



## SOCIALLY IMPORTANT FACTORS IN THE DEVELOPMENT OF SANOGENIC THINKING IN YOUNG PEOPLE

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### ABSTRACT

*In this article, the reader will accustom the child to study from a young age, enriching the spiritual worldview of young people, an analysis of socially important factors such as recommending and supporting the child to watch useful, meaningful television shows and listen to radio broadcasts in social relations is presented.*

## СОЦИАЛЬНО ВАЖНЫЕ ФАКТОРЫ РАЗВИТИЯ САНОГЕННОГО МЫШЛЕНИЯ У МОЛОДЫХ ЛЮДЕЙ

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### ABSTRACT

*в этой статье читатель будет приучать ребенка к учебе с юных лет, обогащая духовное мировоззрение молодежи, представлен анализ социально значимых факторов, таких как рекомендация и поддержка ребенка к просмотру полезных, содержательных телепередач и прослушиванию радиопередач в социальных отношениях.*



*спирение, национальные  
ценности.*

The phenomenon of globalization is the spread of scientific achievements in the formation of the social, political, and cultural environment, as well as the harmonization of various values on a universal basis, it is a state of deviation as a means of ideological influence, the emergence of moral threats that cause various criminal acts, human security, national interests of states. , it can be recognized that it has become a serious threat to ensure a stable future of future generations. From this point of view, there is an increasing need to research the psychological characteristics of the development of sanogenic thinking in adolescent students.

One of the important tasks facing the science of psychology today is to create and improve a certain social-psychological basis so that the young generation does not fall under the influence of extremist and terrorist currents and pathogenic ideas that have a negative impact on the stability of our country, its social and spiritual growth. This issue, the problem of defining, classifying the genesis, nature and content of the sanogenic thinking of young people based on existing scientific theories, improving social-psychological and pedagogical technologies dedicated to the development of healthy thinking of students, has not been studied as a separate research object. At present, in order to prevent the emergence of pathogenic ideas and destabilizing groups, to prevent the expansion of the scope of activities, the cultivation of the sanogenic thinking of young people is of great theoretical and practical importance, and it is considered urgent to conduct socio-psychological research in this field.

Although scientific research has been carried out by scientists of various fields in connection with the problem of the characteristics of the development of thinking in young people, but in the conditions of today's globalization, the development of geopolitical processes, the influence of ideological struggles for the human mind and soul, and the increasing influence on human thinking in the form of a web, is a factor of being able to stand against them with a healthy immunity. the development of sanogenic thinking in growing adolescent students has not been specifically researched.

If we explain the issue from a psychological point of view, entering into a relationship with the components of nature and members of the society in various forms, with various characteristics, creates a periodical "temporary" change in the manners of dealing with them. Because of this change, success and failure, luck and bad luck, optimism and pessimism, romance and reality, sympathy and antipathy, progress and regression, enthusiasm and depression, activity and indolence, healthy thinking and unhealthy thinking, the first is positive and the second is negative. event occurs.

Disturbance of the stability of the emotional state, which ensures the smooth passage of activity, behavior, thinking throughout life, calls into question the scientific information about the primary factor of success compared to it. "Firstly, the idea that the primary source of the total thing in the universe is emotion, somewhat devalues its value in the general background, but secondly, the evaluation with the help of primary and leading, general and private objective and subjective, important and insignificant criteria, symptoms, dimensions is a reasonable interpretation of the essence of this psychological issue. reveals its necessity. If



this is the case, the problem of analyzing the causes and driving forces of their nature based on certain evidences will arise".

Therefore, in human activity, the realization of his behavior and thinking process based on certain laws depends on both objective and subjective conditions. Objective conditions that cause natural factors, that is, the micro and macro environment, material existence, the availability of auxiliary means, their ability to meet high requirements, cause the disturbance of external stimuli. In addition to natural conditions, the occurrence of certain deficiencies and breakdowns causes defects, as a result of which mental experiences, mainly the activity of thinking, discipline, and goal orientation are disturbed.

Under the influence of natural conditions and the environment, a number of sharp qualitative and quantitative changes occur in the human psyche, which are manifested in the birth of new qualities and characteristics. In addition to objective conditions, subjective conditions that are integrally related to the human factor continuously ensure the effective implementation of thinking, behavior, activity, and behavior in social life. Therefore, among the subjective characteristics of the development of sanogenic thinking in students are the stability of the personality, the strength of the character, the need, the motive, the skill, the thoroughness of the potential, and the strict formation of the style of self-management.

Due to changes in objective and subjective conditions, the priority of positive or negative psychological states, events, characteristics, experiences, and opinions occurs, which reduces the activity of the higher nervous system, the rhythmicity of the central nervous system, and the ability to work. As a result, life activities begin to fail, despair, lack of confidence in the future, coldness to the social environment, each situation begins to feel only the negative side. This in itself can cause a person to acquire bad habits and deviate from the moral standards. If there are positive conditions, it goes without saying that sanogenic thinking will prevail. It is natural that this factor serves to ensure a positive attitude towards the environment, high mood, efficiency of activity, impartial attitude, tolerance and peace of mind. "Sanogenic thinking creates wisdom and refreshes the soul. "Sanogenic thinking is a great mental power that helps people to be aware and behave in the right way in various situations, and leads to the awakening of a perfect worldview in a person."

