

PSYCHOLOGICAL FOUNDATIONS OF THE PROCESS OF SELF-READ IN PERSONAL DEVELOPMENT

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**Аннотация**

Мазкур мақолада шахс ривожланишида ўз-ўзини англаш жараёнининг мазмуни, унинг психологик механизмлари ва инсон ҳаётидаги аҳамияти таҳлил қилинади. Инсоннинг шахсий ўсиши, ижтимоий муносабатларда фаол иштирок этиши, ўз потенциалини рўёбга чиқариши учун ўз-ўзини англаш муҳим психологик кўникма экани асослаб берилган. Шунингдек, турли ёш даврларида ўз-ўзини англаш даражасининг шаклланиши ва ривожланиш жараёнларига таъсир этувчи омиллар таҳлил қилинган.

**Калит сўзлар:** Ўз-ўзини англаш, шахс ривожланиши, психологик механизм, идрок, рефлексия, “Мен” концепцияси, ўзини баҳолаш, шахсий ўсиш.

**Аннотация**

В данной статье анализируется содержание процесса самопознания личности, его психологические механизмы и значение в жизни человека. Обоснована важность самопознания как ключевого психологического навыка для личностного роста, активного участия в социальных отношениях и реализации собственного потенциала. Кроме того, рассматриваются этапы формирования и развития уровня самопознания в различные возрастные периоды, а также факторы, влияющие на этот процесс.

**Ключевые слова:** самопознание, личностное развитие, психологический механизм, восприятие, рефлексия, концепция «Я», самооценка, личностный рост.

**Abstract**

This article analyzes the content of the process of self-understanding in personality development, its psychological mechanisms, and its significance in human life. The importance of self-understanding as a key psychological skill for personal growth, active participation in social relationships, and realization of one's potential is substantiated. Additionally, the stages of formation and development of self-understanding at different age periods and the factors influencing this process are examined.

**Keywords:** self-understanding, personality development, psychological mechanism, perception, reflection, "self" concept, self-assessment, personal growth.

The development of each person as a person is a multi-stage, complex and continuous process. One of the main aspects of this process, of course, depends on his personal needs, inner world and abilities to know himself. Along with the important role that social influences play in the development of a person, his ability to understand himself is also an integral part of this process. In psychology, this process is called “self-awareness”[1]. This is a person's conscious attitude to his own behavior, feelings, abilities and goals. That is, how a person sees himself, understands what he is capable of and thinks about how he influences others. In psychology, the concept of “self-awareness” is interpreted as the process of a person's conscious perception of his own identity. This process is carried out through a person's search for answers to philosophical and psychological questions such

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as “Who am I?”, “What am I capable of?” and “How do I influence others?” Finding answers to these questions serves to form a solid concept of "I" in a person's personal consciousness[2].

Self-awareness is a person's ability to consciously harmonize his knowledge of his individual characteristics, needs, abilities, goals and principles and apply them in life activities. As a result of this process, a person is able to determine his place, goals and objectives in the social environment. A person also learns to perceive himself based on certain social and spiritual criteria, personal values, experience and assessments.

The process of self-awareness creates the basis for the formation of mechanisms for self-assessment, self-education and striving for personal growth in a person. This helps a person to realize his personal potential, make independent decisions in life, consciously participate in social relations and participate in society as an active citizen.

In this sense, self-awareness is considered an important psychological process that forms the core of personal development and is of particular importance in the educational process, psychological research, and practices aimed at personal development.

Self-awareness is a complex and multi-stage psychological process, in the implementation of which a number of internal mechanisms participate. These mechanisms play a decisive role in a person's deep understanding of his own personal characteristics, their assessment, and formation.

The first is the mechanism of reflection. Reflection is the process of a person thinking about his own behavior, thoughts, and feelings, analyzing them, and reacting to them. Through this mechanism, a person deeply studies his actions, recognizes his mistakes, and has the opportunity to direct his future activities more effectively.

The second important mechanism is the processes of perception and thinking. A person consciously thinks, analyzes, and draws conclusions in order to understand his abilities, needs, and feelings. In this process, a person has the opportunity to evaluate his character, understand his internal contradictions and form his personal values.

The third mechanism is emotional evaluation. This process is related to how a person feels about himself, how he perceives his internal state, and how he reacts to his personal successes and failures. Through emotional evaluation, a person develops such important abilities as recognizing his mistakes, striving to correct them, as well as self-satisfaction and maintaining mental stability.

