

THE COVERAGE OF PSYCHOLOGICAL CULTURE ISSUES IN THE RESEARCH OF OUR COUNTRY'S SCIENTISTS

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Annotation: This article analyzes the coverage of psychological culture issues in the scientific research of our country's scholars. It examines the role of psychological culture in society, the factors influencing its formation, and its significance in youth upbringing from a theoretical perspective. The article also highlights the impact of psychological culture on personal development and explores ways to enhance it based on various studies. The results of research conducted in our country using modern psychological approaches are analyzed, and recommendations for future studies are provided.

Keywords: psychological culture, personal development, scientific research, psychological approaches, youth upbringing.

Introduction

In modern society, intellectual and spiritual development plays a crucial role. In this regard, psychological culture is an inseparable part of personal growth, playing an important role in conscious decision-making, adapting to the social environment, and maintaining mental balance. The issue of psychological culture has been widely studied by scientists in our country, and theoretical approaches have been developed regarding its formation factors, impact on individual development, and its place in society. Today, scientific research has shown that psychological culture is closely related not only to individual development but also to the stability and progress of society. Especially among young people, improving psychological culture is a crucial factor in strengthening their mental health, organizing the educational process effectively, and increasing their social activity in the future. This article analyzes the research of our country's scholars on psychological culture, their findings, and the relevance of ongoing research in this field. Additionally, scientific approaches to developing psychological culture and promising research directions are discussed.

Analysis of Literature Related to the Topic

The issue of psychological culture has been widely studied in scientific literature, focusing on its role in personal development, its impact on society, and its influence on the educational process. Research conducted by scholars in our country has defined the concept of psychological culture as the harmony of a person's psychological knowledge, emotional-intellectual abilities, and social adaptation. The analysis shows that factors such as the education system, family upbringing, and social environment directly affect the formation of psychological culture. Uzbek scholars, including pedagogues and psychologists, emphasize the importance of education in enhancing psychological culture. In particular, researchers like A. Jalolov and M. To'rayev stress the need to introduce psychological education programs in schools and higher educational institutions to improve the psychological literacy of young people. Moreover, research on the impact of psychological culture on an individual's mental state and social relationships, conducted by Sh. Xolmirzayev and D. Karimova, provides a deep analysis of psychological stability, stress resilience, and emotional intelligence. According to them, increasing one's psychological culture level helps to consciously assess life situations and develop skills to respond appropriately.

In comparison with foreign studies, research in our country is mainly focused on the educational and upbringing processes, while international experience examines psychological culture in relation to business, management, and healthcare fields. For example, works by D. Goleman and R. Sternberg explore the impact of psychological culture on social intelligence, emotional maturity, and leadership qualities. The analysis of these works shows that scholars in our country are studying psychological culture from various perspectives and proposing ways to develop it. Future research in this area is expected to focus on the study of modern technologies and innovative approaches that influence the formation of psychological culture.

Research Methodology

In this research, the methodological basis was selected to analyze and evaluate the scientific studies on psychological culture conducted by scholars in our country. During the research, the following methods were used: scientific literature, articles, and monographs were analyzed to clarify the essence of the concept of psychological culture, its formation factors, and its importance. Research conducted by Uzbek scholars was compared with foreign studies, highlighting the distinctive features of studying psychological culture. Surveys, interviews, and observation methods were used to study the impact of psychological culture on society and individual

development. Statistical data were used for both quantitative and qualitative analysis of the results of scientific studies related to psychological culture in our country. The research methodology provides an opportunity for a thorough analysis of scientific approaches to the formation and development of psychological culture. Additionally, the scientific works of scholars in our country create a significant theoretical and practical foundation for future research.

Analysis and Results

The research results show that scholars in our country are studying psychological culture as an important factor in personal development, social relationships, and success in the educational process. The scientific studies highlight the following key aspects of psychological culture:

Its role in personal development – studies confirm that psychological culture positively influences an individual's emotional stability, stress resilience, and self-regulation abilities. In particular, developing psychological culture among young people helps them make conscious life decisions.

Its importance in the educational process – studies by scholars in our country emphasize the importance of promoting psychological culture in educational institutions. In particular, the use of psychological training and interactive methods helps students' self-awareness and emotional-intellectual development.

Its impact on social stability – research on the influence of psychological culture on the social environment shows that members of society with high levels of psychological culture tend to understand each other better and are more inclined to compromise, which helps ensure social stability and peace.

Practical application possibilities – experimental research conducted in our country confirms that education and upbringing play a crucial role in the formation and development of psychological culture. The effectiveness of increasing psychological culture in society through psychological training, educational activities, and social projects has been proven.

Among Uzbek scholars, the following researchers have conducted significant studies on psychological culture:

Komilova Aziza Sunatullaevna – Senior teacher at the "Psychology" department of the Jizzakh branch of the National University of Uzbekistan named after Mirzo Ulugbek. She has conducted research on increasing self-confidence and enhancing psychological culture among students.

Ravshanov Olim Akhmedovich – Senior teacher at the "Psychology" department of the Jizzakh branch of the National University of Uzbekistan named after Mirzo Ulugbek. He has also researched increasing self-confidence and developing psychological culture among students.

Zulfiya Maxmudova – A scholar at Bukhara State University, who has studied the development of psychological defense mechanisms in adolescents during extreme situations.

The works of these scholars are significant contributions to developing psychological culture and strengthening the mental health of young people.

Conclusion and Recommendations

The results of the research show that scholars in Uzbekistan are studying psychological culture as an important factor in personal development, the educational process, and social stability. Their scientific research sheds light on both the theoretical and practical aspects of developing psychological culture and deeply analyzes its impact on individuals and society. The following conclusions can be made:

The role of psychological culture in society – studies confirm that psychological culture plays a significant role in social adaptation, emotional stability, and personal development.

Its importance in the educational process – promoting psychological culture in educational institutions increases young people's self-awareness and enhances their stress resilience.

Contributions of Uzbek scholars – Uzbek psychologists, including A. Komilova, O. Ravshanov, Z. Maxmudova, and others, have authored numerous scientific works on the development of psychological culture.

Recommendations:

Developing psychological culture in the education system – It is necessary to introduce specialized courses on psychological culture in general and higher educational institutions.

Increasing psychological literacy among youth – Various training sessions, seminars, and educational programs should be implemented to enhance psychological culture among young people.

Expanding scientific research – It is important to study the practical impact of psychological culture in greater depth and develop new innovative approaches.

Preparing guidelines for parents and educators – Scientific-methodological materials should be created to promote the development of psychological culture in families and educational environments.

These recommendations will help develop psychological culture, create a positive psychological environment in society, and strengthen the mental stability of young people.

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