

PROBLEMS OF STRESS CORRECTION CORRECTION IN ADOLESCENCE

Kholboyev Askarali Mirkholdorovich

Email: Xolboyev.asqar@mail.ru

Lecturer at the Uzbek State University of World Languages

Annotation: *Adolescence is between the ages of 10-11 and 14-15. Today's teens have some physical, mental, and political advantages over their predecessors. They show early puberty, socialization, and mental growth. For most students, adolescence begins in the 5th grade. "Adolescence is no longer a child, but not an adult" is the definition of an important part of adolescence. Adolescence is a period of transition from childhood to adulthood, characterized by 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 innovation increases, their character is formed, their spiritual world is enriched, and conflicts escalate. This article discusses the ideas and considerations of stress correction problems during adolescence.*

Keywords: *Adolescence, period, stress, problem, correction, childhood, adulthood, puberty.*

Adolescence is a period of puberty, characterized by the emergence of new sensations, sensations and complex issues. At this age, the development of adolescence begins to change dramatically. These changes are physiological and psychological. Growth is not uniform: girls grow 5-7 cm, boys grow 5-10 cm. Growth in height is due to the elongation of the first vertebrae and the enlargement of the spine. They often have difficulty overcoming intellectual problems. During adolescence, children's attitudes toward the people around them, both personal and business, change. Adolescents are now more involved in more serious activities, spending less time playing and having fun, and their cognitive processes are developing faster.

Reading plays an important role in the lives of teenagers. They like independent forms of training. Adolescents' success in learning subjects, their interest in them, and their ability to explain the teacher's material depend on them. Based on the needs of learning, a strong positive attitude towards academic subjects is gradually formed. It is during this time that new motivations for learning emerge. These motives are related to the teenager's life plans, future career and ideals. From adolescence onwards, children have a special need and strive

to expand their knowledge of life, science and art. An educated child will be respected by his peers. Knowledge gives a special joy to teenagers and develops their thinking ability. Due to the large amount of learning material given to students during this period, it is difficult for them to remember or master it by repeating it over and over again. To do this, it is important for the student to analyze the content of the material, to know its logical structure. During this time, children develop cognition, attention, and imagination, but this development goes unnoticed by the child and those around him. At the same time, during this period, the child's memory, speech, thinking processes develop rapidly. These changes will have a significant impact on those around them. Adolescence is a time of increasing self-awareness and deepening one's knowledge of other people and the world.

Adolescents strive to fulfill many of their desires: to enjoy everything that adults have, to be free, independent, and free. She tries to be strong, fearless and agile to show the people around her that she is important. Educators want their students to be the same, but they want those qualities to be just "necessary." Such contradictions between "want" and "need" sometimes lead to sharp conflicts in the family, at school. In a trained person, "I want" is only accomplished by doing "need".

Adolescence is a time of imitation. Often, they imitate the behavior of adults they know and like. Teenagers may also become addicted to smoking and alcohol during this time. Adolescents also feel uncomfortable in new roles as adults, such as smokers and drinkers. Adolescents who are mentally close to children, but close to adults in terms of needs, have a lot of uncomfortable and anxious situations, and they cause a crisis in adolescence. This crisis is related to the spiritual growth of the teenager, as well as changes in his psyche. During this time, the child's social status changes, and new relationships are formed with his relatives, friends and peers. But the biggest change is in her inner world. Many teens experience dissatisfaction. It also makes a teenager nervous because the way he thinks about himself does not match the changes that are taking place in him today.

Adolescents develop a sense of self-worth and feel that they cannot be discriminated against or deprived of their right to independence. His views on adult relationships as a child change and do not match his perceptions of his level of adulthood. It restricts the rights of adults and expands its own. He wants adults to respect their personal and human dignity, to

show confidence and independence, that is, to achieve a certain level of equality with adults and their recognition of this.

Under the influence of his peers, a teenager can satisfy his needs and desires. If this satisfaction gives him great satisfaction, then his occasional interest in certain actions or deeds may first turn into passion, and then into passion or habit. In this way, students develop a passion for, for example, mathematics, physics or chemistry, carpentry, metalwork or some other work, but in the same way, students develop a passion for lying, hooliganism and other immoral behavior. You can also get used to the movements.

In conclusion, during adolescence, the adolescent's "I" is re-formed. The attitudes, interests, and values of those around him change dramatically. The teenager's first goal is to convince others that he is no longer a small child but an adult. A teenager who tries to do things on his own is convinced that he has the right to do so, because he now thinks that he has grown up. That is why psychologists interpret the "feeling of adulthood" as the most important innovation in a person's adolescence.

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