



## SOCIAL AND PSYCHOLOGICAL MECHANISMS OF SELF-CONSCIOUSNESS OF STUDENTS

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<b>Received:</b> 20 <sup>th</sup> March 2021 <b>Accepted:</b> 4 <sup>th</sup> April 2021 <b>Published:</b> 16 <sup>th</sup> April 2021	Self-awareness, knowledge and independent work of a person require, first of all, that his attention, consciousness be directed directly to himself, to his inner potential, abilities, emotional experiences. That is, people surrounded by social behavior demand that they not only pay attention to their behavior, but also regularly analyze their personal actions and their consequences. Because a person cannot understand another person, experience the emotional experiences of others without a full understanding of himself, without agreement with his personal "I".
<b>Keywords:</b> Consciousness, Self-awareness, knowledge and independent work, emotional experiences	

Self-awareness, knowledge and independent work of a person require, first of all, that his attention, consciousness be directed directly to himself, to his inner potential, abilities, emotional experiences. That is, people surrounded by social behavior demand that they not only pay attention to their behavior, but also regularly analyze their personal actions and their consequences. Because a person cannot understand another person, experience the emotional experiences of others without a full understanding of himself, without agreement with his personal "I".

A vivid manifestation of a person's inability to come to terms with himself can be seen in the example of existential frustration, a semantic gap, which is the main idea of existential psychology. When a person has a significant vacuum, a vacuum in which there is love for life, striving for a goal, a feeling of activity, a feeling of numbness, emotional coldness, indifference. Therefore, it is necessary to teach young people to be aware of themselves, to have self-awareness, to introduce "inner discipline" into their self-esteem and on this basis be able to spiritually and spiritually educate themselves. This is due to the fact that for the development of human spirituality, first stages of self-realization are necessary, then the realization of one's own interests and, finally, the stages of recognition of society. A person's understanding of society is his national identity.

National identity is manifested in a person's belonging to a socio-ethnic community, in his national interests, when he clearly understands the position of his nation in relations in the social sphere. There are a number of objective and subjective factors of national identity. One of them is the national feeling, which is reflected in the emotional impact of a person in the process of interpersonal relationships, in high spiritual internal shocks, in such experiences as the birth of creative ideas.

The perception of national identity begins with the "I" and is expressed in the forms of the present "I", the past "I", the present "I", the future "I", the ideal "I", dynamic. "I". Manifestations of self-awareness in a person are changing, because only the ability to assess one's recent past, overcome the shortcomings of the present, choose priority ways to achieve success, diagnose one's own potential leads to perfection.

Among the concepts related to the human personality in psychology, a special place is occupied by the concept of "I am a concept". This concept is interpreted as a set of self-images that define a person's relationship with others. In the educational process, "I am the concept" is even more important, because the teacher evaluates young people on the basis of their own ideas, transfers them the acquired experience.

If a teacher has a positive "I-concept", that is, he has a sense of personal completeness, he is emotionally stable and mature enough, then the relationship of such a teacher with young people is based only on positive perception, the teacher does not expect youth to have a negative attitude towards him, there will be no problems with self-esteem. It goes without saying that a positive "I-concept" of a teacher has a positive effect on the formation of a student's personality, because a person, regardless of age, needs a positive assessment of his work, and such attitudes and role models play an important role. an important role in the formation of positive character traits.

Further development of students as highly qualified specialists, the acquisition of stable skills and solid knowledge in the specialty will be inextricably linked with the future "I". In the future, the development of oneself as an entrepreneurial person, entrepreneur and organizer depends on the formation of the qualities of an ideal professional,

chosen by them from the point of view of social responsibility. The main criterion of this process is the ability of a future specialist to be in constant research, to form a dynamic "I" in it, to be able to rationally manage positive and qualitative changes, and to evaluate them correctly.

The image formed by the person himself, his behavior, characteristics, the image of his place in society - the image of "I" - its adequacy, that is, how close to reality determines the perfection of a person. The upbringing of a person is manifested in the presence of an idea of himself and his qualities. Because the awareness of each person reduces the likelihood of acting contrary to existing norms in society.

