poured with a more serious demand than before, such as taking responsibility for his studies, work and behavior, accurately completing public assignments, systematically climbing according to the plan in the acquisition of knowledge and skills.

Changes in the position of a teenager in the family, new conditions of schooling, complex attitudes in the social life of children make many new demands on middle-aged students and create new difficulties in their entire psychic life. The skills and competencies that have previously become firmly established do not suit the new way of life in many ways. Therefore, in order to ensure that adolescents lead and grow a psychologically normal life, educational activities are necessary, in which the specific psychological characteristics of adolescence are considered. Psychologically, his growth is marked by sharp turns in his psyche. These manifestations can be seen by us in "deviations" in their character, and these deviations are affective excitability that tends to "explode" and aggression (aggression) in their behavior. This condition is often considered to be one of the causes of violation of social adaptation (adaptation), including violation.

It is known that affective lameness in many respects corresponds to the period of immaturity. This condition is also observed in meior. Its occurrence is an affective excitability that is prone to explosion and aggression (aggression), if the vegetative endocrine system remodeling of this age phase is a psychological change. This condition is often considered to be one of the causes of violation of social adaptation (adaptation), including lawlessness. But in adolescents who are brought up in favorable conditions of a psychically healthy environment, affective lameness does not lead to adaptation disorder. The formation of deviations in the character of a teenage personality is necessary for the identification of their types, active conduct of medical psychologic and medical pedagogical work.

In adolescence, disagreements with adults, parents and teachers come true, which is explained not only by the fact that the process of natural growth is known, but also by the change in the relationship of the teenager to adults and peers. The increased need for constant communication with peers, the desire for self-affirmation, the influence on the feedback of peers about themselves are characteristic of adolescence. Psychologist researchers suggest that in addition to the social environment, there are pedagogical, psychological reasons for the formation of difficult adolescents. Theoretical reasoning analysis shows that the systematic study of the adolescent behavioral motif has different causes of deviance from Meyer in upbringing. In the study of adolescents with difficult upbringing, there are pedagogical-psychological reasons in addition to the social environment. Therefore, we can also include the school, the environment in it, the inexperience of some teachers, the lack of balance of the communication facilities between the teacher and the students, whose upbringing together with the above - mentioned undesirable family conditions creates difficulty.

In conclusion, during puberty, teachers, parents and the public are considered to be important factors that leave a teenager uncontrollable, do not properly organize his free time, negative attitude towards studies, deterioration of communication with the class community, alcohol addiction, aggressive, serious upbringing are considered to be important factors that cause difficult adolescents. Parents who are seriously engaged in the upbringing of their teenage child, insist that they "do not drink", "do not smoke" and do not give up such harmful habits on their own, are sure to achieve the expected result. May the spoken sentence, the pand-admonitions be appropriate for your behavior. To your child, you first need to be an example yourself. Patience, affection, mutual respect, friendly relations will brighten the future of a teenager.

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