

## COGNITIVE PROCESSES IN PSYCHOLOGY

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**Abstract.** This study provides information about the mental processes that exist in each person: memory, imagination, thinking, abilities and, most importantly, consciousness. It also reveals that cognitive processes are, in a certain sense, controlled processes, and if you want to expand your capabilities or increase your level of talent, you need to learn certain rules and characteristics related to these processes. It is also organized to serve a deeper understanding of the complex mechanisms of the human mind and the application of psychological theories in practice.

**Keywords:** cybernetics, cognitive processes, psychotherapy, intellectual process modeling, affective processes, impulse, analyzer, component, consolidation.

## PSIXOLOGIYADA BILISH JARAYONLARI

**Annotatsiya.** Ushbu tadqiqot davomida har bir shaxsda mavjud bo'lgan psixik jarayonlar: xotira, xayol, tafakkur, qobiliyat va, eng asosiysi, ong haqida ma'lumotlar keltirib o'tilgan. Shuningdek, Bilish jarayonlari ham ma'lum ma'noda boshqariladigan jarayonlar bo'lib, agar siz o'z imkoniyatlaringizni kengaytirish yoki iqtidor darajangizni orttirmoqchi bo'lsangiz, bu jarayonlarga oid ma'lum qoidalar va xususiyatlarni bilib olishingiz kerakligi ochib berilgan. Shuningdek, inson ongining murakkab mexanizmlarini chuqurroq tushunishga va psixologik nazariyalarni amaliyotda qo'llashga xizmat qilishi organilgan.

**Kalit so'zlar:** kibernetika, kognitiv jarayonlar, psixoterapiya, intellectual jarayon modellashtirish, affektiv jarayonlar, impuls, analizator, component, konsolidatsiya.

## КОГНИТИВНЫЕ ПРОЦЕССЫ В ПСИХОЛОГИИ

**Аннотация.** Это исследование предоставляет информацию о психических процессах, присутствующих у каждого человека: памяти, воображении, мышлении, способностях и, самое главное, сознании. Также выявлено, что процессы познания являются, в некотором смысле, контролируемыми процессами, и если вы хотите расширить свои возможности или повысить уровень своего таланта, вам необходимо усвоить определенные правила и характеристики, связанные с этими процессами. Он

*также призван способствовать более глубокому пониманию сложных механизмов человеческого разума и практическому применению психологических теорий.*

**Ключевые слова:** кибернетика, когнитивные процессы, психотерапия, моделирование интеллектуальных процессов, аффективные процессы, импульс, анализатор, компонент, консолидация.

### Introduction

People began to talk about human cognitive processes, as well as cognitive psychology and psychotherapy, which were characterized by a wave of interest in cybernetics in the 60s of the 20th century, as a result of which modeling intellectual processes and comparing the human brain with a computer became popular. This was the era of attempts to create models of mental processes occurring in humans. This is how the division into cognitive processes occurred, that is, mental processes that can be modeled, and affective processes - those that cannot be modeled (emotions, feelings, premonitions, impulses, desires, impressions, experiences). Today, cognitive (cognitive) processes are mental processes that can be expressed as a logical sequence of actions for processing information coming from outside through our analyzers. The received information is processed, filtered, interpreted, systematized and stored in memory, gradually becoming a person's life experience. Cognitive (cognitive) processes occurring in the human psyche - operations associated with the reception, storage, processing and transmission of information - are the subject of study of cognitive psychology. Its main task is to study models of cognitive processes and search for the most effective ways of processing information received by a person. Cognitive psychology is a modern serious branch of scientific psychology. The creation of a model of a cognitive process is associated with gradual improvement, as it is studied more and more deeply. For example, in the study of memory, cognitive psychologists began with the metaphorical idea of it as a computer system with information input and output, a processor, two storage devices (operational and permanent). Later, this model became more detailed and complex. Thus, the beginning of a new idea was laid by the two-component model of this cognitive process with two subsystems (short-term and long-term memory) proposed by Donald Norman and Nancy Waugh in 1965, and with a deeper study of the topic, this model was improved by another additional block proposed by Richard Atkinson and Richard Atkinson. Models of cognitive processes are being improved, taking into account all stages of information processing to facilitate its assimilation. Thus, the three-component model of

memory has been enriched with the process of concentration of attention (when transferring information from the sensory register to short-term memory), as well as the processes of systematization, consolidation, controlled encoding of information units (for example, the use of mnemonic techniques to remember, search and return information from long-term memory to long-term memory). And the research process continues, which affects not only memory, but also other cognitive processes of a person. Models of cognitive processes allow us to look at the essence of human mental life in a different way. In the field of cognitive psychology, human mental activity and cognitive processes are studied. These processes consist of various stages, such as receiving, storing, processing and recalling information, and play an important role in a person's self-awareness, understanding the environment, and performing various tasks. Cognitive processes study the cognitive potential of a person, how he acquires and uses knowledge. An important part of cognitive psychology is memory, because memory is the basis of all cognitive processes. Through memory, a person remembers previous experiences, at the same time absorbs new information and uses it in everyday life. This article will consider the main types of cognitive processes, the mechanisms of memory, and the importance of these processes for cognitive psychology. Cognitive processes determine how a person perceives information from the environment, what thoughts, concepts, and behaviors he associates with them. These processes are divided into several main stages: attention, intuition, perception, thinking, decision-making, and language. Successful implementation of experimental work in the field of psychology has proven that the human psyche is actually more complex than a computer and that a person perceives and perceives much more than the information he perceives. For example, with the help of special devices, it was noted that even very weak signals that a person does not actually see or feel cause physiological reactions. For example, it was found that when watching a movie, a person perceives 24 frames per second and an image is embodied in front of his eyes. Psychologists conducted an experiment: one day a special image was shown. Instead of 24 frames, 25 frames were shown, and on the 25th frame the inscription "Drink Coca-Cola" was given. Natural, ordinary perception does not notice this one frame. But in the cinema buffet, the desire to drink this drink increased by 18 percent after the frame. So, in fact, the mind received this information, but real understanding and clarification did not occur. Intuition and perception: If intuition is the process of receiving stimuli from the external environment, then perception is the conscious understanding and interpretation of these stimuli. Experimental studies help to determine how the sensory system works, its limits and limitations. Memory: Memory is the ability to store, recall and restore

past experiences. Experimental psychology studies different types of memory (for example, short-term and long-term memory) and how they work. Analogical situations often occur in our memory. When we meet someone, we think: where have I seen them before? You can't remember at all, but their face, eyes and other qualities seem familiar. This should also be explained in such a way that what a person has seen and experienced is actually stored in the brain, we can only bring some of it into the conscious realm. Only when we are sick or very worried about something do all kinds of thoughts come to our minds. They are involuntary recollections of what actually exists.

### Conclusion

*From this study, we can conclude that the human mind, at first glance, is a single entity, but in fact it consists of several separate processes. That is why, in order to study the mind, which allows us to know the environment and ourselves, they began to study it as separate mental processes. Cognitive processes are the main means by which a person understands the environment, processes information, and makes decisions based on his own experience. These processes cover the complex aspects of human thinking and consist of such important components as perception, memory, thinking, attention, speech, and imagination.*

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