



THE STATE OF LAZINESS FOUND IN PEOPLE AND PSYCHOLOGICAL
METHODS OF OVERCOMING IT

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Abstract: *In this article, the topic of laziness in people and psychological methods of overcoming it is covered. Laziness is a lack of desire to do something or an activity when there are opportunities and conditions to do it. Laziness is a natural state. Often, a person begins to struggle with inexplicable apathy when trying to engage in an activity. He feels that his will is paralyzed. At the same time, in many cases there is a feeling of lack of spiritual or physical strength.*

Keywords: *laziness, indifference, composure, ability, motive, motivation, hope, confidence, challenge*

Laziness is the unwillingness to do a job or activity when one has the ability and opportunity to do it. That is, it interferes with doing business, studying, working, leading, and achieving success in the near future. At the same time, it is a bad vice that prevents self-development, exercise, communication with friends and many other things.

How did laziness itself appear ?

Laziness is a natural state. It helps save energy in the body and relieve fatigue. Often, a person begins to struggle with inexplicable apathy when trying to engage in an activity. He feels that his will is paralyzed. At the same time, in many cases there is a feeling of lack of spiritual or physical strength. At this time, a person thinks that he is lazy. That is, a person tries to force the remnants of his will to work and work. But it won't help for long. After some time, laziness will return. At the same time, now it will be more powerful.

Why does laziness arise ?

get rid of laziness once and for all, you need to understand the main reasons for its appearance. For this, a person needs to understand himself. Then he can control his actions and enjoy his work. The most common causes of laziness are:

- ◆ fatigue;
- ◆ fear of criticism or condemnation of others ;
- ◆ residual fear associated with previous failures ;
- ◆ low self-esteem and self - doubt;
- ◆ the complexity of the work ahead, which prevents you from starting ;
- ◆ nothing in life can be changed ;
- ◆ loss of energy due to a constant feeling of guilt for various actions ;
- ◆ A duty is a duty to do, which can create internal resentment against any "should" that develops from childhood .

The above causes of laziness accumulate in the human mind over time. They can manifest when a person is exposed to external stimuli. It can be other people or situations



that remind you of previous failures. If a person eliminates the cause of laziness, he can successfully overcome it.

There are two types of laziness.

- ◆ Physical laziness
- ◆ Psychological laziness

Physical laziness. A person cannot raise his hands to perform a physical task . But his brain can solve any problems and works perfectly. This type of laziness is especially common in people who have done a lot of work with their muscles. A person with a fit body likes to move and does not feel discomfort or apathy during physical exertion .

Psychological laziness . A type of laziness that occurs as a result of insufficient brain activity. But the brain can be trained . With such laziness, a person feels very good and can even perform physical activities several times. But it cannot control activities related to mental processes. Because the key necessary for the active functioning of the brain is broken. In the science of psychology, you can familiarize yourself with the rules and tips that will help you overcome laziness. In order for laziness not to destroy you , not to be an obstacle to your success, you must first of all want to overcome it yourself and be able to use all your opportunities in it.

Laziness, idleness, its consequences and methods of struggle are often not described in psychology books . Perhaps, with the help of motivation and the secrets of self-education, you can force yourself to develop yourself , master a new creative, technical or written activity , overcome chronic fatigue, fear , and apathy caused by idleness .

Ways to overcome laziness in older people

- Start your day with exercise
- Overcoming laziness and developing a sense of purpose
- A few minutes rule. My friend is with me

Start your day with exercise. Acariyat people feel weak and motionless when they wake up . To start the day well, we advise you to do exercises, drink a cup of coffee and listen to your favorite music. It will help to lift your spirits . After such actions , you will feel more refreshed.

Overcoming laziness and developing a sense of purpose How to overcome laziness and develop a sense of purpose? Set a goal in front of you and work towards it. Replace the word "want" with " need" . If it's difficult , plan the things you want to do each day . You can also write down your plans on paper . This technique will help you focus on the task at hand. Don't be shy about writing big things on small paper . Set a goal in front of you , that is, make a plan. Follow these plans for 21 days. Turn your goals into habits. Do n't let laziness get in the way of your life and success .

can be completed in less than 2 minutes , do it. Putting your clothes in the closet doesn't take much time . Just send things to the place. Watering flowers is also a quick and easy task, so don't skip it , but stick to the "here and now" rule.

A few minutes rule. My friend is with me . Some activities can be boring . Play , laughs , just spend a lot of time with social networks. Or , it 's about watching TV while eating cookies and drinking tea . As a result, excess weight appears . You're losing weight, going to



the gym alone is boring. Your spouse may be mostly at work . It also takes care of your child so you can go to the gym. Find the company you are interested in. Do sports in your spare time . It's more fun together, you can relax and have a good time .

Ways to overcome laziness in children and adolescents :

- Consider your temperament type
- Praise children for what they do
- Lack of understanding
- Feeling sick in children or adolescents

Consider your temperament type . Children with a Sanguine or Choleric temperament do not want to do boring work that does not require activity. On the other hand, children who belong to phlegmatic or melancholic temperaments do everything slowly, cutting things down . Do not rush to judge the child as passive. They didn't want to do it not because they didn't want to do it, but because his inner world was different, his interests and character were different. Support the child in such cases . Help an active child with a boring task, teach him to organize his work so that it is not so difficult for him . Let it be a job that requires long and careful work for people of phlegmatic temperament . It does it better than you might expect .

Praise children for what they do. Learn to reward your child for what he does . Appreciate their actions accordingly. After the children have completed the task assigned to him , tell him how great it was, how he acted, how well he did it. Be careful that the child feels needed .

Feeling sick in children or adolescents . If a boy or girl spends several days at the computer . As a result of this, if he looks sluggish , there may be a problem with his health . From the age of 12, adolescents undergo hormonal changes . This can weaken the immune system and the psyche. Control the child's feeding. That is, increase the amount of vitamins. Don't belittle guys, don't scold! Speak from the heart without rebuking. So that your words take place in his heart. Then the child will have a desire and interest to learn , start taking care of himself , help you , hope for the future.

Lack of understanding. At the age of 8-9, why do children stop learning ? The most common reason for such behavior is lack of motivation . They do not understand why they should do this. The main reason for this is that no one makes a child want to study at school . But he demands that homework be done with the words " You need it, not me." And children do not understand why it is necessary, why it is needed, what benefits or harms it has , they do not understand anything .

So why should he try ? Why does he have to do this work, i.e. homework. Help your child understand the importance of learning and its benefits for the future. Explain the importance of spelling to make them literate and to value literate people in society . Explain the role of each subject and the need for each subject in his life.

In conclusion , I can say that laziness is a natural state. But it must be overcome. It seems that most people struggle with some kind of incomprehensibility and uncertainty when trying to engage in an activity . He feels that his will is paralyzed . At the same time, in many



cases there is a feeling of lack of spiritual or physical strength . Let's start overcoming this natural but harmful habit now!

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