



Adaptation of Adolescents Experiencing Loneliness to Social Processes as a Psychological Problem

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Abstract: *This article analyzes the period of adolescence and its main features, as well as the formation of a new level of self-awareness during adolescence. In addition, the article contains thoughts and comments about the characteristics of the manifestation of the feeling of loneliness, which is one of the psychological characteristics characteristic of adolescence.*

Keywords: *Loneliness, emotionality, individualism, humanity, introversion, mental anguish, shyness, "transition period", "difficult period", "crisis period".*

Adolescence is a period when a person passes from childhood to youth and, in turn, differs from other periods by its relatively sharper and more complicated transition. This period roughly corresponds to the time when children study in the 5th-8th grade, and it takes place between the ages of 11-12 and 14-15 years. In some children, this period can be observed 1-2 years earlier or later.

In some special psychological literature, the period of adolescence is called "transition period", "difficult period", "crisis period". Due to the "heaviness", "severity", and "complexity" of this period, it is a difficult and complicated period, and changes will occur in all aspects of development during this period. In particular, there are changes in the substance of physical, mental, moral, and social relations. During this period, serious changes occur in the life of a teenager, in his psyche, in the physiological conditions of his body, and in his social status. In most cases, different traditions are observed in them that are opposite to each other. By this time, the child is no longer a "child" and at the same time not yet an "adult". His relationship with himself and the people around him has a completely different character. His interests and social orientation will be reshaped, his self-awareness, evaluation, and values will change. For him, the importance of his personality and this personality increases [1].

Some difficulties encountered in the work of education and upbringing of teenagers arise from insufficient knowledge or denial of mental development and characteristics of children of this age. There are many difficulties in raising children of teenage age compared to schoolchildren of younger and older age. Because the process of turning a small child into an adult takes a long time. This process is related to a serious change in the forms of relationship of the psychology of teenagers with people, as well as a change in living conditions. During this period, teenagers have their own personal thoughts. Their understanding of their own values will expand. According to the definition of scientific psychology, the forces that activate the mental development of adolescents are the emergence and elimination of dialectical contradictions between the needs created by their activities and the possibilities of satisfying these needs [2].

During the so-called adolescent crisis, there are sharp qualitative changes that affect all aspects of a child's life. Adolescent crisis is associated with changes in leadership activities, social situation and hormonal growth in development. At this time, personality formation declines, and one of the most

important features is personal instability. A teenager manifests himself in opposite ways, inclinations and aspirations live together and fight with each other. Educators and psychologists have described these features as follows: “Teenagers see themselves as the center of the universe, they are very special, but at the same time, they are never capable of such dedication and self-sacrifice in their lives”.

One of the main and most important tasks of adolescence is the formation of self-awareness and identity. In addition, self-awareness is formed in girls much earlier than in boys. Research by scientists shows that the real and ideal image of girls is the same, while boys are the opposite. Research by scientists shows that the real and ideal image of girls is the same, boys are different. However, both boys and girls perceive gender differences in the same way [3].

In today's rapidly developing society, the flow of information has accelerated to such an extent that, in turn, it creates many conveniences for every person, and it also affects their psychology.

For several decades, from a humanitarian point of view, there was an opinion that loneliness cannot exist in our society. But this idea began to drift away from reality. Recently, scientists have begun to pay attention to the problem of loneliness among the elderly, as well as the problem of loneliness among teenagers and young people.

In psychology, there are various theories and approaches to the problem of loneliness, and psychologists have expressed their opinions about it. In these theories and approaches, the feeling of loneliness is defined as the emergence of emotional experiences due to the lack of understanding of a person by others, lack of satisfaction of intimacy and emotional needs. The feeling of loneliness affects a person's character and behavior in any case. At the same time, it can cause depression, loss of interest in life, and feelings of worthlessness.

Adolescents' feelings of loneliness are manifested in thoughts such as “I lack communication”, “people around me ignore my interests and thoughts”, “I am unhappy”, “there are people around me, but they are not my loved ones”. The results of the interview with teenagers showed this. A similar attitude can be seen in the parents of teenagers.

At the same time, it is worth saying that loneliness has its own positive aspect, which allows a person to have a conversation with himself and evaluate himself when he is alone. And on this basis, an opportunity is created for them to look into their inner world, analyze their worldview, and their relationships with people close to them. This was revealed during interviews with teenagers. But if the causes of loneliness in teenagers are not prevented, if they are not given enough attention, it can lead to behavioral disorders and deterioration of relationships [4].

