



# International Journal for Innovative Engineering and Management Research

A Peer Reviewed Open Access International Journal

www.ijiemr.org

**COPY RIGHT**



**ELSEVIER**  
**SSRN**

**2020IJIEMR.** Personal use of this material is permitted. Permission from IJIEMR must be obtained for all other uses, in any current or future media, including reprinting/republishing this material for advertising or promotional purposes, creating new collective works, for resale or redistribution to servers or lists, or reuse of any copyrighted component of this work in other works. No Reprint should be done to this paper, all copy right is authenticated to Paper Authors

IJIEMR Transactions, online available on 27th Dec2020. Link

[:http://www.ijiemr.org/downloads.php?vol=Volume-09&issue=ISSUE-12](http://www.ijiemr.org/downloads.php?vol=Volume-09&issue=ISSUE-12)

**DOI: 10.48047/IJIEMR/V09/I12/130**

Title: **Socio-psychological problems of adolescence, causes and solutions**

Volume 09, Issue 12, Pages: 778-780

Paper Authors

**Djalolova Moxinur, Karimov Jahongir**



USE THIS BARCODE TO ACCESS YOUR ONLINE PAPER

To Secure Your Paper As Per **UGC Guidelines** We Are Providing A Electronic Bar Code

## Socio-psychological problems of adolescence, causes and solutions.

Fergana State University Lecturer at the Department of Psychology

Djalolova Moxinur

Karimov Jahongir,

a student of pedagogy and psychology at

Fergana State University

**Annotation:** This article provides information about adolescence, psychological news during adolescence, social characteristics, causes of problems and their solutions.

**Keywords:** life cycles, adolescence, cognition, attention, imitation, cognitive processes, developmental period.

It is well known that our youth are the keys that open the doors of our future. That is why we need to pay close attention to each stage of their development. Especially during adolescence. The question is, Why is it that adolescence is so important? The reason is that during adolescence, a teenager searches the streets for something he could not find in his family. He may become addicted to smoking, drinking, and other bad things on the street. Now, let's talk a little bit about adolescence.

Adolescence is between the ages of 10-11 and 14-15. Today's teens are physically, mentally, and politically superior to their predecessors. They show puberty, socialization, and mental growth earlier. For most students, adolescence begins in the 5th grade. "Adolescence is no longer a child, but not an adult" is the definition of adolescence. Adolescence is a period of transition from childhood to adulthood, characterized by physiological and psychological characteristics. At this stage the children are physically and mentally development accelerates, interest in various things in life, aspiration for innovation increases, character is formed, the spiritual

world is enriched, contradictions escalate. Adolescence is a period of puberty, characterized by the emergence of new sensations, sensations and complex issues related to sexual life. At this age, adolescence begins to change dramatically. These changes are physiological and psychological. Growth is not uniform: girls grow 5-7 cm, boys grow 5-10 cm. Growth is due to the elongation of the first vertebrae and the enlargement of the spine.

Teenagers try to behave like adults. They try to show their abilities, skills and potential to a certain extent to their peers and teachers. This can be easily seen by simple observation. Adolescence is characterized by psychological manifestations such as "transition period", "crisis period", and "difficult period". This is because there are cases of mental explosions in adolescents of this age due to their inability to find a place in alternative, new conditions. In his time, LS Vygotsky called this situation a "crisis of mental development." After primary school, a child goes through two main stages in the process of forming his or her relationship as an individual. These stages fall into two

different stages of adolescence - early adolescence and early adulthood. In the first stage, the teenager separates himself from the "kids" and now tries to emphasize that he belongs to the adult world. Interest in adult life is one of the main characteristics of adolescents.

The characteristics of adolescents are as follows; Positive qualities, needs, and aspirations are present at any age, including in adolescents who have gone astray to some degree. Teenagers are curious about everything. Most teenagers don't want to be worse than others and try to stand out in their environment and be different. All teenagers are enthusiastic and active, but they do not always know where to focus their efforts. Consequently, direct them you need to engage in a variety of useful and fun activities that will make you happy with the results. Adolescents, although not always ready for it, strive for independence. But often they do not have the opportunity to act independently. This means that they need to be better prepared for independent work and entrusted with independent work and by all means to ensure their successful implementation. It is obvious that there are many positive aspects in the psyche of teenagers. It is necessary to take advantage of these positive aspects and develop them, to eliminate negative passions, inclinations, actions and behaviors. Adolescents are now more involved in more serious activities, spending less time playing and having fun, and their cognitive processes are developing faster. School education is a key factor in qualitatively changing the direction of development of adolescent learning processes. reading plays a big role in the lives of teenagers. They like independent forms of training. Adolescents' success in learning subjects, their interest in them, and

their ability to explain the material depend on the teacher's ability to explain the material. Adolescents' self-awareness expands as they read, and their knowledge of other people and the world around them deepens. A new stage of mental development begins. Gradually, a strong positive attitude towards academic subjects is formed based on the needs of education. During this time, new motivations for reading emerge. These motives influence the developmental characteristics of the adolescent's cognitive processes, including life plans, future careers, and ideals. From adolescence onwards, children have a special need and strive to expand their knowledge of life, science and art. An educated child deserves respect among his peers. Knowledge gives teenagers a special joy and develops their thinking skills. Adolescence is a time when personality traits such as worldview, beliefs, principles, self-awareness, and self-esteem are formed. As a teenager, he is in it Personal systems, worldviews, beliefs, etc., such as the Ideal Self, the Moral Self, and the Real Self, are formed, and self-perceptions become more clear and stable. Adolescents begin to organize their activities on the basis of certain principles, beliefs and personal views. The structure of a teenager's personality should take into account his / her attitude to the environment, social events and people. Research by psychologists shows that most teenagers understand the spiritual and moral concepts of perseverance, humility, pride, sincerity, and kindness. As a result of mastering the basics of science in their life experience, a stable religious and scientific worldview is formed, on the basis of which moral ideals begin to emerge. It is known that during adolescence, the "I" of the teenager is re-formed. The

attitudes, interests, and values of those around him change dramatically. The teenager's first goal is to convince others that he is no longer a small child but an adult. A teenager who tries to do things on his own is convinced that he has the right to do so because he thinks he has grown up. That's why psychologists interpret the "feeling of adulthood" as the most important innovation in a person's adolescence. In particular, LS Vygotsky distinguished two phases (negative and positive) in relation to changes in interests during adolescence. The negative phase is associated with the disappearance of previous interests and the emergence of new early sexual interests. The following negative behaviors are manifested: decreased ability to work, mastery, adolescent's rudeness and high arousal, self-dissatisfaction and anxiety, etc. The positive phase is the emergence of broad, deep new interests. characterized by. Adolescents develop an interest in the psychological experiences of others and themselves.

It is advisable to increase his employment and be friendly with parents and educators so that teenagers do not go into a negative phase.

### **References.**

1. Developmental psychology. \_Pedagogical psychology. Nishanova\_ Z.T. \_Kamilova
2. social psychology\_2013
3. Developmental psychology Goziev