



## **PSYCHODIAGNOSTICS OF COGNITIVE ABILITIES**

**Ismoilov Erkin Mengnimurotovich**

Teacher Of Termiz State University

Of Engineering And Agrotechnologies

E-mail:ismoiloverkin390@gmail.com

<b>Article history:</b>	<b>Abstract:</b>
<b>Received:</b> September 14 <sup>th</sup> 2024	In this article, the authors talked about how the cognitive abilities of each person are invisible and their manifestations. The text of the article also touched on the concepts of intuition, memory and intellect in detail.
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Psychic processes allow to know things and events in objective reality and their characteristics. These processes are sensations, perception, memory, attention, thinking, speech, etc. Cognitive processes are considered one of the forms of reflection of stimuli that are adequate for the senses. When a stimulus acts on the basis of intuition, the sensation is not immediately formed, but it occurs after several minutes. This short time is called the latent (hidden) period of intuition. The latency period is different for different sensory types.

There are mainly two methods of measuring sensations in psychology. One of them is called the direct method and is based on subjective assessment. The second method of measurement is based on objective assessment of symptoms and focuses on the indirect (direct) presence of sensations. The direct method or the method of verbal evaluation of the stimulus has the following structure: the subject is presented with a stimulus that can affect the skin, sound, light, first the stimulus has a minimum intensity (speed) and then their strength is increased.

After these measures, the examinee is asked to answer "which sensory stimulus he perceived first". A special device "esthesiometer" is used to measure skin sensitivity. Hearing sensitivity is measured using an audiometer, and the intensity of sounds at different levels is determined. Sometimes the above goal is achieved by dropping a small iron ball from different heights. Determining visual sensitivity by sending different intensity of light to the subject's eye (sometimes in the dark), the light unit (i.e. lux) is increased from bottom to top.

Taste and olfactory sensitivity is also measured using special devices, sometimes a chemical method is also used. The direct method requires action based on objective symptoms. Former Soviet psychologists, psychophysicists G. V. Gershuni, E. N. Sokolov, O. S. Vinogradov and others conducted scientific research using this method for many years. It is known that sensations are never a slow cognitive process, they change vegetative, electrophysiological, respiratory processes, therefore, they are a reflex process by their nature. Reflective changes in sensations are an indicator of their objective occurrence. For example, any stimulus that creates sensations is also able to create a reflex process: narrowing of blood vessels, skin galvanic reflex (decrease in skin electrical resistance), change in the frequency of electrical activity of the brain (alpha, rhythm, depressed state) etc. the direction of the eyes towards the speaker, the tension of the neck muscles, etc. All these things are objective indicators of the emergence of sensations.

According to the above researchers, if the experimenter is exposed to a weak stimulus, that is, if the subject is exposed to a weak stimulus, then the subject will not have any sensation, and also no change occurs in the reflectors. Vascular or electrophysiological reactions can be clearly manifested even under the influence of a weak stimulus, but the process of sensing, on the contrary, does not take place. This condition is confirmed by electroencephalographic reactions.

Based on the sound stimulus, G.V. Gershuny puts forward the scientific idea that a person has a subsensory range. It is based on unperceived physiological reactions, imperceptible stimuli. Attention is the orientation and concentration of the human mind on an object. Analysis of the reasons for not mastering the study of attention, characteristics of educational activities and used in the development of individual psycho-pedagogical recommendations. Also, the study of various aspects of attention is one of the important tasks of professional psychodiagnostics, especially in the selection of personnel. The process by which an individual remembers, remembers, and later recalls an experience is called memory.

Memory is the direct and indirect, voluntary and involuntary, passive and active (active) reproductive and productive, verbal and non-verbal form, logical and mechanical way of remembering, remembering. , the mental process consisting of re-remembering, forgetting, familiarity, remembering is a separate and common phenomenon, a mnemonic (Greek mnema-memory) activity directed at the creative processing of all impressions.

Intelligence is a set of human mental abilities. The concept of "intellect" (English "intelligence") as an object of research in psychology was introduced to science by the English anthropologist F. Galton at the end of the 19th century. According to F. Galton, intellectual abilities are a genetic trait. In the 20th century, several approaches to understanding the nature

of intelligence emerged. These are: Intelligence as the ability to learn (A. Bine, C. Spearman, S. Colvin). There are 3 dimensions in the Gilford model of intelligence, the combination of which defines different types of intellectual abilities.

• An important point in Guilford's theory is that according to him there are 150 types of intellectual abilities.

Divergent thinking is a unique, special type of thinking, in which the same problem is solved with different answers, approaches, views. Divergent thinking is a component of creativity.

Convergent thinking is a form of thinking that is based on the precise application of previously developed and accepted algorithms within a specific task. Intelligence is a set of human mental abilities.

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