

SCIENTIFIC METHODOLOGICAL BASIS OF THE PSYCHOLOGICAL PHENOMENON OF LONELINESS**Abdullayeva Mahfuza Ollabergan kizi**Lecturer Asia International University
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Abstract: This study explores loneliness as a complex and multidimensional psychological phenomenon. Loneliness is interpreted not simply as a lack of social contact, but as a subjective experience arising from dissatisfaction with existing interpersonal relationships. The paper provides a theoretical analysis of the factors contributing to loneliness, its formation mechanisms, and its psychological nature.

Keywords: loneliness, subjective experience, psychological state, interpersonal relations, reflection, personal development

Introduction.

In the current era of accelerating global changes, although social connections between people are increasing in number, their emotional depth is decreasing. As a result, the phenomenon of loneliness is becoming one of the urgent problems of modern psychology. Although loneliness seems to contradict the nature of a person as a social being, it is a complex and multifaceted phenomenon that is closely related to the internal psychological structure, needs and social experience of the individual.

In scientific research, loneliness is mainly interpreted as a subjective psychological state. In this case, a person feels emotionally isolated, misunderstood or deprived of important social relationships. Therefore, it is not correct to equate loneliness only with objective social isolation. On the contrary, it is determined by the degree of satisfaction with the person's existing social connections. As a result, even if there are many people around a person, he may experience a feeling of loneliness internally.

The causes of loneliness are explained differently in different theoretical approaches. In psychoanalytic views, it is associated with early emotional experience and a lack of close relationships. The socio-psychological approach explains it with a decrease in the quality of interpersonal relationships and difficulties in social adaptation. At the same time, some theories consider loneliness as an integral aspect of human existence, considering it an important stage in the process of self-realization and the search for personal meaning.

The complexity of the phenomenon of loneliness is clearly manifested in its dual nature. On the one hand, it causes negative psychological states such as anxiety, depression, and social alienation. On the other hand, loneliness creates an important opportunity for turning to the inner world of the individual, reflection, deeper self-understanding, and the development of independent thinking. Therefore, in modern scientific approaches, there is a growing tendency to consider loneliness not only as a negative phenomenon, but also as an important psychological resource for personal development.

From this perspective, an important scientific task is to deeply study the scientific and methodological foundations of the phenomenon of loneliness, to determine the mechanisms of its formation and its impact on the individual psyche.

The problem of loneliness has been studied in the studies of foreign scientists

People join various social groups throughout their lives. These groups can be large, small or crowds. Regardless of which of these groups people are in, they have different individual psychological characteristics. They are always looking for something that they lack. A. Adler introduced the term inferiority complex into science. This feeling is experienced by all children due to their physical size, low strength and low capabilities. The strength of this complex in the future determines the child's positive growth and can affect development. However, the presence of a moderate degree of imperfection can encourage a child to develop

his abilities to be strong or superior to others. An inferiority complex can lead to a feeling of loneliness in a person's life. American writer Thomas Wolfe stated that loneliness is a universal condition of human society and is a test in the life of every individual[6].

Loneliness is an objectively existing phenomenon, and thinking about it and studying it has its own ancient traditions, and at the same time it is a controversial problem. There are still contradictions in the theories about its nature, development and manifestation. The problem of loneliness is studied by many scientists in psychology, sociology, philosophy and other sciences. This phenomenon has been studied by scientists in various fields, such as psychoanalysis (S. Freud, K. Horney, E. Fromm, E. Erikson), existential psychology (M. Buber), sociological concepts (G. Simmel, E. Durkheim, R. Merton, M. Seaman). Among the domestic psychologists who dealt with the problem of loneliness are: S. L. Rubinshtein, A. N. Leontyev, A. A. Mehrabyan, V. S. Mukhina, I. S. Kona, V. V. Novikova, G. M. Manuilova, A. V. Petrovsky, V. A. Petrovsky, V. A. Petrovsky, V. A. P. Poleva, V. A. Fekin.

