

DEVELOPMENT OF SELF-CONCEPT DURING ADOLESCENCE

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ABSTRACT: Adolescence is a transitional and critical period of human development. At this age, changes occur in the social situation of adolescent development - it is a period of desire to join the world of adults, orienting behavior to the values and norms of this world.

KEYWORDS: Adolescence, self, self-awareness, changes, formation, development.

INTRODUCTION

Adolescence is one of the most important transition periods in the life cycle, characterized by rapid growth and change, second only to the development and change of infancy. During this period, physical, emotional, social and psychological changes related to coming of age, identification with one's own personality, self-esteem and establishing relationships with others take place. Adolescence is a period of rapid and effective development of cognitive processes. Adolescence is a mature period from 10-11 to 15-16 years old. Adolescence usually begins in the 5th grade. "Now he is not a child, but he is not yet an adult" - this means the period of adolescence. At this age, drastic changes in adolescent development begin to occur. These changes are physiological and psychological changes. Physiological change is the beginning of puberty, and in connection with this, all the organs in the body are perfect.

Teenagers try to act like adults. They tend to demonstrate their abilities, skills and capabilities to a certain extent to their peers and teachers. This situation can be easily seen by simple observation. By studying the psychological features characteristic of adolescence, it is possible to understand the ways in which the adolescent personality is formed, developed, and matured, and the direct influence of biological and social factors that affect it. During this period, the teenager is in a situation where he has said goodbye to a happy childhood, but has not yet found his place in adult life.

In adolescence, the leading activity is reading, communication and social activities. The main task of communication in adolescence is to identify and master the elementary norms of friendship and companionship. The main results of the development at this stage:

- thinking about one's mental state;
- formation of one's ME image;
- realizing one's individuality, uniqueness;
- emergence of a worldview;
- emergence of life plans;

This process goes from the inside out: from finding one's "ME" to realizing it in various forms of life activity. The main result of this stage is the interpretation of the teenager's desire to take the inner position of adults, to realize himself as a member of society, to define himself in the world, that is, to understand himself and his possibilities together with his role and tasks in life.

One of the achievements of the stage is a new level of self-awareness. The main psychological success of early adolescence is the discovery of one's individual whole and unique inner world. Adolescents and girls perceive themselves as unique individuals with their own views and values, with their own world of thoughts, feelings and experiences. The desire to firmly establish oneself among the surrounding people manifests itself in various forms: in the way of moving, speaking, dressing, in the unique evaluation of life events, works of literature and art, in special expressions, such as not accepting some universally accepted content.

A changed attitude towards oneself, an awareness of one's own uniqueness, combined with a desire for self-interest and self-learning. The ability to fantasize about one's own state of mind, to perceive the manifestation of the uniqueness of character, will, experiences, to understand the nature of emerging desires and aspirations - from here.

The central psychological process in self-realization is the formation of personal uniqueness, individual self-similarity, unity. Studying oneself as an individual is closely related to studying the social world in which one will live in the future. Self-analysis becomes an element of socio-spiritual self-determination. Self-analysis, like most life plans of a teenager, is often far from reality.

Self-esteem often serves as a means of psychological protection. The desire to have a positive ME-image constantly encourages one to increase one's achievements and minimize one's shortcomings. In general, self-rated adequacy increases over time.

Adolescence is a period of self-discovery. Self-determination - social, personal, professional, spiritual - is the main task of adolescence. At the bottom of the process of self-determination lies the choice of the future field of activity. But professional identification tasks of social and personal identification, who and how to be? It is connected with searching for answers to questions, as well as identifying life achievements and designing the future. Social identification and self-discovery are inextricably linked with worldview formation.

Adolescence is a crucial stage of worldview formation. In this period of life, a person has the need to create a coherent system of views on the world, to find his place in the world. A teenager illuminates both the meaning of his existence and the perspectives of all mankind.

Adolescent deficits confront existential deficits (lack of meaning in life) for the first time. The lack of external and internal means to solve the shortage leads to negative options for development, such as drug addiction, alcoholism, and the last form of inability to cope with the shortage leads to suicide.

Sexuality affects the behavior of the adolescent at this age as the main biological tool. And the social factors are the ones in tune. The transition from elementary school age to high school, transition from the leadership of a single teacher to the management of many teachers and changes in communication, expanding socially useful work, doing more independent and practical work, at the same time, the child's place in the family changes. As a result of these changes, children become more confident as their physical and mental abilities grow. In this phase, a

person's self-esteem depends on his reaction to his actions and activities. Understanding and learning about oneself and one's capabilities; find your talent; strives to express himself in various situations in order to strive for independence, an independent life, he realizes that he has great and broad rights.

Students of 5-6th grade are characterized by paying great attention to their position in the class. In particular, starting from the 6th grade, students begin to pay attention to their appearance, as well as their interactions with children of the opposite sex. 7th graders have a special interest in developing their abilities. 8th graders value personal qualities related to independence, originality, friendship and sociability.

In conclusion, we can say that a teenager's self-awareness is actively developing: in adolescence, such aspects of self-awareness as self-attitude, self-interest, self-learning, self-image, etc. are formed.

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