

INSONLAR HAYOTINI YAXSHILASHDA YOSH DAVRLAR PSIXOLOGIYASI FANINI O'RGANISHNING AHAMIYATI

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<https://doi.org/10.5281/zenodo.10873680>

Annotatsiya. Ushbu maqolada psixologiyaning insonlar hayotidagi o`rni, kelib chiqish va rivojlanish tarixi, uning tarmoqlari va yosh davrlar psixologiyasi haqida umumiy ma'lumotlar beriladi.

Kalit so`zlar: Psixologiya, psixika, psixologiyaning tadqiqot metodlari, yosh davrlar psixologiyasi.

THE IMPORTANCE OF STUDYING THE SCIENCE OF YOUTH PSYCHOLOGY IN IMPROVING PEOPLE'S LIVES

Abstract. This article provides general information about the role of psychology in people's lives, the history of its origin and development, its branches, and the psychology of young people.

Key words: Psychology, psychology, research methods of psychology, psychology of youth.

ЗНАЧЕНИЕ ИЗУЧЕНИЯ НАУКИ ПСИХОЛОГИИ МОЛОДЕЖИ В УЛУЧШЕНИИ ЖИЗНИ ЛЮДЕЙ

Аннотация. В статье представлены общие сведения о роли психологии в жизни людей, истории ее зарождения и развития, ее отраслях, психологии молодежи.

Ключевые слова: Психология, психика, методы исследования психологии, психология молодежи.

O`zbekiston Respublikasining kadrlari oldiga qo`yilayotgan eng muhim vazifalardan biri- malakali mutaxassislar sifatida o`zligini, o`z qobiliyatlari, individualligi, shaxsiy fazilat hamda xislatlarini bilgan holda atrofdegilar mehnatini oqilona tashkil etish va ijtimoiy foydali mehnatning barcha sohalarida iqtidorli kasb sohasi sifatida faoliyat ko`rsatishidir. Bu o`rinda inson ruhiyati qonuniyatlarini o`rganuvchi psixologiya fanining o`rni kattadir.

Psixologiya so`zining lug`aviy ma`nosi grekcha psyuxe-jon, ruh, logos- fan, ta`limot degan ma`nolarni bildiradi. Psixologiya fan sifatida psixik faktlar, ularning qonuniyatlariva mexanizmlarini o`rganadi.

Psixologiya asosan psixikani keng doirada tadqiq qiladi. Shunga ko`ra psixikaning yuzaga keltiruvchi asosiy psixik faoliyatlari ko`rsatilgan. Aynan psixik faoliyatlar quyidagi jarayonlarni o`z ichiga oladi:

- Bilish faoliyatlari : diqqat, nutq, faoliyat ;
- Bilish jarayonlari : sezgi, idrok, xotira, xayol, tafakkur ;
- Shaxsning hissiy , irodaviy sohasi: - hissiyot, iroda;
- Shaxsning individual psixologik xususiyatlari: temperament, xarakter, qobiliyat.[1.7]

M.G.Davletshin fikricha psixika deganda – oliy darajadagi materiyaning (miyaning)xususiyati tushunilib, ob`ektiv borliqni aks ettirilishida namoyon bo`ladi, sub`ekt faoliyatini ma`lum maqsad

asosida yo`naltiradi hamda xulq-atvor negizida shakllanadi. Professor V.M.Karimova fikricha psixika – inson ruhiyatining shunday holatiki, u tashqi anglashimizni ta`minlaydi.