In the studies of S.G. Korchagina, types of loneliness are considered as a result of a violation of the mechanisms of identification (identification, assimilation, equalization). Due to the growth of cities and the number of people, people feel less unity with society and experience a sense of uselessness and alienation.[7]

According to D. Riesmann, the main cause of loneliness can be considered the orientation of the individual towards other people. A person strives to please everyone and adapt to changing circumstances, while at the same time being separated from his true self, feelings and hopes, which can lead to anxiety and dependence on the attention of others. [1]

P. Slater calls modern society individualistic, in which it becomes impossible to satisfy the need for communication, belonging and dependence. As a result, a person experiences loneliness. L. Zilburg considered the causes of loneliness to be such personal traits as narcissism, delusions of grandeur, hostility, which appear in childhood, when the child simultaneously feels the joy of being loved and at the same time experiences the shock of being small and weak, and is forced to expect satisfaction of his needs from others. F. Fromm-Reichmann calls the main cause of loneliness the harmful consequences of early separation from maternal love[4].

Foreign scientists L. M. Horowitz, R. de France and K. A. Anderson believe that some of the causes of loneliness can be completely repeated in the prototype of a depressive person. Based on the above, if a person is lonely, then a person can show the main symptoms of depression. Researchers such as D. J. Weeks, J. Michela, P. E. Peplow and M. Bragg came to the conclusion that loneliness and depression, although related to each other, are different phenomena. At the same time, the authors emphasize that the phenomena arise due to a common cause. One does not serve as a consequence of the other. Depression is a mental state, a serious illness characterized by a depressive triad: low mood, impaired thinking and slowed down action. A person's behavior is based on pessimistic beliefs, and his sleep, appetite and attention are disturbed[3].

Adolescent depression can be accompanied by deviations in behavior and actions, violence, drug addiction, and suicide. M. B. Keller notes that the average age of onset of depression in patients is 14 years. During adolescence, conflicts arise between needs and the inability to satisfy them, as many previous relationships are broken and restored, which leads to disappointment, depressive reactions, and forms of psychological reactions. The reasons for the disappointment of adolescents are that, on the one hand, they claim to be adults, and on the other hand, they still remain students. These problems are chronic and can lead to mental illnesses, in particular, mood disorders. Therefore, it is important to analyze the causes of loneliness, eliminate the negative state, develop preventive measures and methods, and also to form a responsible, socially stable, mobile, independent personality. Adolescence is the most sensitive period for the emergence of various mental disorders. Therefore, it is very important to identify their symptoms in a timely manner and exclude unfavorable factors affecting the

