

THEORIES OF PERSONALITY STUDY IN PSYCHOLOGY

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Abstract. *This study, based on theoretical data on the study of personality in psychology, presents information about the main and vital stages of personality psychology. Based on this information, modern psychology provides guidelines for assessing the psychological state of a person and improving his mental state.*

Keywords: *Personality psychology, psychological research, individuality, worldview, perception.*

PSIXOLOGIYADA SHAXSNI O'RGANISH NAZARIYALARI

Annotatsiya. *Ushbu tadqiqotda psixologiyada shaxsni o'rganish bo'yicha nazariy ma'lumotlarga asoslangan holda, shaxs psixologiyasining asosiy va hayotiy bosqichlari haqida ma'lumotlar keltirib o'tilgan. Ushbu ma'lumotlarga asoslangan holda zamonaviy psixologiyasida shaxsning psixologik holatini baholash va ruxiy ahvolini yaxshilashga doir ko'rsatmalar berib o'tiladi.*

Kalit so'zlar: *Shaxs psixologiyasi, psixologik tadqiqotlar, individuallik, dunyoqarash, idrok.*

A brief description of the concept of individual psychology as a person states that this is a unique personal form of a person, which has its own characteristics that distinguish it from other representatives of society. These include such elements of personality psychology as a person's temperament, interests, intelligence, needs and abilities. Along with individuality, these personal characteristics determine the place and role of a person in social society, as well as the desire for social mobility. Theories that study classes of people. Sociology studies the classes of people. A separate branch of it is social stratification, which divides people into 'layers', uniting social statuses according to some protected criteria. People have been divided into classes for a very long time, everything started with a person's origin, marital status, etc. After the industrial era, the concept of social mobility appeared, that is, the ability to 'move' between classes, classes, from now on it began to depend only on the individual. The concept of personality, despite its many definitions, is a widely debated topic. Psychology focuses on

differences in human behavior, which are expressed through temperament, behavior, and specific interests. A personality theory is a set of hypotheses or assumptions about the nature and mechanisms of personality development. The theory of the personality psyche seeks not only to explain, but also to predict human behavior. In modern psychology, there are eight main approaches to the study of personality. Each approach has its own theory, its own ideas about the properties and structure of the personality, its own methods of measuring them. Therefore, we can only offer the following schematic definition: personality is a multidimensional and multilevel system of psychological characteristics that ensure individual uniqueness, temporary and situational stability of human behavior. Each theory allows you to create one or more structural models of the personality. Most of the models are speculative, and only a few, mainly dispositional, are built using modern mathematical methods. Psychodynamic theory of personality. The founder of the psychodynamic theory of personality, also known as “classical psychoanalysis”, conducted research by the Austrian scientist Z. Freud. According to Freud, the main source of personality development is innate biological factors (instincts), or rather, the general biological energy - libido (Latin libido - attraction, desire). This energy is directed, firstly, towards procreation (sexual attraction), and secondly, towards destruction (aggressive attraction). Personality is formed in the first six years of life. The unconscious dominates the structure of personality. The psychological and aggressive actions that constitute the main part of libido are not performed by a person. One of the most important characteristic aspects of a person is his individuality. Individuality is understood as a unique combination of personal psychological characteristics of a person. Individuality is a set of psychological qualities that reflect a person's uniqueness, his difference from other people. Individuality includes character, temperament, mental processes, states, phenomena, a set of dominant traits, will, motives for activity, worldview, talent, various forms of reactions, abilities, etc. Individuality is the uniqueness of the social characteristics and psyche of an individual that distinguish him from others and his irreversibility. There is no person who embodies the same combination of the mentioned psychological characteristics, the human personality is unique in terms of its individuality. In psychology, there are a number of theories regarding the structure of personality, these theories approach the study of the human personality from different points of view and illuminate the essence of the problem in different ways. Personality psychology is the center of the psychological theories of a number of psychologists, including such famous psychologists as Sigmund Freud and Erik Erikson. Some of these theories deal with a specific area of the personality, while others serve to explain the personality in a broader way. These

are: Biogenetic theory, sociogenetic theory, psychogenetic theory, psychoanalytic theory, and humanistic theories. Proponents of the biogenetic approach argue that the biological development of the individual is accepted as the main factor and is responsible for the personality. According to biogenetic theory, the basis of personality formation is biogenetic determinants, and socio-psychological characteristics also develop in dependence on them. At the same time, in educational discussions, biological theories of personality coexist with nature. Research on heredity shows that there is a connection between genetics and personality traits. Without knowing the structure of the personality and the laws of its emergence and development, it is impossible to project and diagnose the growing human personality, to determine the most favorable conditions and effective ways for its formation. It is known that the human personality is formed and reveals itself in the process of active interaction with the surrounding objects and the social world. In the process of the "ontogenetic" development of a person and the formation of a personality, biological and social factors enter into an interaction, creating a powerful internal environment that provides the effect of external impressions. Under such conditions, the anatomical and physiological capabilities of a person not only reveal themselves, but also develop, change and find structure in the form of mechanisms of a certain functional significance of neurodynamic and sensori-perceptive organs, providing for the mental activity of a person as an individual and relatively stable mental properties and their systems. Indeed, to live, one must have a certain level of opportunities to satisfy one's natural and cultural needs, as well as for a special approach to the environment. A person, at birth, receives only the rudiments of the possibilities that are so necessary for human life through genetic means. This opportunity itself finds its content in a person in the process of assimilating the social experiences of the previous generation, in interactions with adults, in the processes of education and upbringing. That is why a person, from childhood, that is, during the period of assimilation of these experiences, forms and develops his capabilities for independent life. The relationship of a person as a person with the surrounding people and things is manifested in their productive activities, in the relationships that arise between people. A person begins to form as a person only in relationships with other people. So, a person is a complete person who lives in a human society, is engaged in some kind of activity, can communicate normally with others through language, and has a highly developed mind. A person, belonging to different psychological groups, performs various tasks and roles that are not similar to each other. Some children are naughty and capricious in the family, but at school they are modest, polite, cheerful

among their peers. A person who is very serious at work can be a joker and a joker when going on a trip. Often a person demonstrates similar qualities in different situations.

Conclusion

In conclusion, it can be said that the change in a person's mental state depends on the external environment and social upbringing. The relatively stable and relatively variable characteristics of a person form a complex unity, that is, a dynamic structure, consisting of the unity and interdependence of personal qualities.

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