



TRANSMISSION OF DEPRESSIVE STATUS IN ADOLESCENTS

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Article history:	Abstract:
Received: 28 th February 2021 Accepted: 7 th March 2021 Published: 28 th March 2021	Adolescence is a period of transition from childhood to adulthood, when the incompatibility of needs and abilities of adolescents leads to conflict between adolescents and their parents and teachers, as a result of which the child develops various symptoms of depression.
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In our country, systematic work is being carried out to bring up the younger generation in a harmonious way, to create all the necessary conditions for them to take an independent step in life. In recent years, in order to strengthen the legal framework of state youth policy, the Law of the Republic of Uzbekistan "On State Youth Policy" was adopted. June 30 has been declared Youth Day in Uzbekistan. In order to encourage our selfless young people who are achieving high results and achievements in various fields, the state award "Mard Oglon" and the medal "Kelajak Bunyodkori" were established.

Therefore, it is the duty of not only parents, but also the teaching staff and every layer of our society to bring up the young generation mentally mature and physically fit. Some of the difficulties encountered in educating and nurturing adolescent students stem from the sometimes insufficient knowledge or denial of the mental development and characteristics of children at this age. There will be a lot of difficulties in the upbringing of school-age children of small and large age, the timely realization of which is a guarantee of positive effectiveness. Because the process of a small child becoming an adult is very difficult. This process is associated with a significant change in the forms of adolescent psychology's interactions with people, as well as changes in living conditions. During this period, adolescents develop their own personal opinions. They expand their sense of self-worth. According to scientific psychology, the reason for the appearance of depressive symptoms in adolescents is the emergence of dialectical contradictions between the needs that arise from their activities and the ability to meet these needs.

Depression is a feeling of sadness, depression, despair, falling into a "mold" of imagination, a decrease in desire, a limitation of actions in the spirit of insecurity. There are many misconceptions about adolescent depression and adolescents in general. Being a teenager is not easy, but most teenagers balance their inner aspirations with friendship, success in school or extracurricular activities, and self-confidence. Sometimes a bad mood or anger is expected, but depression is something else. Depression destroys the very essence of a teenager's personality, causing feelings of sadness, despair, or anger. Experts say that unlike adults who are able to seek self-help, adolescents trust parents, teachers, or other caregivers to acknowledge the severity of their suffering and seek appropriate treatment. Adolescents face a lot of pressure from puberty to questions about who they are and where they belong. The natural transition from childhood to adulthood also comes with conflicts with parents as adolescents begin to defend their independence. In all of these cases, it is not always easy to distinguish between depression and the adolescent's usual mood swings. Some teenagers worry about not being able to understand why those around them, adults, as well as their parents, are protesting. This condition causes them to become nervous from within and as a result the first signs of depression begin to appear. Depression is manifested in the child's existing depression, desire for loneliness, passivity or vice versa, stubbornness, aggression, negative attitudes to life.

The course of depression in adolescents is slightly different than in adults:

- Anger or rage. As mentioned above, depressed teens are more nervous than upset. In a depressed adolescent, there is frustration and anger towards the object that caused the condition.

- Unexplained pain. Depressed teenagers often complain of physical ailments such as headaches or abdominal pain. If a medical examination does not determine the medical cause, these pains may indicate depression.

- Hypersensitivity to criticism. Depressed adolescents suffer from feelings of futility, which makes them very prone to criticism, rejection, and failure.

- Separation from people but not from everyone. When adults are prone to loneliness in depression. Teenagers tend to stay in touch - at least some friendships. However, depressed teens may have less communication than usual, move away from their parents, or start walking with another company.

In summary, if you're not sure if a teenager is depressed or just a "normal teenager," then think about how long the symptoms started, how severe they were, and whether the teen's behavior was different than usual. Some "growing pains" are expected, the timely realization of which will prevent problems that may occur in the adolescent. Sudden and persistent changes in a teenager's mood or behavior are "warning flags," indicating that they can cause deeper problems. Therefore, it is better to prevent the "disease" than to treat it. To do this, first of all, those who directly affect the life of a teenager should be familiar with the peculiarities of this age group.

LIST OF USED LITERATURE:

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