



Theoretical Analysis of Feeling Loneliness

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ABSTRACT

The feeling of loneliness is a socio-psychological phenomenon, the analysis of which requires the study of surreal theoretical approaches. Each approach, as well as the ideas and opinions that scientists have put forward on this issue, consists of colorfulness. This article is aimed at highlighting the content and essence of the feeling of loneliness on the basis of theoretical analysis. It is envisaged that the relationship of the feeling of loneliness with the aggressive behavior will be revealed. Also it takes a review of the ideas of S.G.Korchagina on the problem of loneliness and made some theoretically deductions.

Keywords :

aggressive behavior, personal loneliness, isolation, autocommunication, solution, diffusive loneliness, dissociative loneliness.

Introduction

A person can feel lonely in a crowd, at work, in a family, and even when he is separated from his beloved. This feeling is manifested not only in the number of friends or in the psychology of people surrounded by an individual, but also in the aggression of an individual. If a person cannot fill the place of what he lacks in life with other things, then undoubtedly, he becomes nervous and manifests an aggressive. At this time, the feeling of loneliness increases. The study of the expression of the feeling of loneliness, manifested as a result of the effects of aggression as a result of the acceleration of the development of Science and technology in our modern life, in different age periods, as well as finding the most optimal solutions, is one of the pressing problems of Social Psychology.

The higher the level of development of Man and humanity, the more severe the feeling of loneliness in it is observed. Two concepts of loneliness can be distinguished: an introvert - oriented towards his inner personality, while an extrovert always tries to be among people. While being alone among the public is typical of

introverts, an extroverted gets to know strangers quickly. He never suffers from loneliness. Introverts can have one or two real friends. If he loses a trusted friend for certain reasons, it will be very difficult for him to find a new friend instead and he will begin to feel lonely. As you know, there are no pure extroverts and introverts. In each person, a mixed type can be observed, both introverted and extroverted. Therefore, every person feels lonely, albeit once in his life.

When a person comes into the world, there is no feeling of loneliness in him, when he is surrounded by the affection of his mother in the first year of his life, then later plays with children as a result, he never feels alone. With the formation of the perception of one's own "I" in a child, a specific system of relationships is formed in it. It is from this period that a feeling of loneliness can arise. If the child is brought up correctly, favorable conditions for free development are created, then the feeling of loneliness in him may not be clearly expressed.

Theoretical Overview

A person's personal development is achieved not only through instinctive traits, but also because of the objective influence of society. Because the existence of mankind is the existence of society. Representatives of all society are like no other and are single creatures. No one's body forms two or three "I" at once. There is only one "I" in each body. At this point, we can say that in essence we remain alone and alone. However... as we feel lonely, we give people a break. The more fervent and frightening the laws of society, the more powerful the feeling of loneliness. But being with him in overcoming the freshness of society seems safer to a person, and in such a situation, the feeling of loneliness is felt as a force that helps a person. A person lives his whole life by making a choice between loneliness and the feeling of being able to represent interpersonal relationships. To give a description in general, loneliness is a personal experience of not being able to enter into a relationship with others. This relaxation is traditionally expressed in physical isolation as well as the feeling of alienation even while being inside people. In both cases, loneliness can manifest itself in a voluntary, selective, accepted way of commitment. And it is in the latter case (feeling alienation) that it serves as the main source for the occurrence of psychological problems and disorders. A person's personal experiences associated with the phenomenon of loneliness are diverse: on the one hand, time spent in loneliness expresses disappointment and depression, on the other hand, it is also perceived as a tool that helps to realize creativity and the value of relationships with others. Thus, in order to adequately interpret the feeling of loneliness, it is necessary to pay attention to its positive and negative manifestations associated with isolation.

Loneliness is an objectively existing phenomenon, and thinking and learning about it has its own ancient traditions, but also a controversial problem. In theories about its nature, development and manifestation, contradictions are observed so far. A number of personality theory representatives (K.G.Yung, E.Fromm, Dj.Budgenhal, S.Maddy, F.Perles)

argues that the individual's progress as an individual is related to the awareness and understanding of his personal loneliness in the subject. Self-awareness as a single individ provides an opportunity for a person to discover directions for relationships with others in the course of life. But this perception is a painful condition and can also be expressed in the self-avoidance of a person. K.Mustaskas was one of the first to attempt to prove that loneliness is one of the conditions of human life and experience that helps to preserve, develop and deepen individual's humanity. While trying to avoid loneliness leads to self-alienation of a person, the scientist argued. Loneliness is a call for a person, and it is not a call that isolates a person from being, but makes him full, sensitive and endowed with human feelings. Failure to understand this call correctly leads to painful loneliness that creates anxiety.

