

THE ROLE OF PSYCHOLOGY IN HUMAN LIFE

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Annotation: The relationship between psychology and man and the role of psychology today are sufficiently presented in this annotation.

Keywords: psychology, logos, psyche, system, introspection, aviation, differential, psychophysiology, cosmic, neuropsychology, pathopsychology, pedagogical management, marketing, genetic, experimental, psycholinguistics, objective, subjective, psychiatrist, neuropsychologist, interface, anomalous, penitentiary

Psychology is one of the oldest sciences, it was created about two and a half thousand years ago. "Psychology" is composed of two Greek words "psyche" - "soul" in general, spirit and "logos" - science, teaching, and means "teaching about soul or spirit". In ancient times, it was difficult for people to understand that things affecting the external world are reflected in the brain with the help of the nervous system. That is why they explained complex reflection phenomena in connection with the soul. Because of this, the science of psychology was created in ancient times as a study of the soul. Today, the science of psychology has completely changed its content, even if it has kept its old name. If we explain the content of psychology based on the requirements of the present time, we can define it as follows: "The science of psychology is the science of mental processes and psychological characteristics of the human personality."

The science of psychology is a complex field of knowledge about the human personality and its inner world. Psychology is a field that includes knowledge about intuition, perception, memory, thinking, imagination, feeling and mental phenomena characteristic of human ability, talent, temperament, character known to everyone from their own experience. . Mental processes, like other phenomena, have their own laws. When a person turns to psychology in order to know himself and better understand his loved ones, what are the processes of perception, feeling and thinking? what drives a person, his behavior in a certain situation, what are the processes of his inner world? There are many such questions, the answer to all of them is psychology...

It is worth saying that this science is called a spiritual science, which at some points of life begins to ask questions - "Who am I?", "Where am I?"... So why does a person need this knowledge and awareness? In fact, there are many questions, but there is only one answer, the point is that the answer is in the question itself. Stay on

the path of life, find strength in yourself not to fall into the ditch on the way and to get back out and not fall again.

By exercising the body, athletes necessarily acquire psychological knowledge and expand it. We turn to psychology to move towards a goal, establish relationships with people, and overcome difficult situations. Psychology is actively entering training and education, business, art.

Modern psychology is considered a science consisting of a multidisciplinary system of psychological knowledge, consisting of many fields with its own research subject:

- general psychology;
- aviation psychology;
- military psychology;
- differential psychology;
- psychophysiology;

Labor psychology - studies the psychological characteristics of human labor activity, the psychological foundations of organizing work on a scientific basis. The task of labor psychology is to study the characteristics of a person important for the profession, the laws of the formation and development of labor skills, the effects of various characteristics of the means of production (color, suitability, location, etc.), the workplace, etc. on the person (the worker);

Pedagogical psychology has many branches, such as psychology of education, psychology of education and pedagogical activity, psychology of education and upbringing of abnormally developed children;

Legal psychology - examines the issues that arise during implementation in the legal system. His branches: forensic psychology, criminal psychology, penitentiary or correctional psychology;

Military psychology - the behavior of a person in the conditions of combat operations, the psychological aspects of the relationship between leaders and their subordinates, studies issues such as "psychological warfare" and the fight against it;

Sports psychology studies issues such as the athlete and his personal characteristics, the conditions and means of their psychological preparation, organization and holding of sports competitions.

The main reason for its division into networks is the creation of applied fields in its composition. Psychology actively participates in solving important issues in industry, community management, education system, health care, culture, sports, transport, radio, television and other structures. The achievements of psychology are of particular importance in the realization of individual potentials and their activation, and thus influence the increase of labor efficiency. In modern psychology, electronic

- computing techniques, electrical and chemical tools are used to study the psyche in depth. A fierce debate continues around the method of self-observation (introspection). Some psychologists emphasize it as the main method of conducting research, while others recognize its limitations and recommend using objective methods instead. Thanks to the objective methods, the material basis of the psyche has been determined, it has been proven that the connection between the internal relations of the person and the subjective states is manifested in the individual and in the community. In the world community, psychological research is being carried out on a large scale in the institutes and centers of the USA, England, France, Germany, Russia, and Switzerland.

Psychologists generally believe that the body is the basis of consciousness, therefore it is an important area of life. Psychiatrists and neuropsychologists work at the interface of mind and body. Major research topics in this field include comparative psychology, which examines humans in relation to other animals, as well as the physical mechanisms of emotion and neural and mental processing.

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