PERSONALITY AND ITS IMPORTANT PROBLEMS IN PSYCHOLOGY

Ahmedova Shahlo Abduhakimovna
+998938128343

Abstract: The study of personality as a central object of psychology is characterized by its complexity and versatility. The individual is the sum of the individual's characteristics, experiences, values, social relationships and inner world, which are influenced by various factors in its formation and development. The main goal of personality psychology is to understand the psychological structure, internal processes, behavior and consciousness of the individual and to study their interaction with the social environment. This article provides information about the individual and his significant problems in psychology.

Keywords: personality, psychology, mind, internal experiences, motivation, emotions, temperament, factors, society.

Personality problems are analyzed from many directions and points of view from the point of view of psychology. The most common holistic approach is the individual and social aspects of the individual, internal experiences, personal growth processes and the psychological problems that arise from it. Personality problems are often associated with her self-awareness, self-esteem, emotional balance, personal growth, and social adaptation. In psychology, the study of personality involves examining its internal structure, that is, its behavior, emotions, motivations, fantasies, and interests. The psychological development of an individual is a complex and gradual process, which is influenced by many internal and external influences. While there are aspects such as genetic characteristics, temperament, temperament management as internal factors, external factors include Family, School, Society, Culture and other social environments. All this determines the identity and character of the individual.[1]

Problems with an individual's self-awareness can create his psychological balance. Self-awareness is a complex of the individual's self-knowledge, perceptions of oneself, and concepts. This process allows the individual to better understand their inner world, identify their shortcomings and strengths. Also, self-awareness depends on psychological health, the level of selfishness and self-control. The main problems associated with this area stem from low self-esteem and a critical attitude towards oneself. Motivation of a person is also an important component of his psychological state and activity. Motivation is the sum of internal forces that encourage action, guiding the individual towards the goal. Low motivation can lead to an individual's passivity, loss of interest, and withdrawal from social activities. Therefore, studying the motivation of an individual and increasing it is one of the urgent tasks of psychology. The combination of motivation and personal goals ensures the internal stability of the individual.[2]

Emotional balance is also the next important aspect of personality. Emotions reflect changes in the inner world of a person, while playing an important role in social relationships. Emotional imbalance can cause stress, depression, anxiety, and other psychological problems. Therefore, maintaining and managing emotional health is of great importance for Personality Psychology. The concept of personal development is also one of the relevant topics in psychology. People's desire for self-development, the ability to master new skills, accept change, and adapt to change are important for a person's healthy psychological growth. In the

process of personal development, many internal obstacles and external difficulties may arise. Psychological tips, trainings and tutorials will help to overcome these problems.[3]

Problems with the social environment also play a large role in Personality Psychology. Issues such as adapting to the demands of society, performing a social roll, organizing relationships within a group lead to many personal problems. The individual often has difficulties in determining his or her social place and role. These problems affect an individual's level of self-awareness, self-confidence, and umauman social functioning. In psychology, internal conflicts in an individual are also a big problem. Internal conflicts are states of incompatibility, confrontation between different facets of an individual, which affect the mental state of the individual and decision-making processes. Solving internal conflicts and conflicts that occur within an individual is an important psychological task, since they interfere with personal growth or, in contrast, further strengthen the individual.[4]

Psychotherapy and other methods of psychological assistance are of great importance in the psychological health of the individual and the elimination of his problems. Today's approaches to psychotherapy are developed in accordance with the individual characteristics of the individual, taking into account his problems. Also, the creation of social support systems and a healthy social environment serve to ensure the psychological well-being of the individual.[5]

In psychology, various approaches, methods and techniques are used to solve personality problems. These techniques aim to improve an individual's Inner World, Mental State, facilitate his adaptation to the social environment, and reduce psychological stress and conflict. Below I will give a detailed explanation of the main methods for solving personality problems in psychology. First of all, psychological counseling and psychotherapy methods occupy an important place. Psychotherapy provides professional assistance on the way to identify the internal problems of the individual, analyze them and eliminate them. In this process, the psychologist or psychotherapist works closely with the client, listening to his experiences, feelings and thoughts, applying the necessary techniques. There are different areas of psychotherapy: cognitive-behavioral therapy, psychoanalysis, gestalt therapy, humane therapy, etc. Each style is selected based on the individual characteristics and problems of the individual. Cognitive-behavioral therapy is aimed, for example, at identifying and modifying the individual's prejudices and behaviors. This approach analyzes the changing thoughts and feelings of a person, helps to change relationships and behavior in a positive direction.