The connection of feelings of loneliness with human development is manifested in autocommunication, that is, in communication with oneself. (Matsuta 2007) [3, p. 55-81]. Only a person who does not strive for sufficient personal progress in seclusion, does not have the ability to enter into a one-on-one relationship with being, keeps his sociability within himself and cannot find a personal interlocutor in his inner world is deprived of socio-communicative relationships.

As long as the feeling of loneliness is considered a phenomenon historically formed as a psychological state of a person, it was not until the 20th century that it began to be analyzed from a scientific point of view. In the 20th century, views on the position of a person in society and his place in society began to be interpreted in a new way, views began to arise directly on how an individ can imagine his position in society. " Psychological perspectives in explaining the phenomenon of loneliness, according to a number of authors, connect with the development of human self-awareness on the one hand and social change on the other" [1, p. 107-108]. The problem of loneliness has been studied in detail by foreign scientists. All the research carried out on this problem is devoted to the emergence of individuality in a separate way from the human community, family,

historical existence, natural harmonious improvement. [4, p. 8]. At the same time, some scientists argue that physical isolation is not always equated with a feeling of loneliness. Loneliness cannot be equated to a person's isolation in physical condition... The isolation state is an objective, externally conditioned-oriented state, but loneliness is a purely internal subjective forgiveness in contrast to it.

Some people feel lonely, suffering both without isolation and without being in a team, in a family environment and in a circle of friends. To determine physical isolation, it is enough to see with an eye, and to realize the feeling of subjective loneliness, it is necessary to know by experiencing it. Yu.P. Kosheleva believes that the studies carried out on the phenomenon of loneliness abroad are explained in connection with the interpretation of the personal qualities and character traits of lonely people, scientists also emphasize their models and age characteristics that represent a sign of loneliness. Foreign scientists often try to distinguish between structural features that occur simultaneously with the phenomenon of loneliness in order to determine the criteria, different categories and levels of the feeling of loneliness [5, p. 24-25].

Results

The phenomenon of loneliness in S.G. Korchagina's research, identification (mirroring, analogy, equalization) is seen as the result of impaired mechanisms. Thus, loneliness is the mental state of a person endowed with a violation of the dynamic balance between the mechanisms of identification. In this, the individual does not want to adequately perceive his contacts with society or subjectively forgives the absence of opportunity. Usually in a person who feels lonely, the chances of getting out of the influence of his practical views, thoughts and regenerative fantasies are limited. This, in turn, prevents the correct perception of the future, the restoration of the place of the missing and lost, reduces the recovery of the individual's internal reserves, creates a feeling of "emotional thirst" or constant dissatisfaction. During the determination of the depth of manifestation of loneliness, S.G.Korchagina [2, p. 54]

distinguished three types of this concept that arise from the vital perceptions of humans:

1. Alienating loneliness. In this, alienation establishes domination over humanity and even existence. Hypocritical alienation is caused by the fact that the interlocutors do not piss each other, do not want to communicate. The process of alienation occurs independently of the person himself. If it lasts for a long time the result is an emotional estrangement, a break in relationships with close people, a denial of one's own "I". All phenomena that arise outside the inner world of a person do not concern him: he loses relations with all people surrounded by him, becomes a closed person, does not want to communicate, is not interested in the problem of others, for whom only he himself remains available. As a result of not bringing anyone close to him, a person subconsciously discovers objects of alienation for himself. As a result, a single person denies psychological closeness to the objects of alienation while maintaining distance. If this type of loneliness exists in a person, the feeling of personal "I" becomes incomprehensible to him, a person even begins to deny himself. Therefore, experts in the field recommend that a person in this state should not move away from their loved ones.

2. Diffuse (absorption) loneliness is expressed in the unconscious copying of alien groups. This condition lives on the basis of a sense of self-satisfaction, in which a person repeats the behavior of individuals who seem more fortunate and more prestigious to him. In such a way of life, a person's personal qualities, individuality, originality disappear. As a result, a person begins to live not with his life, but with the life of a person whom he considers better than himself. It is known that human perfection is realized in three directions: spiritual, physical and psychic. It is these directions that serve as the basis for self-expression and progress. And in diffuse loneliness, the abandonment of perfection occurs. By imitating others and giving up personal opportunities, a person loses his "I". This loss is the final stage. The concept of personal progress is not characteristic of a diffuse lonely person, because he is losing his "I". The manifestation of diffuse loneliness is flashy,

so it is dark for a person to realize his self and what he wants from life.

