



PHYSIOLOGICAL AND PSYCHOLOGICAL CHARACTERISTICS OF ADOLESCENT PERIOD

Khodjamberdiyeva Kamila Ravshanovna
Tashkent State Pedagogical University
Master's Student of the 1st Stage

ANNOTATION

This article describes the basics of the anatomical, physiological and physical development periods of the organism of the adolescent generation, the characteristics of the lifestyle of adolescents.

Key words: Physiological, psychological, important, activity, study, communication, mental, spiritual, features, members, changes, appearance, sexual maturity, serious relationship, contradictions, maturity.

Adolescence includes the period from 11-12 years old to 14-15 years old. For most students, the transition to adolescence usually begins in the 5th grade. "A teenager is no longer a child, but not an adult either" - this definition indicates the important character of adolescence. Adolescence is a period of transition from childhood to adulthood, characterized by its own physiological and psychological characteristics. At this stage, children's physical and mental development accelerates, their interest in various things in life increases, their desire for new things increases, their character is formed, their spiritual world is enriched, and conflicts escalate. Adolescence is a period of puberty, characterized by the emergence of new feelings, sensations and complex issues related to sexuality. Under the influence of these, the character of the teenager, his behavior with the people around him, and his attitude to the events happening in the society change rapidly. Sometimes, due to the formation of wrong ideas and misconceptions about social issues, he looks at certain rules with a critical eye. is called a "critical" period. Parents and young pedagogues, who do not yet have sufficient experience in the field of educational work, as well as the necessary knowledge about the age and individual characteristics of teenage children, usually think that it is very difficult to educate teenagers. But nowadays, science knows the unique features, laws, opportunities, expression of behavioral motives and the emergence of complex mechanisms of raising teenagers. Adolescence is distinguished by its imitability, the lack of formation of an important point of view, emotionality, courage, tact.

This is characteristic of teenagers. Therefore, it is necessary to pay special attention to teenage boys and girls who are susceptible to external influences. At this age, drastic changes occur in the development of a teenager. These changes are biological, physiological and psychological changes.

Physiological change is the beginning of puberty and, in connection with this, the perfect development and growth of all organs in the body, and the re-formation of cell and body structures. Changes in the body are directly related to changes in the adolescent endocrine system. Adolescence is the transition from childhood to adulthood.



Adolescents undergo sharp changes in mental processes, and their mental characteristics also undergo changes. Difficulties arise in the process of these changes. This happens, first of all, in the educational process: new information, the form, style and methods of information presentation leave the teenager unsatisfied. Many teenagers are dissatisfied with themselves. Also, the fact that his current thoughts about himself do not correspond to the changes taking place in him today make the teenager nervous. This can cause negative thoughts and fear in the teenager.

Such changes often affect the psyche of a teenager. He is more stubborn, sometimes capricious in vain, he becomes angry and speechless. The leading activity in adolescence is study, communication and work. The main task of communication during adolescence is to determine and master the elementary rules of friendship and companionship. Adolescents experience sudden changes in mental processes and changes in their mental activity. Therefore, difficulties arise in the process of drastic changes in interpersonal relations, in student-teacher communication, in adult-teenager interactions, which occur primarily in the educational process, new information, the form, style and methods of the statement leave the teenager unsatisfied.

Sudden physiological changes occur in all organs. It increases the size of lungs, heart, liver, spleen, and kidneys. In addition, the structure of the body also changes. The most favorable conditions for adults to influence and educate adolescents is when they are engaged in work. If younger children are satisfied with supportive roles, teens, especially older teens, will interact with adults.

they are satisfied that they are working equally, and that they can work in their place if necessary. Now, adolescents spend less time on play activities and start to engage in more reading activities and serious work, and their cognitive processes begin to develop rapidly. is a manifestation of the system of contradictions between needs and the possibilities of their satisfaction. The conflicts that have arisen can be gradually eliminated by ensuring psychological maturity, by complicating the types of activities, by forming new psychological qualities in the adolescent personality. The spirit of the adolescent student. Such situations that appear in the world become normal with the passage of adulthood. But every parent who is raising a child will definitely benefit if they have the necessary understanding of the child's growth and its unique characteristics.

It should be emphasized that teenagers of this age are very impressionable, especially sensitive to external influences and external events. They are very interested in reading romantic books and watching similar movies. They begin to pay more attention to their appearance. Boys have a desire to do their hair and dress better, while girls tend to look in the mirror more often. They want to decorate themselves, look beautiful like princesses, they try to look average. This is natural.

High school students differ sharply from children of other ages with their spiritual characteristics. They are sexually, physically, and mentally mature. Because of this, they have a restrained nature, considerate, and treat adults with respect. If parents, when dealing with children, take into account their personal characteristics and the feelings of their youth, mutual understanding, harmony, harmony, good morale in the family. situation arises. The relationship of the father to the mother or the mother to the father must also conform to the conditions of this situation. Because parents living in harmony with each other is the main factor of a stable and strong family. The specific characteristics of



adolescence require adults to treat them seriously. Adults should monitor their activities and always keep in mind their motivations, otherwise unpleasant features may appear in a teenager's life. Therefore, adolescence is very important in the development of a child.