Human nature can sometimes feel weak or powerless when faced with life's accidents. In the process of solving such problems, direct thinking serves. Therefore, in order to correctly analyze the situation, solve the problem, and act without hesitation, a person must have sanogenic thinking. Since man is a conscious being, he has the ability to create, renew, improve, and change. But the components of nature, instincts, unconditioned reflexes show the effect.

Internal and external body parts of a person are not adapted to emergency events and situations (spontaneity, disaster, accident, stress, affect, danger-risk). If a person does not develop a healthy mindset, then there will be no opportunities to anticipate, notice, fight, and overcome the emotions associated with fear of various situations. Therefore, it is necessary to develop sanogenic thinking in students who are just starting their life. Practicing school psychologists, teachers, parents and the general public must approach this issue from a scientific and psychological point of view.



Nowadays, there are specific characteristics, laws, possibilities of raising teenagers, complex mechanisms of expression and emergence of motives of behavior.

Healthy thinking is important for the healthy growth of a person, his all-round maturity, finding his place in society and effective activity.

one of the important factors in the development of healthy thinking in young people is its age-related characteristics.

Indicators of both qualitative and quantitative changes in age development periods are of particular importance in developing healthy thinking, managing and influencing behavior in adolescent students.

Thinking, like other cognitive processes, has its individual characteristics, and the forms, means and relations of operations of thinking are expressed in different ways in people. Usually, meaningfulness, independence, dexterity, efficiency, breadth of thought, speed, depth and other qualities of cognitive activity are included in the individual characteristics (qualities) of thinking.

Based on the above theoretical information, sanogenic thinking in the process of interpersonal communication, the student should not speak rudely, harshly to others, not insult, lie, not exaggerate the mistakes of others, considerate, unity of words and deeds, open-mindedness, respect the opinion of others, listen, react objectively, encourage, inspire, it is manifested in the ability to express feelings of gratitude, sympathy, informativeness, the ability to explain information clearly, clearly, and purposefully.

The effect of aesthetic feeling on the development of sanogenic thinking - pleasure gives life force to the human mind. Therefore, to enjoy the goodness of nature, to be impartial, not to harm even animals, to enjoy the splendor, colors, and beauty of flowers, to enjoy the beauty of the surroundings, to strive for peace and beauty, to live with a sense of gratitude, to share a smile with people, to strive for tranquility and elegance.

The harmony of materialism in educating young students - giving gifts to loved ones, sharing gifts with the needy, buying something you like at least once a month, looking at the moon, sun, stars and even clouds to get strength from the wonders of nature, protecting state property, community property to save, to be content with everything.

Spiritual manifestation of sanogenic thinking in students - understanding of the dignity of the person, valuing the person, first of all, respect for parents and teachers, unconditional obedience when called to do good, accepting their reprimands impartially, showing love in word and deed with an open face, addressing their concerns encouraging, giving spiritual support, keeping one's word, being kind, caring, fair, loyal, patriotic, caring, family-oriented, caring for the little ones, valuing the elderly, trusting, honest shows the spiritual image.

The development of sanogenic thinking in young people implies the implementation of tasks under the socio-psychological factors:

- creating a healthy spiritual environment in the family, helping the child to form his personality;

- accustoming the child to study from an early age to enrich the spiritual worldview;

- recommending and helping the child to watch useful and meaningful TV shows and listen to radio broadcasts in social relations;



- from time to time organize excursions to historical and cultural museums and monuments, big libraries of the republic;
- teaching to regularly engage in physical education;
- involvement in intellectual activities that develop the intellect;
- taking the child's questions and opinions seriously and patiently giving full answers;
- in order to teach the child honesty, correctness, hard work, responsibility and loyalty from a young age, reading and analyzing exemplary stories from fairy tales, proverbs, narrations, hadiths, verses of the Qur'an that reflect these issues;
- to develop students' worldview, independent observation skills, to be sincere in praising their achievements;
- to inculcate feelings of patriotism, patriotism, leadership, loyalty to the country in order to protect our students from the influence of religious-extremist ideas and various information attacks;
- in order to prevent our students from becoming victims of human trafficking, drug addiction, arms trade, which is increasing in the world, to form feelings of human dignity, loyalty, loyalty, satisfaction, patience, and gratitude;
- talk to the child face-to-face every day, be interested in his/her needs, do not ridicule him/her for his/her mistakes, help him/her, encourage him/her for his/her achievements;
- instructing boys on how to dress, walk, talk and behave like real men;
- Carrying out explanatory work to educate girls about female shame, modesty, modesty, covering their private parts, national values, dressing in clothes that represent our identity, "popular culture", "European culture", "modern dress";
- formation of such qualities as determination, vigilance, business acumen, ability to appreciate time, discipline, honesty, initiative, devotion to duty, unity of word and work, mental alertness, devotion to the mother tongue. Such qualities are important in the socialization of a person and help a person to have his place in society.

All of the above-mentioned human qualities, personal qualities, and national characteristics are seen in practice during the child's life and are imprinted in the program of consciousness, and he will follow this in the future life program. That is why they say that if there is a process of education and training, education is implemented at a practical pace.

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