child. I.S. Kohn said that "Loneliness is a natural state, it indicates that the inner life, inner world of a teenager is being formed." Forcing a child to do things that are not in line with his nature by parents in the family leads to a state of emotional fear in the child. In many cases, parents, ignoring their children's interests, force them to take up another profession. Although they create conditions for this, on the other hand, they prevent the child from realizing his desires, which causes the formation of a feeling of hatred. Later, due to this disapproval by the child, a feeling of loneliness, abandonment, and misunderstanding remains in his mind. However, for some reason, even under the influence of the most correctly organized upbringing, a feeling of loneliness can persist. Although there are many relatives, colleagues, and friends around him, this feeling constantly bothers him. As the great satirist A. Raikin noted: "There are many people, but there is no one to talk to." Loneliness is not always a bad thing. There may be situations when a person needs to be alone with himself. Only if loneliness causes a person suffering is it considered a problem. In psychology, there is a concept of sensory deprivation (thirst for emotional information). When a person does not have the necessary amount of information and impressions, then problems of a psychological, psychiatric and somatic nature arise. That is why a person feels a thirst for information and communication. As a result of the acceleration of physiological changes in the body, at this age the child feels a sense of excitement, waking up in a high mood, and sometimes hitting himself. During this period, the child requires more attention to himself. He considers himself an adult and requires an adult attitude towards his person. But his position at school, college or lyceum and at home remains the same. As a result, the child begins a crisis of adolescence. and wants to achieve independence, in which his own "I" appears. The crisis of adolescence causes emancipation, grouping with peers and reactions of interest [4]. Even a small punishment by adults can cause a child's behavior to deteriorate. Grouping with peers forms in the child the ability to interact, obey the rules of the group, gain respect and take a desired position. The child develops self-esteem. Ye. N. Klimentyeva defines this term as "A lonely person as a social category suffers not only from a lack of interpersonal communication, but also from a low level of social identity and interpersonal trust, low adaptation to the conditions of society, and analyzing the definition from one's own personal life, loneliness is characterized by a lack of interpersonal communication and a lack of adaptation to the conditions of society. [2] Adolescents value the opinions of their peers more than the criticism of adults. Their interests are of great importance in doing something. Knowing the interests of adolescents improves mutual understanding between them and adults. A new feeling that appears in adolescent psychology is self-awareness. Self-awareness is the main outcome of adolescence. At this time, a person discovers his new "I", tries to learn his strengths and weaknesses. He begins to compare himself with other people, becomes interested in himself, and looks for a suitable friend. As a rule, in adolescence, the assessment of the child by the community is more important than that of the teacher or parents. At this age, the child has good conditions for the formation of organizational, business and other personal skills.

V. Sukhomlinsky describes the main personality traits as follows.

1. On the one hand, the inability to submit to ignorance, not to accept it emotionally, on the other hand, the inability to deal with difficult life situations.
2. The teenager wants to be good, strives for the ideal, but does not like to be properly educated.
3. The teenager wants to be an individual. He wants to do something heroic, romantic, unusual. Despite the need for the process and the desire to gain self-confidence, the teenager does not yet know how to achieve this.
4. In a teenager, the richness of desire and the limitedness of strength are opposed. This is where the diversity and instability of interests come from. The teenager is afraid to find out that he is not capable. He loves himself too much, and behind it lies the need for help. Can be hidden behind a show of confidence and determination.

5. The adolescent combines romantic feelings and rough behavior. He enjoys beauty and has a chronic reaction to it. But he is ashamed of his feelings. He considers these feelings to be typical of young children. He is afraid that they will think he is too emotional and hides behind rough behavior.[5]

G. R. Shagivaleeva identifies the following causes of loneliness: A person's tendency to loneliness occurs due to a conscious and purposeful desire for solitude, as well as the presence of certain character traits that make it difficult to communicate with people and maintain close relationships. According to this idea, we can see that communication with people depends on their individual psychological characteristics.

Conclusion

The phenomenon of loneliness is a complex, multifaceted, and psychological phenomenon that can be explained by various scientific approaches. Loneliness is one of the most challenging psychological problems for modern people, exacerbated by the decline in direct human contact and communication via digital technologies. Modern society is currently experiencing global changes related to the pandemic, which is affecting the younger generation. Its development occurs as a result of the interaction of biological, social, and personal factors. In particular, an inferiority complex formed in childhood and adolescence, disrupted social relationships, characteristics of family upbringing, and individual psychological aspects of personality play a significant role in the development of loneliness.

Research shows that loneliness is directly linked not only to a lack of social connections but also to a person's inner world, level of self-awareness, and how they perceive relationships with others. Although loneliness and depression are interrelated, they manifest as independent psychological states, each requiring a separate approach. Psychological crises that arise during adolescence, the intensification of self-awareness, and the pursuit of social status can exacerbate feelings of loneliness. However, this state is not always negative; in some situations, it can manifest as a natural stage that promotes inner personal development, independent thinking, and self-awareness. Therefore, it is important to assess loneliness not only as a problem but also as a specific stage of personal development. To reduce its negative consequences, it is important to create a supportive environment in the family, educational institutions, and society, consider the individual characteristics of adolescents, and develop comprehensive measures aimed at meeting their emotional needs.

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