



The Most Common Problems, Causes, Solutions in Subject Psychology

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Abstract: *This article discusses the problems that arise in an individual's psychology and their solutions. That is, an individual lives in psychological situations every day. Effects from the external and inner world greatly affect individual psychology. As a result, his psychic develops or does not develop, which determines his future and his present. Factors, concepts, environments, and impressions from external influences and internal influences determine his way of life. The biggest problem is negative thinking. Negatives are the most harmful force that disrupts a person's psychology.*

Keywords: *Psychology, brain, person, mind, society, problem, reflector, spiritual, disease, sensitivity, imagination, thinking, positive.*

LOG IN

Today, the various consequences and events that arise in human psychology in society are the basis for their large-scale lifestyle. Whether it's any individual, it keeps shaping its psychology in the first place, even if it doesn't think about it. Because the brain does this automatically. Of the basic principles of the brain, it is also known, or unknowingly, to reflect, or manifest. As technology and humans evolve, their psychology continues to be complicated. The human mind continues to evolve at the same time. As the human mind develops, its place in society, the problems created, and unexcited knowledge are thus revealed. That is, psychology is one of the most necessary and complex processes that take the first place in shaping an individual's lifestyle.

LITERATURE ANALYSIS:

Scientific research has long been carried out on personal psychology and the problems that arise in them, their solutions. The first such scientific interpretation of the reflective nature of psychology was carried out by Russian physiologist I. M. Sechenov, and for several centuries the psychology was strongly hit by a mechanical materialistic direction that moved it, replaced it with a nervous process, and equalized it. The regular theory of human psychology was first advanced by the Greek philosopher Aristotle (Arastu). In his essay "About john," he stopped in detail about psychology and tried to explain many aspects of it. At the same time, he gave a historical overview of the opinions of scientists before him. Psychological processes are a separate properties of the brain and occur only depending on the functioning of the brain. The human skull is a highly external matter, and psychology is the product of this matter, its function. To find out how psychological events occur, you need to study its material basis - connected to the nervous system - because all psychological processes in a person are the result of the functioning of the cerebral and nervous system. No psychological process can be self-formed, and psychology arises only because of the effects of it or this stimulant on the brain. If the onset of psychology is the effect of the stimulant, its final result is the body's response to the stimulant. Any psychological activity consists only of reflective, reflective activity of the brain. Scientists and philosophers have primarily studied the study methods of

psychology, the external and internal factors that affect it, its development, the forces that pull over, the influences and activities that influence it to change.

RESEARCH METADODOLOGY

The article explores the problems that arise in human psychology and their solutions. Jehovah's Witnesses would be pleased to discuss these answers with you. Because personal psychology is one of the most complex processes in the world, studying it and determining the power of an individual's life remains the first goal of the article. The most important part of the approaches is the importance of the problems that arise in a person's psychology to the inner and outer world.

ANALYSIS AND RESULTS.

One of the causes of problems in personal psychology is his thinking. Because his thoughts shape his life, his worldview, his next actions. The most pressing problems of a person's psychology determine his lifestyle, character, behavior, abilities, and inner and outer nightmares. First of all, when it comes to the concept of psychology, psychology (ancient Greek: psychikos, "spiritual") or spirituality is a characteristic of a highly organized matter (brain) that reflects reality in a separate form. It is primarily reflected in intuition, imagination, thinking, willful behavior, and other subjective images [1]. Therefore, human psychology shapes his lifestyle, activities, actions, treatment, and so on. The individual has problems every day, every moment. This is because of what is reflected in his psychology. If an individual thinks about such problems, psychology continues to demonstrate such things to his way of life as everyday life.

Therefore, it is impossible to say that the factors that affect psychology are replaced by psychological root injuries, or ointments. Because we imagine two different ways of thinking about the factors that affect psychology. That is, internal and external influences. Internal, influences lie only with an individual's inner nightmares and his motivation and motivation for development. It operates in relation to movement or, the deterrent force. His attention, thoughts, and verbs are one of these situations. At the same time, the effects of external factors continue to develop and affect in the same way. On the other hand, anyone has ever faced events or actions that are reasonable, unexplained from a scientific point of view. Everyone had incredible coincidences or incomprehensible feelings, thoughts or insights that come into their own way. For some, this happens more often, for some less, but this kind of thing happens [2]. It practically affects for the entire phase of this. It comes from an external environment—people around them, friends, close ones, conditions, and relationships. One of the problems that arises in an individual's hierarchy is that he lives buried in these negative effects. As the negative effects increase, so does the world of imagination, psychology, and developing activities. As a result, the problems that arise in it can become a disease in it. This means that there is a chance of getting in touch with stressful situations. the second issue affects its scope of thinking. Negative cases can also be observed in his mind. The results of the analysis, on the other hand, reflect the problems that arise in it in psychology and are interpreted into human life, all of which are automatically performed for psychology. Such events can be seen by us as part of psychological processes. Psychological processes are discovered and implemented for the human mind. For the first time, a person begins to create his psychology with thoughts. It is divided into two types. For example, positive and negative points. This creates a way of life in his psychic, and so does life.

SUMMARIES

The conclusions of many experiments confirm that if parts of the cerebral cortex are not whole in a person, then the normal state of the body, movement is disrupted, psychological functions fundamentally change and life does not last.

It should be noted that in recent years, according to the achievements of psychology, the right and left hemisphere of the human brain perform a variety of tasks. The right and left hemisphere is so different that even the level of perception varies [3].

Personal psychology is a complex process, and as a conclusion, the pros and cons of psychology can cause a person to be a leader, or to walk in a low stream in life. Students, students, teachers, children and all humanity are well aware that their thoughts constitute a creative rule for him. This creativity shapes an individual's life. His life will be filled with happiness or frustration. It is necessary to start with a positive faction so that the individual does not enter the throes of problems. He needs to make a good lifestyle, feel positive with his loved ones. As mentioned earlier, it is desperately needed to change the way he lives in a positive way in order to develop an individual and live outside of problems.

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