Psixikaning paydo bo`lishining asosiy shakllari va ularning o`zaro bog`liqligi

1. Jarayonlar 2.Holatlar 3.Shaxs xususiyatlari 4.Hissiy- irodaviy

Bilish jarayonlari

✚ Sezgi. Idrok .Xotira .Xayol.Tafakkur. Nutq.Diqqat

Holatlar

✚ Qiziqish . Ishonuvchanlik.Kayfiyat. Shubhalanuvchanlik.Apatiya.Tushkunlik

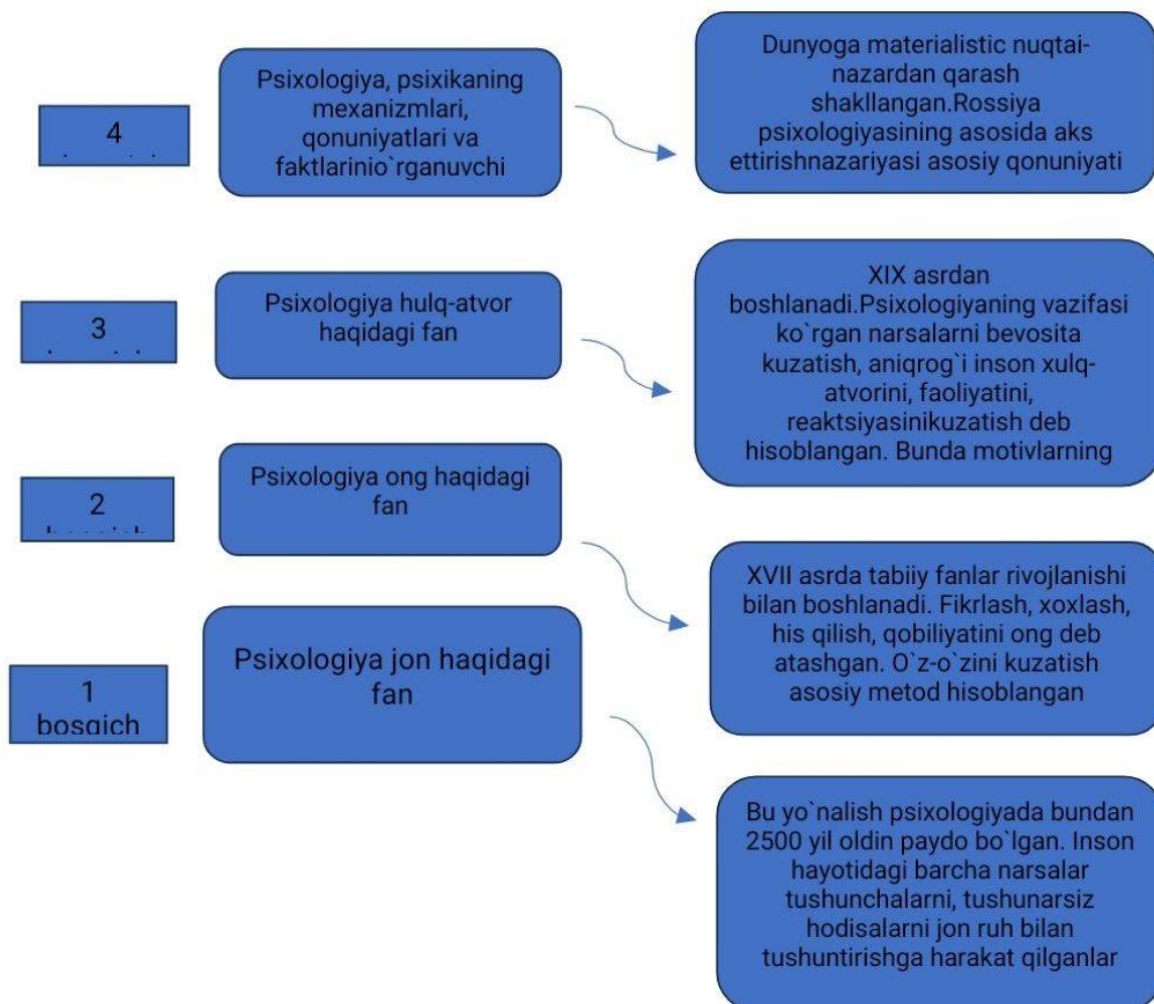
Shaxs xususiyatlari

✚ Yo`nalganlik.Temperament.Xarakter.Qobiliyat

Hissiy – irodaviy

✚ Hissiyot. Iroda

Psixologiyaning fan sifatida yuzaga kelish bosqichlari quyidagi jadvalda o`z aksini topgan:

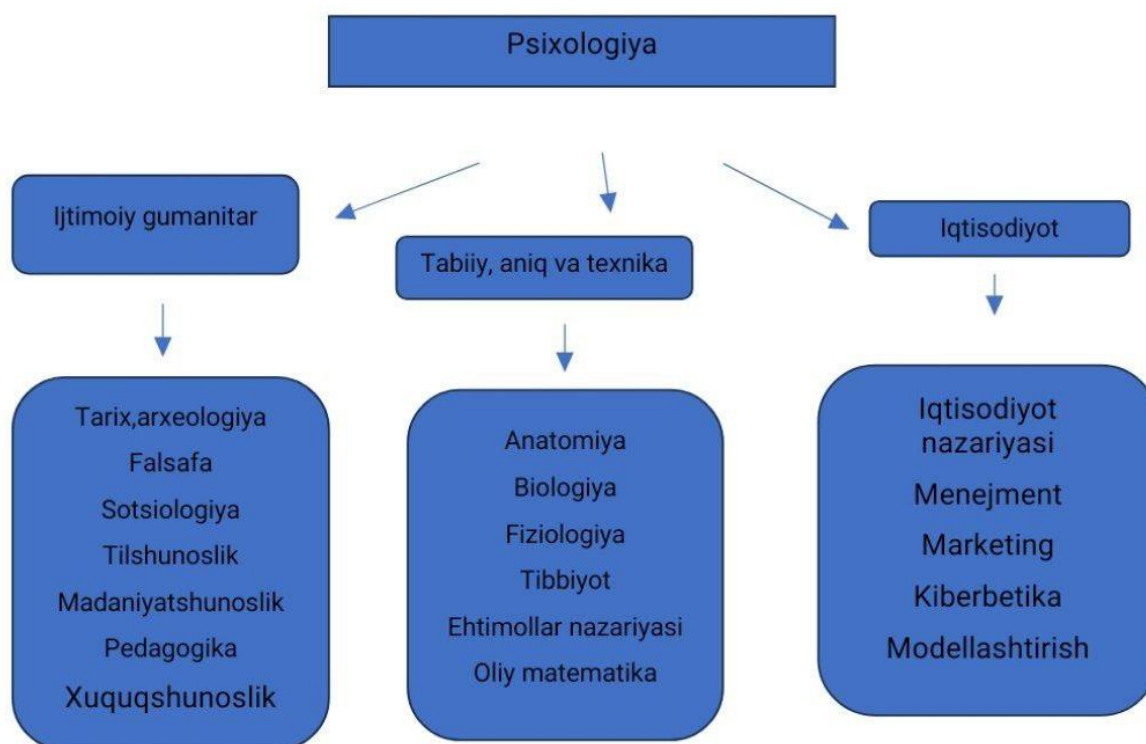


Geraklit, Demokrit, Aflotun, Arastularning ta`limotlari keeyigi asrlarda psixologik g`oyalarni rivojlanishida tayanch nuqta bo`lib hisoblanadi.

O`zbekiston oliy maktablarida psixologiya o`quv fani sifatida 1928 yildan boshlab o`qitilib kelinmoqda. (Xuddi shu davrda L.S.Vigotskiy O`rta Osiyoda, O`zbekistonda ommaviy ma`ruzalar o`qilganligi mazkur jarayonni trzlashtirgan asosiy omil bo`lganligiga hech shakshubha yo`q.

Psixologiya fanining ijtimoiy hayotda nufuzi har soniya sayin ortib bormoqda. Shu tufayli pedagogik ta`lim muassasalarida uni o`qitish yo`lga qo`yila boshlandi. Mazkur soh abo`yicha yuqori malakali mutaxasislar tayyorlash maqsadida Orta Osiyo Davlat Universitetida 1938 yilda (hozir Milliy Universitet) logika va psixologiya bo`lini ochildi. 1950-yillarning 2-yarmidan boshlab pedogogika institutlarida va bilim yurtlarida psixologiya bo`limlari ochildi. Ayniqsa qisqa muddatli 15 va 9 oylik ommaviy psixologlar tayyorlash kurslarining ommaviylashuvi psixologmutaxasislarga nisbatan ehtiyojning kuchayganligini bildiradi.[2.8]

Psixologiyaning boshqa fanlarr bilan bog`liqligi:



[2.17]

Psixologiya fani zamonaviy ta`limotga asoslangan holda inson shaxsining tarkib topishini 3 ta omilning ta`siriga bog`liqligini dalillar asosida izohlab berdi. Ulardan;

- Inson tug`ilib voyaga yetadigan tashqi ijtimoiy muhitning ta`siri;
- Odamga uzoq muddat davomida muntazam tarzda beriladigan ta`lim-tarbiyaning ta`siri;

• Odamga tug`ma ravishda, tayyor holda beriladigan nasliy xususiyatlarning ta`siridir. Ma`lumki, har bir odam o`ziga xos, boshqalarda aynan takrorlanmaydigan ijtimoiy muxitda, aniq ijtimoiy munosabatlarda, ya`ni oila, jamoa va jamiyatda odamlar orasida yashab ulg`ayadi, shakllanadi. [3.15]

D.B. Elqonin yosh davrlarini quyidagi bosqichlarga ajratadi:

1. Go`daklik davri- tug`ilgandan 1 yoshgacha – yetakchi faoliyat bevosita emotsional muloqot;
2. Ilk bolalik davri- 1 yoshdan 3 yoshgacha – yetakchi faoliyat – predmetlar bilan nozik harakatlar qilish;
3. Maktabgacha davr – 3 yoshdan 7 yoshgacha – rolli o`yinlar;
4. Kichik maktab yoshi davri- 7-10 yoshgacha – o`qish;
5. Kichik o`smirlik davri- 10-15 yoshgacha – shaxsning intim (dilkash, samimiy) muloqot;
6. Katta o`smirlik yoki ilk o`spirinlik davri- 16 yoshdan 17 yoshgacha; yetakchi faoliyat – o`qish, kasb tanlash davri.