Self-consciousness is often burdened by the individual, that is, the nature of a person is such that he tries to "hide" incomprehensible qualities that do not correspond to the norms of society, and even such ideas and knowledge are squeezed into the subconscious (Austrian scientist Z. Freud). According to theory). This is a unique self-defense mechanism for each person. Such a protective mechanism often protects a person from various unpleasant complications and emotional experiences.

The process of self-awareness is inextricably linked with the self-education of a person. The following factors play an important role in human self-education:

1. Independent communication, in which a person perceives himself as an object of learning and organizes communication with himself.
2. Self-confidence, in which a person obeys positive norms, believing in his abilities, strength and will.
3. Self-control is the ability of a person to get on the right path in extreme and extreme situations.
4. Self-influence - in this case, the formation of a preconceived attitude of the individual on the basis of social norms.
5. Internal discipline is an important criterion for self-control, the quality necessary for regular correction and control of all one's actions at any time and in any place.

In psychology, there is a theory of "locus of control" associated with human self-control, according to which each person has two types of responsibility. The first type of responsibility is that a person recognizes only himself as the cause, the culprit of all the events that take place in his life. These are internalists, who are characterized by excessive self-confidence, a tendency to achieve goals, a tendency to introspection, openness to communication, kindness to people and independence. The second type of responsibility is specific to all events that occur and occur, external factors that make other people believe that they do not believe in their abilities, postpone their goals for an indefinite period of time, are overly concerned, skeptical, conformist, aggressive and prone to mood swings. Outside people can also do their job successfully based on a set of rules, but show good performance under the guidance of other people.

The American scientist who introduced the concept of "locus of control" into science, J. According to Rotter, anxiety, neuroticism and conformism are rarely found in children who are accustomed to take responsibility. They are ready for life, active, independent thinkers. They have a high self-esteem, which does not prevent them from living in harmony with others. Therefore, in educational institutions, where an important stage of socialization is taking place, it is necessary to create conditions for young people to show more initiative, independent thinking and freedom, and this is the basis of today's politics. Based on this, we conducted a questionnaire survey to determine the level of locus control among students. Students of the first and fourth years of the Faculty of Psychology took part in the survey. The reason for choosing the respondents in this way is to study various aspects of the attitudes of undergraduate and graduate students who have just adapted to higher education, to life, work, family and other people.

Level	External		Internal	
	Male	Female	Male	Female
<b>I</b>	2 6%	10 27%	20 53%	5 14%
<b>IV</b>	3 11%	10 34%	7 26%	8 29%

Forty-five percent of graduate students are external students, of which 34 percent are girls, only 11 percent are boys, and the remaining 55 percent are interns, of which 26 percent are boys and 29 percent are girls. We were also satisfied with the results of the freshmen. Because 67% of students who have just started adapting to the country of higher education are indigenous people. 53% of them are in the armed forces of our country and are characterized by young people with significant life experience. Of the youth, 33 percent were outsiders, only 6 percent were boys and the remaining 27 percent were girls.

The earlier a person realizes that self-realization depends on him, the deeper he looks at life and sets more important goals for himself. When teaching young people, it is important to ensure their psychological maturity by instilling a sense of self-awareness in their psyche. This sensation is not a biological phenomenon, but a social phenomenon. Because this feeling develops in the process of a person's spiritual formation.

A person with psychological maturity is able to consciously evaluate various life situations and conditions. This vigilance is manifested in practicality, the ability to accurately assess reality, the ability to objectively assess their own achievements and shortcomings, knowledge, skills and abilities.

Such a person is distinguished by a high level of self-control, the ability to control his experiences well enough, that is, by internal discipline. Psychological maturity is to some extent related to understanding the desires, desires, experiences of other people. This, in turn, promotes better communication, cooperation, positive relationships in the family, in different groups.

In one of his philosophical disputes, Socrates the Great called for self-awareness: "First, know yourself." Consequently, a person himself is an important stage in the process of cognition or an important object of cognition. Human spirituality is formed through self-awareness. Psychological literacy teaches a person self-control, self-control, re-education and the correct use of his potential.

