

SPECIFIC CHARACTERISTICS OF PROVIDING PSYCHOLOGICAL STABILITY IN ADOLESCENTS

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Abstract

Today, psychological stability is more important than ever. It is the foundation of our mental well-being, allowing us to persevere through life's challenges, maintain positive relationships, and achieve our goals. Therefore, ensuring psychological stability in people is one of the most important issues. This article discusses how maintaining people's psychological well-being is critical to their overall well-being and development, as it profoundly affects their physical health, academic success, social relationships, and future mental health.

Key words

Psychological regulation, self-awareness, resilience, cognitive processing, psychological intelligence, social support, coping mechanisms.

Аннотация

Сегодня психологическая устойчивость важна как никогда. Это основа нашего психического благополучия, позволяющая нам стойко преодолевать жизненные трудности, поддерживать позитивные отношения и достигать наших целей. Поэтому обеспечение психологической устойчивости людей является одним из важнейших вопросов. В этой статье обсуждается, как поддержание психологического благополучия людей имеет решающее значение для их общего благополучия и развития, поскольку оно глубоко влияет на их физическое здоровье, академические успехи, социальные отношения и будущее психическое здоровье.

Ключевые слова

Психологическая регуляция, самосознание, устойчивость, когнитивная обработка, психологический интеллект, социальная поддержка, механизмы преодоления трудностей.

INTRODUCTION

Globally, psychological stability is one of the most urgent problems in the field of psychology, and in research, it is necessary to determine the psychophysiological factors that cause it, to influence the motivational, emotional-volitional sphere of

people prone to stress, to strengthen their mental health, and to observe the negative complications of stress among students. Wide-ranging scientific research is being conducted on issues such as the decrease in the learning rate and the quality of education, the issue of competitive staff training, social-psychological prevention of stress-prone individuals, and the effectiveness of effective psychocorrective methods. However, a comprehensive study of the psychological determinants of increasing resilience to stress in young people who are prone to negative complications of stress, to determine the possibilities of forming a stable behavior to stress in them by influencing their cognitive, affective, conative and physiological areas at the same time in the conditions of Uzbekistan (worldwide) should be) special importance is attached to the research on the insufficiently studied area.

MAIN PART

Any problem of a person, his internal and interpersonal conflicts, feeling of crisis does not cause stress. Maintaining the same mood and internal harmony depends on the psychological stability of the person. Issues of psychological stability of a person are of great practical importance, because stability protects a person from disintegration and possible disorders, creates a basis for internal harmony, full mental health, and high work ability. The disintegration of the personality is understood as the loss of the high-level organizational role of the psyche, such as the control of behavior and activity, and the disruption of the hierarchy of the meaning of life, values, motives, and goals.

Psychological stability directly determines a person's vital capacity, mental and somatic health. It is impossible to realize one's physical and mental potential without maintaining psychological stability.

Stability is understood in terms of stability, firmness, endurance, strength. In psychological dictionaries, there are 2 synonyms for the concept of stability: "stability and balance". The term "stability" is:

- 1) Stability, stability, state of balance;
- 2) It is considered as constancy, stability, and determination. The term "mental stability" is translated as mental stability, stability.

A. Reber defines "stability" as reliability and consistency of individual behavior. Its antonym is the concept of "instability", which is used in psychology in several senses. For example, firstly, an "unstable" person is understood as an individual who exhibits erratic and unpredictable behavior patterns and moods; secondly, an "unstable" person is seen as a neurotic individual prone to displaying a pattern of behavior that is dangerous to others.

In this dictionary, "stability" is defined as a quality of personality characterized by the absence of excessive emotional changes.

Psychological stability is a complex and deep personal characteristic of a person. The reality surrounding a person is multifaceted and is reflected in different aspects of psychological stability. In this case, 3 aspects of psychological stability can be distinguished: - Persistence, stability; - Balance, compatibility; - Resistivity.

Perseverance is the ability to face difficulties, to maintain confidence in situations of frustration and to have a sufficiently high level of mood.

Equilibrium is the activity of behavior in response to stimuli, the appropriateness of reaction force.

Resistance is the ability to resist restrictions on freedom of choice, freedom of behavior.

Perseverance is manifested in the ability to maintain self-confidence in overcoming difficulties, in self-confidence and in one's own abilities as the ability to effectively manage mental self-control.

One of the aspects of determination is loyalty to a life goal and chosen ideals. The life goals of a person are the satisfaction of higher needs such as self-expression and self-affirmation. For some people, the need for security is primary, while for others, the need for recognition is limited. Persistence is also manifested in a high level of stable mood. Being in a good mood and being active, sensitive to different aspects of life, and having wide-ranging interests are also considered to be psychological stability.

As a component of psychological stability, stability cannot be understood as rigidity. The ability to improve oneself, the ability to form one's individuality is necessary for the psychological stability of a person. Stability requires the integration of a set of adaptive processes, maintaining the compatibility of the main functions of a person, in the sense of the stability of their implementation.

The level of stability of a person is reflected in his work. On the other hand, productive professional activity serves as a basis for self-fulfillment for many. This affects life satisfaction, mood and psychological stability.

A low level of determination leads to the fact that when a person falls into a situation of danger (trial, loss, social deprivation), negative consequences arise for his mental and somatic health, for personal development, and for interpersonal relationships.

Psychological stability is also considered as a balance, a balance between the permanence and changeability of a person. In this case, constancy and stability

mean the permanence and stability of important life principles and goals, dominant motives, and reactions in usual situations. Change is manifested in the dynamics of motives, the emergence of new methods of behavior, the search for new methods of activity, the development of new forms of reaction to situations.

Therefore, the basis of the psychological stability of the individual is the harmony and unity of the stability and dynamism of the individual, and they complement each other. A person's life path is built on the basis of stability, without which it is impossible to achieve the goals set for oneself in life. Resilience strengthens self-esteem, promotes individuality and self-acceptance as a person. The dynamism and adaptability of a person is inextricably linked with his development. Development requires change. Changes can occur in different areas of the person. They are influenced by the internal and external environment. According to its content, personality development consists of a set of changes in it.

Equilibrium is the ability to maintain the resources of the psyche and the body in proportion to the level of stress. The level of tension is connected not only with stressors and external conditions, but also with their subjective description and evaluation. Equilibrium, as a constituent of psychological stability, is manifested in the ability to reduce negative effects that lead to stress.

Another important aspect of psychological stability is the balance of pleasant and unpleasant emotions. On the one hand, the feeling of satisfaction, joy, and happiness, on the other hand, the feeling of dissatisfaction with the achievements, the feeling of sadness, and the feeling of sadness are reflected in psychological stability. Life cannot be complete without them.

Resistance is the ability to choose the whole way of life, to make certain decisions, to resist restrictions on the freedom of behavior, to be able to resist falling into dependence. It is worth noting that a person enters into constant interaction with the people around him. At the same time, it is necessary for a person to be able to resist excessive external interactions.

Psychological stability also requires a balance between conformity and autonomy. The ability to resist external influences is also important for psychological stability.

CONCLUSION

Thus, psychological stability is a characteristic of a person, consisting of components such as firmness, balance, and resistance. The psychological stability of a person allows one to withstand life's difficulties, adverse conditions, maintain health and work ability in various tests. In conclusion, the study of the psychological state of adolescents provides valuable insights into this important

stage of development. Understanding the factors that influence emotional experience and implementing strategies to promote emotional well-being are critical to supporting healthy adolescent development and increasing resilience to life's challenges.

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