Physical characteristics of children in adolescence. The changes that occur in the body of a teenager take place during this period of child development in terms of biological and physiological maturity. A new stage of physiological development and puberty begins. During adolescence, significant changes occur in the physical appearance of girls and boys. At the beginning of this period, girls develop faster than boys. This is due to earlier puberty in girls. In grades VII-VIII, boys grow up quickly and become equal to girls

they get This stage increases in boys when they go to 9-10 grades. Girls reach puberty at 14 and boys at 15. During adolescence, the height of boys grows by 25-30 cm, and that of girls by 18-20 cm. In the 2nd period of adolescence, facial bones, especially its middle part (nose, upper jaw , cheek) begins to form very quickly. The oral cavity and larynx change, and the throat also changes: the vocal chords lengthen and multiply. As a result, the voice of teenagers, especially boys, becomes thick and low. "Voice disorder" is the replacement of a sharp, sonorous voice typical of young children with a relatively low voice typical of adults. The voice of girls does not change as sharply as that of boys, but even so, the sharp, ringing voice of girls gradually gives way to a slow, flat and delicate voice that decreases. In adolescence, the muscular system growth also has its own characteristics. Muscles grow and strengthen quickly, but lag behind the growth of the bones of the legs and arms. As a result, the teenager's body is disproportionate, his movements and gait are uneven, clumsy, the clumsiness of the teenager's gait is noticeable due to the fact that the legs are long and the muscles are thin.

The chest grows more slowly than the height of the body. As a result, a teenager's chest becomes narrow. This, in turn, creates a certain need for more oxygen. The need for oxygen affects the mental activity of a teenager, and unlike the brain-muscle system, it consumes oxygen several times more. It has a specific character in relation to the growth of the heart and circulatory system.

All the cycles of heart growth are mostly completed in the first period of adolescence. The circulatory system lags behind the growth of the heart.

As a result, it disrupts the heartbeat in teenagers, especially in girls. The growth of the brain and nervous system improves at the age of 13-18.

In the second half of adolescence, nerve fibers become myelinated in the forehead, where the most complex mental processes take place.

At this age, as a result of complex changes inside the cells, the lines of the brain's serpentine track are mainly formed. The associative changes connecting some parts of the cerebral cortex and the cerebral hemispheres are responsible for the rapid growth of the adolescent and the development of their entire mental life. during adolescence, the process of excitation is stronger than inhibition. This is largely the reason for teenagers' lack of self-control, short-term, impressionableness, instability of their interests and passions, and sudden fall from active activity to passivity. Puberty plays a big role in the physical growth of a teenager, puberty causes serious changes in the activity of a teenager's body. As a result of puberty, a unique mental state occurs in teenagers. Therefore, in this period, if education and



upbringing work is not carried out correctly in the school and family, if the young physiological characteristics of the teenager are not taken into account, the negative qualities of his behavior will increase and have a negative impact on the formation of the child's character. "Mystery" and during his later life

it can leave a deep mark that is difficult to change. First of all, teachers, educators, class leaders should deeply understand that sexual maturation, in addition to affecting the physical development of the body, also affects the mental development of the adolescent. In relation to sexual maturity, adolescents have sexual inclinations and related thoughts, feelings, experiences, specific interest in the opposite sex, books, movies, adult films, which have been unknown to them until now and in some sense unexpected for them. the appearance of interest in his words is absolutely necessary, natural and normal. One of the important tools of sexual education is to shift the attention of adolescents from the sphere of aspirational relationships between people to other objects. It reduces the focus of adolescents on sexual experiences. Adolescent lifestyle and its effect on mental development. In contrast to younger students, serious changes occur in the way of life of middle-aged students. The position of the teenager in the family, school and student community significantly creates unique characteristics. Adolescents will have to establish a new relationship with family members.

One of the factors that motivates the development and formation of a teenager's personality is qualitative changes in the motives of educational activities. Adolescents are no longer only motivated to acquire a knowledge system, to hear the praise of the teacher and to increase the "5" grades, but to occupy a certain positive position among their peers, to become a good person in the future. happens, but since the motive of knowing and gaining new knowledge is weak among the motivations of educational activities, they do not want to go to school, get tired of studying, and experience negative feelings and feelings of anxiety . Adults are required to respond to a teenager's behavior. The teenager is told that his needs and desires, which were previously satisfied, are no longer satisfied, and that he must give up many of them. The teenager begins to understand his new position, and adapts to it by changing his behavior.

At school, the position of a teenager changes even more sharply. It is now taught by several teachers. A teenager faces the difficult task of adapting to the unique methods and methods of each teacher, understanding and learning their requirements. Now the teenager will have to learn many new academic subjects. The teenager's relationship with the children's team also becomes complicated. A teenager is more seriously required than before to take responsibility for his studies, work and actions, to perform community tasks accurately, and to systematically improve his knowledge and skills according to the plan. The change in the position of the teenager in the family, the new conditions of studying at school, the complex relationships in the social life of children put many new demands on middle-aged students and create new difficulties in their whole mental life. The skills and abilities that are firmly established at first are very important for a new way of living

does not match. Therefore, it is necessary to use educational and educational activities that take into account the specific psychological characteristics of adolescence in order to ensure that adolescents live a normal life and grow mentally.



Adolescence is a period full of contradictions. Some scientists call it the period of "crises" and "decline". The reason is that such crisis situations occur in the psyche of a teenager that, on the one hand, he wants to solve this crisis himself, on the other hand, he does not have the opportunity, strength and intelligence to solve it himself.

REFERENCES

1. Davletshin M.G. and others. Age periods and pedagogical technology. T., 2004.
2. Davletshin M.G. Modern school teacher psychology. T., 1998.
3. Vahidov M.V. Psychology of preschool education. T., "Teacher", 1970
4. Goaziev E. Psychology. T., "Teacher", 1994
4. Krutetsky V.A. Fundamentals of pedagogical psychology. T., "Teacher", 1976
5. Karimova V. And others. Independent thinking. T., "Sharq", 2000
6. Examples of hadiths about ethics.-T., 1990