The problem of loneliness is one of the most serious problems of humanity. In this case, for one reason or another, a person cannot establish friendship, love, or enmity. When a person feels that their relationships are not important and their communication needs are not met, they start to feel more lonely. As a result of the philosophical and psychological analysis of the theories of loneliness, it is possible to distinguish between its objective and subjective, positive and negative aspects.

The objective side of loneliness is related to social attitudes and facts. The subjective side is manifested in connection with the characteristics of a person. The positive aspect of loneliness is that it is an integral part of personal socialization and the formation of individuality. A positive possibility of loneliness is manifested in the following: manifests itself in tasks such as self-awareness, self-management, creativity, self-improvement, stabilization of psychophysical conditions, protection of one's personality from external influences.

The negative (negative) aspect of loneliness is that it subjugates all mental processes and destroys the inner integrity of a person. In addition, it appears as a psychological defense mechanism. It leads to expecting a lot from others, overestimating the role of others in the formation of a person.

Taking into account the dialectical relationship between the negative and positive aspects of loneliness, it is worth noting that in certain conditions, that is, when you understand loneliness and form an active approach to it, negative loneliness acquires positive significance. In addition, negative

loneliness can become positive when loneliness becomes motivation when the experience of coping with difficulties are formed.

The attitude towards loneliness can be divided into types according to its causes and how it is perceived. In this regard, scientists have indicated the following types: negative subjective based on personal choice; negative subjective based on external factors; positive subjective based on personal choice.

We all know that adolescence is a very complex and crisis period from the point of view of youth. It is important to determine the first stages of the formation of loneliness in teenagers. Loneliness is one of the psychogenic factors affecting the emotional state of a person. As a result of a person falling into a situation of loneliness, his relations with others are cut off and it causes strong emotional reactions.

Observing the dynamics of the feeling of loneliness from the point of view of psychological-pedagogical support creates great difficulties. Nevertheless, it is possible to point out several factors that allow the teacher to predict the changes in the formation of the student's personality.

First of all, it is necessary to determine the personality characteristics that facilitate the origin of stable loneliness. These include:

- ✓ high level of anxiety;
- ✓ susceptibility;
- ✓ independence, slowness, emotionality;
- ✓ introversion, to remain silent, to withdraw oneself;
- ✓ high degree of mental distress;
- ✓ shyness;
- ✓ obedience, cowardice;
- ✓ individualism (isolation), not being similar to peers.

Secondly, there are social and psychological-pedagogical factors affecting the development of loneliness. And these include the following:

- ✓ Family environment (full support of the family, financial support, number of family members);
- ✓ Successes in educational activities;
- ✓ Adequacy of behavioral reactions (suitability to external influences) [5].

Adolescents may feel lonely. This state of deep loneliness may not be observed behind external communication and abusive relationships. This is due to the development of social needs that exist during adolescence, which are manifested in the following form:

- ✓ the need to establish meaningful interpersonal relationships;
- ✓ the need to expand friendships, get acquainted with different social orientations and social experiences of adults;
- ✓ needs belonging to different social groups [6].

If it is easy to determine the causes and effects of loneliness, it is difficult to determine the factors that influence its preservation and how long it lasts. Adolescents who have fallen into a new social group try to adapt to it and eliminate the shortcomings of the new communication. When a teenager feels helpless in front of the situation that caused his loneliness, his spirit falls. Therefore, no decisions can be made to eliminate it. In addition, on the contrary, the full understanding of the situation that caused his loneliness encourages him to act decisively. Failure to properly understand the cause of loneliness will make it last for a long time.

In turn, loneliness can have a positive potential. Loneliness is an indicator of dissatisfaction with one's status as a low-level factor of self-attachment. This encourages the formation of an idealized personality.

Adolescents' feelings of loneliness are also influenced by peer group and self-relationship problems. Low self-confidence, lack of life plans, low self-satisfaction and low desire for a goal lay the groundwork for the emergence of loneliness. At the same time, situations such as his perception as a person who is not able to control the events happening in his life are internal conditions for realizing the positive potential of loneliness.

In fact, the change of the social environment for a teenager does not happen all at once, but gradually. Its quality and influence on the adolescent's personality also changes gradually. Initially, the microsociety, i.e. the family, which had a sufficient advantage in the child's life, decreases its importance for the teenager. At the same time, there is an increase in macrosocial influence.

In conclusion, it is important not to allow people to develop a sense of loneliness and break emotional ties. Because this condition has a high probability of gradually causing a person's behavior to deteriorate and the establishment of interpersonal relationships to deteriorate. If teenagers do not feel the support and understanding of adults, negative traits will develop in their behavior and the teenager will try to show himself in a negative way.

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