

SOCIAL-PSYCHOLOGICAL METHODS OF PROVIDING PSYCHOLOGICAL MATURITY

Sayfullokh Kozimov

Andijan State Pedagogical Institute, Faculty of Pedagogy

3rd level student of pedagogy and psychology

kozimovsayfulloh@gmail.com +998 97 972-57-97

Abstract: *In this article, the topic of socio-psychological methods of ensuring psychological maturity is covered. At the same time, important signs of labor activity in the period of maturity and the nature of initial difficulties of independent activity and its psychological solutions are revealed.*

Key words: *period of maturity, psychological maturity, social life, social difficulty, development, psychological environment.*

They are 23-28 years old, and one of the characteristics of this period is to actively participate in all aspects of your social life as a mature person. At the same time, this period consists of rapid development of production and implementation of labor activities. The labor activity of young people is fundamentally different from other age periods with the following 3 important signs:

- ♦ adapting to the essence of the specialty, its original content, production conditions and the characteristics of the members of the labor team, i.e. getting used to it. In the first years of working life, approximately 1 to 3 years, or to find a place in the team and achieve dignity ;
- ♦ self -improvement and personal development as a specialist , the second stage of labor activity is expected to be approximately 3 to 8 years of work experience. Also, improving professional skills and mastering a profession;
- ♦ full use of the secrets of professional skills , to show initiative , to bring production efficiency to a new level and to demonstrate social maturity in improving quality. In addition, the experience of being able to create quality products by working for ten years in the stable creative stage of work.

Although the above steps are common to all professions, these steps and the duration of steps are relative . That is, there may be differences in terms of age and the duration of these activities between people who have been engaged in production for a long time and people who entered this activity relatively late



Currently, most of the specialists face a number of difficulties from the first days of independent activity due to the gap between theoretical knowledge and practical skills and qualifications in higher or secondary specialized educational institutions . These difficulties are threefold in nature . They are:

✓ **social difficulties:** conditions of an unfamiliar environment, interpersonal relations, the level of the labor team, the character traits of the people in it, the values, spirituality, traditions of the production team, etc.;

✓ **difficulties related to knowledge and cognition:** interruptions to the knowledge acquired in a special educational institution, limited level, weakness of creative research activity, lack of initiative, etc.;

✓ **special difficulties related to the specialty:** the essence , nature , technology, tools, practical skills and qualifications of production or lack of familiarity with them, not fully understanding the economic basis of the profession, safety techniques, product production the complexity of comparing the drawing-spread and the graphic expression, getting confused in front of the problems.

changes occur in the mental states, processes and characteristics of a person .

studied the participation of young people in social life, determined that the peak of a person's participation in social activities is 25 years old, and informs that this is the case for 45.4 % of people. In his opinion, the public activity of a person in the rest of his age is a relatively small unit. Even at the age of 45, it is equal to 3 % . LNKuleshova and MD Aleksandrova, who studied the characteristics of the field of vision (perception) in humans, note that it is three types in drivers aged 18-35: 11% above the norm, 47% within the norm, and in the rest, below the norm . In the period between 23-28 years of age, changes and improvements in the level of a number of functions : the size of the field of vision , distance estimation with the eyes , spatial perception, levels of knowledge ; An increase in the integrity and stability of awareness, attention and perception is manifested in other activities and visual sensitivity , short-term visual memory or consolidation .

In addition, at the age of 22-25, two types of factors are formed, and they consist of mnemonic (memory, thinking) and attentional (a complex of attention characteristics and properties) .

influence the development of young men and women during their youth, i.e. social environment, work team, family microenvironment, friends, relatives , and at the same time, informal friendships . For example, the psychological environment, spiritual world, stable profession, social consciousness, social



values, certain traditions and customs in the work team can cause a positive or negative change in the character of a new member . As a result of this influence, universal human qualities may be gradually formed or a certain personal point of view may disappear . A new member of the labor team is forced to make a number of concessions in order to find his strength and dignity in it , and to avoid the changes, even if only a little . In order to adapt to the psychological environment in the community, this way is a step against internal mental conflicts, complex experiences, and a life without it . Therefore, the factor that forms the character of an individual or destroys his strong internal ties is the social opinion in the labor team. Obedience to the team is the duty of every member .

In some cases, a person who is under the pressure of the majority loses his sense of principle, justice, personal point of view , and as a result, a feeling of ambivalence appears in him . Youthful young men and women must be reasonable towards their parents, grandparents, sisters, brothers, spouse , children , communicate properly with each of the family members , follow certain rules. based treatment is required. Due to the wide range of interpersonal relationships in the family, it is necessary to rely on several levels of communication. But with the intention of not allowing family peace, harmony and harmony, young men and women (brides) are forced to act against the dictates of conscience , they act contrary to their professions and personal views . They strive to find a common "language" with each family member for friendship. Accordingly , the family environment also acts as a factor that changes the mentality and spirituality of young men and women .

To sum up , people belonging to the second stage of the maturity period are distinguished, on the one hand, by the fact that they devote today's opportunity to work and social activities , and on the other hand, by the fact that their social activity is decreasing. Because, in the period of aging, a person is somewhat different from people of other young ages due to their abundance of both happy and sad moments, experiences, and emotions . A crisis arises between the desire for a peaceful rest and the feeling of distancing oneself from social activities . What kind of decision to make, that is, not to cut off contact with the work team or to completely withdraw from social activities, depends on the struggle of motives in certain cases .



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