D.B. Elqonin tasnifini ko`pchilik psixologlar tomonidan e`tirof etilsa-da , biroq uning birmuncha munozarali tomonlari mavjud. D.B. Elqoninning mazkur nazariyasi psixologiya fanida, ayniqsa yosh davrlari psixologiyasida muhim o`rin tutadi.[3.21]

Psixologiyaning an`anaviy, empiric metodlari hozirgi kungacha muvaffaqiyatli qo`llanilmoqda.

1. Kuzatish metodi bu – turli yoshdagi odamlarning diqqati, xis-tuyg`ulari, nerv sistemasining tashqi ifodalari, temperament xususiyatlari, imo-ishoralari, sezgirligi, xulq-atvori, nutq faoliyati va xokazolarni o`rganadi. Bu metod ob`ektiv (tashqi) va sub`ektiv (ichki) kuzatish turlari bor
2. Suhbat metodi. Bu metod bilan inson psixikasini o`rganishda suhbatning maqsadi va vazifasi belgilanadi, uning ob`ekti va sub`ekti tanlanadi, mavzusi, o`tkaziladigan vaqti aniqlanadi, yakka shaxslar, guruh va jamoa bilan o`tkazishrejalashtiriladi, o`rganilayotgan narsa bilan uzviy bog`liq savol – javob tartibi tayyorlanadi. Bu orqali turli yoshdagi odamlarning tafakkuri, xulq-atvori, ziyrakligi, dunyoqarashi, e`tiqodi, irodasito`g`risida ma`lumotlar yig`iladi.
3. Test metodi. Test – inglizcha sinash, tekshirish demakdir. Shaxsning aqliy o`shini, qobiliyatini, irodaviy sifatlari va boshqa psixik xususiyatlarini tekshirishda qo`llaniladigan qisqa standard masala, topshiriq, misol, jumboqlar test deyiladi. 1905 yildan, ya`ni fransuz olimi A. Bine va uning shogirdi A. Simon insonning aqliy o`sh va is`tedod darajalarini o`lchash imkoniyati borligini g`oyasini ilgari surganidan keyin psixologiyada metod qo`llanila boshladi.
4. Tajriba metodi. Bu turli yoshdagi odamlarning psixikasini chuqurroq, aniqroq tadqiq qilish metodlar Ichida eng muhimi hisoblanadi. eksperiment metodi yordamida sun`iy tushunchalarning shakllanishi, nutqning o`shishi, favqulotda xolatlardan chiqish, muammoli vaziyatni hal qilish jarayonlari, shaxsning xis-tuyg`ulari, xarakteri va tipologik xususiyatlarini o`rganadi.

5. Sotsiometrik metod. Bu metod guruh a`zolari o`rtasidagi bevosita emotsional munosabatlarni o`rganish va ularning darajasini o`lchashda qo`llanilani. Unga amerikalik sotsiolog Djon Morenko asoslangan.
6. Anketa metodi. U odatda 3 xil bo`ladi:
 - Anglashilgan motivlarni aniqlashga mo`ljallangan savollar tuziladi;
 - Xar bir savolning bir nechtdan tayyor javobi beriladi;
 - Sinaluvchiga yozilgan to`g`ri javoblarni ballar bilan baxolash tavsiya etiladi.Anketadan turli yoshdagi odamlarning layoqatlarini, muayyan sohaga qiziqishlari va qobiliyatlarini, o`ziga, tengdoshlariga, katta va kichiklarga munosabatlarini aniqlash maqsadida qo`llaniladi. [3.9]

Xulosa

Har bir yosh davrining psixologik xususiyatlarini hisobga olgan holda ta`limiy va tarbiyaviy ta`sir o`tkazish insonda o`z - o`zini anglashni vujudga keltiradi. Shaxsda o`z-o`zini anglash tuyg`usi qancha erta uyg`onsa, shaxsiy nuqtai nazar, o`z xulqini xis qilish, o`zining amaliy va jismoniy imkoniyatlarini baholash shunchalik tez paydo bo`ladi. Umuman ijtimoiy hayotning barcha jabhalarida – jumladan, oila, tarbiya muassasalari, ishlab chiqarish korxonasi va jamoat tashkilotlarida psixologik ilmlardan foydalanish ta`lim va tarbiyada shaxslararo ijobiy munosabatlar o`rnatishning, ishlab chiqarish samaradorligini oshirishning garovidir.

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