

## THE IMPACT AND IMPORTANCE OF FICTION ON THE HUMAN PSYCHE

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**Abstract:** *Fiction is a product of human activity. Human activity is wide and varied. Human activity includes such aspects as "labor activity", "spiritual activity", "aesthetic activity" that are directly or indirectly related to each other. Moreover, the spiritual activity itself shows aspects of "mental", "emotional", "spiritual" activity. Fiction is the product of creative and spiritual activity of a person based on the laws of beauty. This article talks about the benefits of reading fiction and its effects on the human psyche.*

**Key words:** *Fiction, psychology, J. P. Sartre, artist, literary theory, national, heroes*

**Аннотация:** *Художественная литература – продукт человеческой деятельности. Деятельность человека широка и разнообразна. Деятельность человека включает в себя такие аспекты, как «трудовая деятельность», «духовная деятельность», «эстетическая деятельность», которые прямо или косвенно связаны друг с другом. Более того, сама духовная деятельность проявляет аспекты «умственной», «эмоциональной», «духовной» деятельности. Художественная литература – продукт творческой и духовной деятельности человека, основанный на законах красоты. В данной статье рассказывается о пользе чтения художественной литературы и ее влиянии на психику человека.*

**Ключевые слова:** *Художественная литература, психология, Ж. П. Сартр, художник, теория литературы, народ, герои.*

A work of art is a product of the creator's thinking, in which the life of man and society, his destiny and fate find their image. In every work of art, the events that have happened or may happen in our lives are conveyed by the author to the reader based on the laws of art. Continues to form. The problems raised in the works of art, the issues referred to the reader's attention and judgment – the theme and content of the work of art are closely related to the social environment of the time when the work was created. Interesting and important events can be told endlessly about a certain era and its representatives, but in order for a mere narration of events to rise to the level of a work of art, the creator uses various artistic means of representation to bring the narration of events to the level of a work of art. In order to deeply and completely reveal the character of the artistic image in the work, the author used the means of artistic imagery as well as the means of psychological imagery. In the work, the author's deep penetration into the hero's inner world, a detailed description of the mental world of the character, and the depiction of emotional experiences are referred to as "artistic psychologism".

We tend to make complete judgments about what we want to know. However, most of the existing phenomena, including literature, should be considered a phenomenon that

combines such complex and conflicting aspects. If we focus on the first of the above questions – whether literature is an art or a field of consciousness, then it seems quite clear. In the following years, during the Shura era, he focused on very bare socialized literature, educating the masses in the communist spirit, etc. understanding of literature as “pure art” as a reaction to the practice of subjection to goals, the principle of seeing only the phenomenon of art is observed in It. However, it is as much a mistake to see only the medium in literature as it is to see only “pure art”. Proponents of “pure art” deny that literature is a sphere of social consciousness, and those who are very honest ignore this aspect of literature and turn a blind eye. We often oppose the mind and feeling to each other, but this does not prevent the existence of mind and feeling in our body at the same time, and the two together form the human psyche. So, why can’t literature, which is a product of human mental activity, combine both of them?! It seems easier to understand and explain this issue based on the nature of artistic creation. Let’s remember the myths and legends, which are the first examples of literature. After all, the stories in “Avesta” or the ancient Greek or Egyptian legends describe nature, the secrets of the creation of man, his death, etc. is it not the result of seeking to know the problems? Of course, the level of modern human thinking and the level of development of literature and art have moved away from them to an unnoticeable extent. But the primary factor that motivates artistic creativity is still the need to know.

The question of whether literature should be social or not, which is often raised in literary debates, arose and became more acute under the influence of the literary policy of the Soviet period. Just as it is impossible to deny that literature is social, it cannot be denied that it is an individual-personal phenomenon. This claim is not made only in the interest of compromise, in the interest of occupying an interval – the safest position in the dispute. To answer this question, we need to focus on the issue of the subject of literature. In literary works and textbooks, it is indicated that “the subject of fiction is man.” However, it would not be correct to narrowly understand this idea, to make it absolute. Because literature studies a person not separately (in isolation), but in an integral relationship with society, nature (in one word – existence). After all, it is impossible to imagine a person without them, in isolation, a person is a social phenomenon by nature. As long as both the subject of literature and its creator are human beings, it is impossible for literature not to be social. Why is a work written, why does a creator begin to write a work? After all, didn’t the people and events he encountered in his daily life boil in his heart and mind, did they make him unable to write and force him to pick up a pen? So, whether we like it or not, genetically speaking, literature is a social phenomenon. However, it is literally a personal phenomenon in terms of its creation, the attitude to the world, the feelings and thoughts that arise due to that world.

Each new era of history was created due to the understanding and interpretation of the place of man in existence, his vital goals and tasks in a unique way. After all, humanity organizes society based on its own ideas and conclusions. Lifestyle, worldview “Who is a person?” It was formed as a search for an answer to the question. Importantly, the answer to this question is not unique to humans. Answers may be different in different religions, nations, cultures, and even in individual individuals. However, no matter how different the

answers are, this question is capable of uniting people, summarizing their life goals and tasks.

In the literary works, the cognitive (heuristic) function is noted as the main function of fiction. That is, literature is based on the goal of studying existence, its events, including man: "Fiction enriches our knowledge and imagination about the universe, man, and society through the artistic perception of existence through images. The manifestation of the human concept in literature is a natural and legal process. In addition to the heuristic function, literature also has an artistic-conceptual function, which is one of its most important functions. Fiction creates a holistic artistic judgment – an artistic concept – about the universe and man during the examination of existence, existing reality. If we take into account the human being at the center of literature, it becomes clear that the basis of the artistic concept is also the human concept. Literary critic Mikhail Holberg defines the concept of a person as follows: "The concept of a person is a very comprehensive category (concept) that manifests as a set of the inner essence of a person's world and worldview, ideology, ethics, aesthetic relations and other forms of interaction. It seems that the creator reaches a complex, integrated judgment about the world through the human concept.

No matter how important the human concept is in the evaluation of a work of art, it is relatively little studied as a separate category in literary studies. In books on the theory of literary studies, the definition of this category is almost not mentioned, and it is not even found in the dictionary of terms of literary studies. In our opinion, this is due to the fact that the category of human concept is usually seen as part of artistic concept.

Scientists have different hypotheses about what exactly triggered the scientific revolution that took place in relatively recent history. According to the tradition of the scientific community, this revolution began at the end of the Renaissance, in 1543, with the publication of Nicolaus Copernicus's book "On the Rotation of the Celestial Spheres". Yu. According to Harari, the discovery of the American continent by Christopher Columbus in 1492 started the scientific revolution: "The discovery of America encouraged Europeans to put real observations above the traditions of the past. The desire to master the continent required them to develop new knowledge faster

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