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## PSYCHOLOGICAL PRINCIPLES OF FORMING ADEQUATE RELATIONSHIP OF ADOLESCENT TO THE SOCIAL REALITY

**Abstract:** This article describes the category of attitudes in psychology, the psychological aspects of the formation of adolescents' adequate attitude to social reality and the peculiarities of their formation.

**Key words:** adolescent, attitudes, leading activities, education, media, peers, socialization, social status, personality.

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### Introduction

Adoption of the “Strategy for Further Development of the Republic of Uzbekistan”, which laid the basis for the renewal and transformation initiated in our country, has given rise to radical reforms in all spheres of society. All of these reforms have elevated the human factor to a higher level than ever before and directly linked to its development, development and civilization. The problem of man and his perfection, self-reliance, and self-perfection has become more pressing than ever.

Therefore, the strategy of action on the five priority directions of development of the Republic of Uzbekistan for 2017-2021 is based on the tasks of “Creating new jobs, further improving the system of continuous education and enhancing opportunities for quality education”. The development of positive psychological qualities is the key to a teacher-mentor in the learning process one of the functions.

From a psychological point of view, the personality traits of a high school student and their behavior as a standard of behavior occur in grades 5-9, ages 10-11 and 14-15. The age of psychology is a study of the psychological patterns of personality formation and development, and in the network of pedagogical psychology, this age is studied as a teenager. The period of adolescence is a period of human transition from childhood to adulthood. The

complexity of this period is due to the intense physiological, psychological and social changes in the adolescent's body. Scientists dealing with the psychology of adolescence D.I Feldstein (1991), L.I Bozhovich (2008), A.Bandura (2000), L.S Vygotsky (1984), E. Parshanina (1984), A. From Russian psychologists V.Dmitriev (2000), M. Rutter (1987), F. Rice (2000), G.A Kovalev (1996), N.V. Grrishina (2001), A.Y.Antsupov (2008), G.G. Davletshin (1989), E.G. Goziev (1990), A.I. Ostrovskiy, G.K.Tulaganova, Z. Kamaletdinova, N.G. Kamilova revealed various aspects of adolescent psychological problems. Nowadays, Uzbek scientists M.G. Davletshin, E.G. Goziev, G.B. Shoumarov, B.R. Kadirov, V.M Karimova, N.S. Safoev, Baratov, Z.T. Nishanova, B.M. Umarov's research results serve as a theoretical and practical methodological resource for researchers of psychology in the study of their scientific problems. In the work of foreign psychologists Z. Freud, A. Maslow, K. Rogers, K. Levin, J. Bugental, W. Frankle, A. Freid and others studied various aspects of personality development during adolescence.

Adolescence differs from other times by its imitation, lack of consistency, sensitivity, courage and tantalism [1, p.176]. The complexity of this age is further determined by:

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- Adolescents' behavior changes in a certain way under the influence of social environment;
- Changes in self-awareness and self-evaluation of adolescents;
- social orientation is shaped by interest;
- The growing importance of his "I" and "I" make educators - trainers and practitioners - psychologists in the field of learning new features of the complex and adolescent approach.

Until now, the student who accepts any information provided by the teacher without any resistance to education, perceives social reality as an adult, is exposed to the physical, psychological, and social, democratic, economic, political, legal, and spiritual reality of the society.

In philosophy, the notion of relation is defined as the philosophical notion of the location of elements in a particular system and their interrelationship, the expression of the individual's position in relation to an object or event, and the thoughtful comparison of different objects or different parts of an object [2, p.239]. Relationships of the adolescents in the community, ie social relationships, give him a whole new set of concepts and worldviews. At the same time, the formation of a teenage personal relationship is influenced by the following factors [3]:

- direct and indirect influence of peers;
- The legality of the behavior of members of the gang;
- the influence of the teenager on the communication system;
- the social environment surrounding it;
- Regular educational and upbringing influences influence the formation of different attitudes to social reality [4].

One of the most important issues is the formation of a positive attitude of the adolescent to social reality (lat. Adasguatus - equal, appropriate, identical).

The peculiarity of social and psychological approach to the problem of formation of adequate attitude of the adolescent to social reality is that he is an active creator and creator of various forms of relationships in different groups. In other words, the laws of adolescence, which are primarily members of a group, the influence of the teenager on the communication system, the social environment surrounding it, and the educational and upbringing influences that influence it, influence the formation of different attitudes towards social reality.

Therefore, it is very important in the psychological study of the formation of social attitudes in adolescents to take into account the four main factors and to emphasize the formation of new traits in adolescents [5].

1. Factors of individual-typological features in the formation of adolescents' adequate attitude to social reality. At the same time, the adolescent's temperament, character, and level of abilities develop

into the source of cognitive and aesthetic needs in relation to different social realities, and the need to take into account the prevalence of a particular type of reality over other realities. It forms its competence [6].

2. Factors of educational environment in formation of adequate attitude to social reality in adolescents. The educational process is a leading feature as it covers most of the adolescent activities. Because of its color and attractiveness, it can give rise to new motivations for it. These new motivations will largely depend on the teenager's life plans, future profession, and ideals. Adolescents may develop an adequate relationship with social events by explaining that the knowledge gained by them can effectively influence their social standing by effectively using the child's withdrawal from serious playfulness [7].

3. Mass media and Internet as a factor in the formation of adequate attitude to social reality in adolescents. It is from this age that the number of adolescents increases. The teenager is relieved to meet new needs through the media and the internet. Actively receiving and assimilating information will increase the role of adolescents in front of their peers and adults. The adolescent develops information selectivity by establishing his or her ideal, taking into account the level of interest that is emerging [8].

4. The influence of peers on the formation of adequate attitude to social reality in adolescents. During this time, the boy's friends are developing new relationships with their peers. Relationships with peers form the characteristics of a group in their relationships with peers. Multiple mastering of the above three factors contributes to the promotion of a distinctive position in the peer group [9].

The study of psychological aspects of formation of adequate attitudes to social realities in adolescents, which is a very relevant topic in the context of globalization, is relevant to the social, psychological, and psychological development of democratic, economic, political, legal, and spiritual realities in society sets the following tasks for specialists.

- To analyze the current state of the study of the peculiarities of the methodologies developed in the framework of philosophy and psychology, aimed at explaining the social reality;

- to define the philosophical and psychological features of the category of "attitude";

- scientific justification and systematization of the approximate list of factors influencing the formation of attitudes to social reality;

- empirical study of the relationship between adolescents' attitudes to social reality and the factors that are related to it;

- to reveal practical possibilities of psychological and pedagogical measures aimed at increasing the adequacy of adolescents' attitudes to social reality. As a result of the factors influencing the personality of the teenager, the relationship to the specific reality is formed and gradually the level of the child's self-

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awareness increases. Adolescents' self-esteem, their relationships with themselves and others, their perceptions about themselves and the world, deepen their knowledge and worldview, create certain behaviors [10].

**In conclusion** the study of psychological aspects of formation of adequate attitude to social realities in

adolescents, which is a very relevant topic in the context of globalization, is of particular socio-psychological importance for the development of democratic, economic, political, legal, moral and social relations in society.

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