The student's self-awareness should be stimulated by encouraging him to do positive deeds. In this case, the student should get a positive experience, that is, do something useful for himself, his family, his group, his team and get praise. It is necessary to expand the practice of wide involvement of students in public works, to increase their interest in this work. The student's perception of himself as a person, analysis of his positive and negative qualities forms important social and psychological qualities, such as the separation of a person from other people. This creates a system of self-control in a person.

A self-aware person can also defend their interests. The ability to defend one's interests means the ability to express one's opinion, one's rights and demands with confidence and dignity. A self-confident person openly and firmly expresses his attitude to any event. That is, he takes responsibility for his feelings and can tell others how he feels. This is normal behavior. Everyone has their own opinions, requirements and rights that are not indifferent to those around them. The only way to make them respect them is to protect them. Confident people understand and insist on their personal needs. At the same time, such a person recognizes the right of another person to protect his own interests. That is why they do not go beyond the bounds of etiquette, putting forward their requirements, and also respect the requirements of others. Self-confident people treat themselves and those around them sincerely and honestly. They perceive reality realistically, without exaggerating or discriminating against the significance of what is happening. For them, reality is important, not illusion. The mature person wants to know what he and others are worth. The basic principle is to behave naturally, not trying to present yourself well.

On the other hand, a selfish person is concerned only with himself, he completely denies most of the others. We all believe that selfishness is bad and that the interests of others should be respected first and foremost. But how much a person cares about others is a special philosophical question. Being able to defend our interests means recognizing and demanding what we have the right to do. In order not to hypocrite our own interests, we constantly give up something and as a result we become an altruist, who is worse than selfishness - self-sacrifice for others. To avoid being accused of selfishness, we not only put the interests of others first, but also sacrifice our legitimate desires, which leads to a loss of self-esteem. It may be that if you cannot help yourself, you cannot take care of others even when you want to. Being able to defend your true interests means being honest and respecting the rights of others.

During the student period, emotions, attitudes, moral values, self-awareness and stable beliefs are formed on the basis of the components of self-government, creative thinking, concrete life experience, and the regulation of acquired knowledge. With this in mind, it is necessary to study the interests and problems of students, organize open conversations, art evenings, meetings and dialogues, organize various events, sports sections, research associations, competitions, conferences, debates, debates and other public events. events. Because, according to psychologist Jean Piaget, discussions or debates between young people and their peers on various topics weaken their selfish, selfish character, and also increase self-awareness, understanding of the position of others and personal qualities.

### RECOMMENDATIONS

1. Mirziyoyev Sh.M. "Let's build our great future with our brave and noble people", NMIU "Uzbekistan", 2017.
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**SOCIAL AND PSYCHOLOGICAL MECHANISMS OF SELF-CONSCIOUSNESS OF STUDENTS**

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Self-awareness is one of the most pressing problems of our time. Because a person cannot understand another person, experience the emotional experiences of others without a full understanding of himself, without agreement with his personal "I".

If a person is able to understand himself, if he has his own imagination, he introduces into his psyche "internal discipline" and on this basis educates himself spiritually.

**SOCIAL AND PSYCHOLOGICAL MECHANISMS OF SELF-RECOGNITION OF STUDENT YOUTH**

H. Ganieva, Associate Professor of the Federal State University.

Today the self-awareness of the individual is one of the most pressing problems. Since a person is not fully aware of himself, is not required in accordance with his "I" can not be understood and aware of the inner experiences and feelings of another.

If a person has self-consciousness, has his own idea, then she establishes "internal discipline" in his soul. And on the basis of this he educates himself as spiritually enlightened.

**SOCIAL AND PSYCHOLOGICAL MECHANISMS OF UNDERSTANDING YOUNG STUDENTS OF THEIR FEELINGS.**

H. Ganieva, associate professor F.S.U.

Today one of the urgent problems is the intellectual understanding of a person.

If a person cannot fully understand himself, he cannot understand the hearts of others. But if a person has his own idea of feeling and understanding, he can put things in order in his heart, on its basis he can educate himself and can understand the feelings of others.