3. Dissocialized (dissociated) loneliness is a high level of imitation and complete alienation alternate with each other. This type of loneliness occurs in people whose emotions are brightly expressed and tend to perform unthinkable behaviors. Before imitating others, such a person creates a false image of that person. Personally, he divides his inner world into "good" and "bad", while in others the terrible sides are denied if their beauty attracts. Negated negative characteristics lead to the fact that others in themselves are accused of this. There is no personal improvement in this [2, p. 37.].

As long as one of the most serious problems of mankind is the problem of loneliness, it is observed in the inability to establish relationships with others under the influence of some reason, neither friendship, nor love, nor the organization of hostile relationships. When a person realizes that their relationship is not full, a feeling of loneliness arises when he feels that his needs for communication are not satisfied. Loneliness is a psychic condition that goes away with poor mood and severe emotional experiences. Individuals who feel deeply isolated feel unhappy, limiting their chances of engaging in social interactions.

The concept of loneliness is due to the involuntary perception of the situation by the subject, the lack of communication and the scarcity of positive attitudes. Loneliness, however, does not represent the fact that the individual is always socially isolated. Sometimes even by constantly being among people and establishing relationships with them, a person can feel psychologically isolated, that is, alone. The level of feeling lonely is not determined by how long a person has lived without entering into relationships with people. It is also possible that people who have lived alone all their lives feel less alone compared to those who often interact with people. Those who are less likely to interact with others, who do not exhibit any psychological and behavioral manifestations, cannot be called Lonely. Some individuals may

not fully realize the balance between their real and imaginary interactions.

The state of true subjective loneliness is usually manifested in signs and affective manifestations characteristic of mental disorders. While some solitary individuals regularly complain of their anxiety, crush, others experience fear and anxiety as well as distress. The more realistic attitudes affect the feeling of a state of loneliness, the stronger the perception of what they should be. A person who feels a strong need for communication wants to have a relationship with many people, not with one or two people. Loneliness is also often accompanied by some signs. Usually single people may feel psychologically separated from others, incapable of normative interpersonal relationships, unfit to establish intimate relationships such as love, friendship. A single individual is a depressed individual who considers himself to be a human being lacking in communication skills and qualifications. A lonely person sees himself as someone without charm, who no one loves and respects. Such an attitude towards oneself creates feelings such as special negative affections – hatred, grief, misfortune. A lonely person withdraws from social ties, isolating himself from those around him. It is dominated by feelings of impulsivity, paranoia, irritability, fear, anxiety, frustration over others. Single individuals are considered pessimistic towards others. They feel sorry for themselves, expect evil from those around them, cannot imagine the future in positive colors. Evaluate the lives of others and oneself as meaningless. A lonely person speaks little, behaves peacefully, does not like to be noticed by others, in many cases appears sad, despised and sleepy. People who feel lonely when an imbalance between real and imaginary relationships is observed perceive this situation differently. Feeling helplessness and anxiety manifests itself as a response view to this situation. If a person believes that others are to blame for this situation, then a feeling of hostility towards others develops in him. If he finds himself guilty and finds it difficult to change himself, then he becomes sad, gradually the feeling in question becomes chronic depression.

If a person is convinced that loneliness is calling him to sympathy, then he will realize that it is necessary for him to actively fight loneliness, to make efforts to overcome it. From time to time, it is covered by negative emotional states - boredom, regret, feeling unattractive, helplessness, panic fear, oppression, loss of hope, self-pity, agitation, feelings of abandonment. Single people do not like sociable and happy people very much. This is their specific protective reaction, a condition that interferes with establishing a cordial relationship with others.

Conclusion

It can be concluded that the above thoughts are such that loneliness resulting from an aggressive behavior is a phenomenon that expresses complex and contradictions. It is a psychological phenomenon that derails the socialization of a person, deletes the adequate perception of oneself and others, which slows down the development of a person in the motivational sphere. But at the same time loneliness is also considered an opportunity that contributes to the high spiritual progress of a person. As a connoisseur of feelings of dissatisfaction with oneself and one's own position, he can be an impetus to improve the inner reflex of a person, to be able to analyze important life problems, to find oneself and the place that he occupies in life. It is this contradiction that makes a person work hard on himself and on managing the situation, helping to open the possibilities of personal improvement. Only then does loneliness move from its aggressive, destructive manifestations to the positive indicator of personal progress, which expresses calmness.

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