Finally, the fourth mechanism is the mechanism of social comparison. It ensures that a person understands his personal capabilities, strengths and weaknesses by comparing himself with others. Through this process, a person tries to determine his place in the social environment, determine his value and form goals aimed at personal growth.

Each of these mechanisms is important for a person's full self-awareness and personal development, and their harmonious functioning ensures the formation of a person as a conscious, responsible and socially mature citizen.

Self-awareness in the development of a person is a complex psychological process that is continuous and gradual. This issue has been scientifically studied in depth by such famous psychologists as Jean Piaget, Erik Erikson, and Lev Vygotsky. They emphasize that the process of a person's self-awareness is not limited to childhood or adolescence, but takes place throughout life.

In his theory of cognitive development, J. Piaget describes the gradual formation of mental activity in children, showing that at each stage a person achieves different levels of self-awareness. According to him, self-awareness in childhood is formed mainly through the influence of the environment - family, teachers, and peers. During this period, the child begins to understand his

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physical existence, gradually understanding his inner feelings and forming relationships with other people.

E. Erikson, in his theory of psychosocial development, indicated eight stages of development that cover the entire life of a person, and at each stage he identified important psychological crises and tasks related to self-awareness. For example, during adolescence, a person seeks to understand who he is through the problem of “identity versus non-identity”. In this process, the concepts of “I-image” (real image) and “I-ideal” (desired image) are formed, and the difference between them determines the person’s movement towards personal perfection.

L.S. Vygotsky emphasizes that self-awareness is formed through social relations and speech development. In his opinion, a person understands himself not only through conscious thought, but also under the influence of social communication, the cultural environment and education. This approach shows that the inner world of a person is formed in harmony with external influences.

Self-awareness is one of the main criteria for personal growth. As a person becomes more aware of his inner world - his needs, abilities, values, and passions, his ability to manage and direct them towards goals increases. This process allows a person to identify his strengths and weaknesses, improve himself, determine the direction of personal development, and take a conscious position in life.

At the same time, self-awareness forms important qualities in a person such as independent thinking, free decision-making, and taking responsibility. Such a person has a stable and rational attitude towards life's successes and problems, learns from his mistakes, and actively and positively participates in social relations.

As a result, the process of self-awareness develops positive thinking, empathy, reflection, and critical thinking in a person, forming him as an active, responsible, and spiritually mature citizen in social life.

The process of self-awareness of a person is formed and developed not only by internal psychological mechanisms, but also under the influence of external social factors. As such factors, the family environment, educational institutions, the media, peer groups, and the cultural and moral norms of society at large are of particular importance. They directly affect the image of a person's "I", that is, how he perceives and evaluates himself. Firstly, the family is the initial and most important social institution in the process of self-awareness of a person. The attitude towards the child in the family - love, attention, support, recognition or, conversely, criticism, denial, and an attitude lacking sufficient empathy - directly affects how the child perceives himself and how he feels about his personal worth[3]. A positive attitude, respect for the child's opinion, confidence in his abilities, and open communication with him form a positive "I-concept" in the child.

The second important factor is educational institutions. A school, college or university plays an important role in a person's socialization. Factors such as the attitude of teachers and educators towards a person, encouraging their active participation in the educational process, recognizing their successes and providing support in difficulties support self-awareness. At the same time, the competitive environment in educational institutions, the assessment system and social comparison mechanisms also shape how a person perceives himself.

The third factor is the media and social networks. Today, the standards and ideals that emerge through the Internet, television, advertising, cinema and social media platforms have a huge impact on a person's self-awareness. Through these sources, a person compares himself with others, forms an image of an ideal "I" or falls into stereotypes that are far from reality. This can sometimes lead to

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negative consequences such as underestimating personal value, losing social activity or striving for ideals that do not correspond to reality.

Peer groups and friends are also important social reference groups in the process of a person's self-awareness. Relationships among friends, recognition, position in the group and the form of communication enrich or, conversely, weaken a person's perception of his own personal worth. A positive and supportive environment encourages a person to be active, self-aware and self-development. However, in a critical, negative environment, problems with personal discussion and self-assessment are likely to arise. In short, self-awareness plays a central role in a person's growth and full integration into social life. This process is the basis for a person to identify his own opportunities, fully demonstrate his personal potential, find his place in life and actively participate in society. A self-aware person makes conscious decisions, feels responsible and is able to effectively establish relationships with others. Therefore, the importance of this process in human development, spiritual maturity and social adaptation is incomparable.

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