Psychodiagnostic methods are also important. With the help of Diagnostic tools, the psychological state, stress level, behavior and other mental processes of the individual are determined. Based on this information, an individual plan is drawn up and a problem-solving plan is developed. Psychological trainings and textbooks are used as one of the ways to increase personal development and self-awareness. These activities allow the individual to develop their abilities, emotional management skills. The individual learns to understand his problems and solve them independently. This method can also be aimed at areas such as stress management, effective time Organization, improving social skills. The development of emotional intelligence is also an important factor in reducing personality problems. The ability to perceive, control and correctly express the feelings of oneself and others helps to strengthen psychological stability.

Social support systems-maintaining good relationships with friends, family, representatives of society, sharing problems and consulting are also effective tools in overcoming psychological problems. A positive social environment in society strengthens the mental state of the individual. Relaxation and stress management techniques are also widely used. Breathing

exercises, meditation, yoga and other relaxation techniques serve to calm the situation, restore inner balance. These methods reduce psychological tension and improve the overall well-being of the individual. Another important area is conflict resolution and the development of communication skills. Most personal problems arise from internal and external conflicts, so effective communication and conflict management skills are necessary to resolve them. Here mediatorism, methods in increasing mutual understanding are used. Modern technologies also play a role in solving individual problems. For example, online psychological counseling, stress management exercises through mobile applications, and interactive training are being used as supporting tools. This allows the person to get help in a convenient time and place. In psychology, solving personality problems is a multifaceted and complex process. This process includes many elements such as professional psychological support, individual development, emotional management learning, social support, and stress management. Having a deep understanding of personal problems and finding appropriate solutions serves to improve a person's mental health and quality of life. In this respect, the constant development and widespread introduction of psychological services and methods is of great importance.

Conclusion:

In conclusion, in psychology, the personality and its important problems form a wide and complex field. The study of the inner world of an individual, ways of development, motivation and emotions plays an important role in achieving his healthy psychological state. Psychological problems of an individual are associated with many factors, the solution of which is one of the urgent tasks of psychology. It is possible to promote the psychological well-being of the individual by increasing the level of self-awareness, maintaining emotional balance, stimulating motivation and supporting social adaptation. Thus, it is understood that the deep study of the theoretical and practical aspects of personality psychology is of great importance for modern society.

References:

1. Islamova, N. (2023). "Psychological development of personality and its problems". Uzbekistan Journal of Psychology, 5(2), 15-26.

2. Karimov, B. (2022). "The individual and his social adaptation: theoretical and practical aspects". Tashkent State University Press, p.134.

3. Tursunov, A. (2023). "Motivation and personal growth: a psychological analysis". Psychological Studies, 8 (1), 58-72.

4. Kushoshev, M. (2022). "Emotional balance of personality and its disorders". Modern Psychology, 4(3), 33-45.

5. Rasulova, D. (2023). "Personality and social environment: interactions and problems". Social Sciences, 12(4), 102-115.

6. Ergashev, J. (2023). "Internal conflicts and mental health of the individual". Psychological Approaches, 6(2), 78-90.

7. Kholmirzaeva, S. (2022). "Psychological foundations of self-awareness and personal development". Publishing House of the Academy of Psychology of Uzbekistan, P.98.

8. Shokirov, F. (2023). "The role and importance of psychotherapy in Personality Psychology". Medicine and psychology, 9(1), 50-61.

9. E. Goziyev General Psychology Tashkent-2002