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THEORETICAL FOUNDATIONS OF PSYCHOLOGICAL SERVICE

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A B S T R A C T	K E Y W O R D S
The article analyzes the theoretical foundations of psychological services, scientific research conducted by our and foreign scientists, ideas about individual psychological differentiation and theories aimed at understanding and understanding the inner world of a person.	Psychological service, need, stages of need, information, humanistic theory, psychoanalysis, cognitive dissonance, defense mechanism, motivation, congruence, deficit.

Introduction

The field of psychological service, theoretically one of the widely studied areas of psychology, began to develop for the first time in the 19th century in the states of the United States and France. The French scientist Alfred Bine, who made an outstanding contribution to the development of the field, initially created the Bine-Simon test in 1905, which was based on studying children who were having problems mastering science programs that were considered common to all children and identifying them.

Relevance of the Topic

Although today there are enough scientific resources that contain the teachings on the sohas of psychological service, as a result of the rapid acceleration of the world of information and events in social life, every person living in society feels the need for Psychological Service in accordance with the requirements of the Times. The day-to-day increase in the need for a modern psychological service is also known from the scope of research that implies the need for this service, justifying its scientific importance. In the process of studying field research, it is important to analyze the views on the methodology of the psychological service presented in them from the point of view of the subject we are studying.

A brief analysis of the scientific works of other scientists on the topic. The field of Psychological Service is widely studied in our republic, as well as in all developed countries. The first research in this regard was studied in Uzbekistan in the 30s of the last century in the Zamiri of pedology science and pedological service activities. In order to meet the need for practicing psychologists for the first time in Uzbekistan, the Faculty of training of practicing psychologists was opened in 1989 at the Tdpi named Nizami. At present, students are studying in all pedagogical higher educational institutions of the republic in the areas of pedagogy and psychology. They are taught by qualified educators and

psychologists so that they can theoretically and practically master the basics of Science and profession [6; 20-b].

M.G.Davletshin, E.G'.G'oziev, B.R.Kadirov, G'.B.Shoumarov, V.M.Karimova, SH.R.Baratov, E.N.Sattarov, F.S.Ismagilova, Z.T.Nishanova as scientists who contributed to the development of the field of psychological services in Uzbekistan, N.S.Safayev, F.I.Haidarov, S.Kh.Jalilova and others can be mentioned. The scientific works of these scientists serve as an important scientific source for studying and researching the field of psychological services [5; 124-p].

Cognitive theories created in the West are important for the methodology of psychological services. For example, L. Festinger's theory of cognitive dissonance based on the conscious change of behavior or attitude towards the object of activity, C.H. Osgood and P. Tanenbaum's theory of "congruence" aimed at evaluating the object based on the human cognitive structure, G. Allport, A. Maslow, A number of humanistic researches of social psychologists such as K. Rogers are among them [4; 225-b]. In this regard, the well-known American psychologist Abraham Harold Maslow's "concept of a holistic approach to a person" is of great importance for conducting research on the problem of human understanding and social motivational development in the process of psychological counseling. According to Maslow, all innate human potential can be realized and matured only with the creation of social conditions.

A.Maslow distinguished two types of needs that are the basis of personal development: "deficit" needs, which disappear by themselves during their satisfaction, and "growth" needs, the satisfaction of which strengthens them. According to Maslow, there are five levels of motivation: physiological (nutrition, sleep needs); the need for security (need to have a home, a place to work); the need for belonging, which represents the need of one person in relation to another person, for example, to build a family; the need for self-evaluation (self-respect, preservation of one's pride); the need for self-actualization (meta-needs such as creativity, desire for beauty, satisfaction) [4; 226-b].

The two needs at the beginning of the list are deficit, the third is an intermediate need, and the fourth and fifth needs are included among the needs that ensure growth.

Maslow expressed the law of development of motivation in a logical sequence. Among the most important human needs is self-actualization. Self-actualization is not the final state of human development. No human can be self-actualized to the point of denying all motives. Each person always has abilities and talents that allow them to continue to progress. A person who has reached the fifth level is considered "psychologically healthy" [1; 512-c].

According to the humanist theory of K. Rodgers, there are two innate tendencies in the human psyche. First, the tendency called "auto-actualization tendency" by the author contains the basis of the future characteristics of the human personality. The second innate tendency is the "control process of the organism" - the mechanism that controls the development of the individual. On the basis of these tendencies, during the development of a person, the structure of "I" appears as a separate person. It includes "Ideal me" and "Real me". These substructures of the "I" structure have a complex relationship: from a state of complete harmony (congruence) to a level of complete inconsistency (disharmony) [1; 304-c].

According to K. Rogers, a person's purpose in life is to fully manifest his innate potential, to "fulfill his duties", that is, to use his abilities and talents, to fulfill his potential. It is to be a person who strives to express his true nature, who moves towards understanding himself and his experiences during the process of creation [1; 305-c].

Z. Freud's theory of psychoanalysis, which is an important basis for the theory of psychological service, is one of the most effective theories in understanding and understanding the inner world of a person. According to Freud, in psychoanalysis, the mental life of a person is connected to innate, unconscious tendencies; it is shown that various mental experiences and unfulfilled desires in a person do not disappear completely, but pass from the sphere of consciousness to the state of unconsciousness and actively affect the mental life, and this situation is often manifested in the symptoms of nervousness. The main treatment method of psychoanalysis is to satisfy instincts in an unnatural way or to transfer them to another activity [9; 44-p].

Z. Freud created a new model of the human psyche based on his observations. Based on it, there are 3 interrelated psychological structures. These are id, ego and super-ego. "Id" is instincts. It is neutral from the mind. "Ego" is Me. He has a mind. "Super-ego", that is, Super-me, is the environment and society that surrounds a person. The Super-I controls a person's behavior "from above". We will define each of these concepts.

The theory of psychoanalysis created by Z.Freud compares the human soul to an iceberg, as if its top, i.e., one-sixth part is consciousness, and five-sixths hidden under the water are subconscious processes. that is, unconsciousness. The science of psychoanalysis aims to uncover the secrets of the deep psychological processes hidden from the mind, and thus studies the factors that cause neurosis. Z. Freud called "hidden" psychological processes unconscious processes [9; 45-p].

K.G., who plays an important role in the methodology of psychological service. Jung's teaching on analytical psychology is also widely studied today. K.G. Jung put forward the concept of "collective unconscious" in his teaching. Jung drew a clear line of demarcation between the individual unconscious and the collective unconscious. According to him, the collective unconscious, unlike the individual unconscious, is transmitted from generation to generation, and "I" develops under the influence of the collective unconscious. According to Jung, the individual unconscious is reflected in a person's personal experience. These experiences, of course, were once reflected in the mind, but as a result of being pushed out of the mind, they became forgotten. The collective unconscious is a universal human experience, characteristic of every nation and people, it is the hidden memory traces of our past. It is reflected in mythology, folk epics, religious views [7; 200-s].

One of the important sources for the theoretical basis of psychological counseling is the creation of the idea of individual psychological differentiation and the existence of dozens of large-scale studies in this regard. This direction, which is a product of differential psychology, is directly related to the name of the German psychologist V. Stern. In his work "On the Psychology of Individual Differences" written in 1901, he experimentally researches the existence of a unique psychological world of each individual. Scientists such as F.Gal'ton, A.Bine, F.Lazursky, R.Kettell discovered a new direction in this field. After that, differential psychology emerged as an object of measuring and differentiating interests, attitudes, and emotional arousals in each individual or group [8; p. 191].

In fact, it is impossible to ensure the social proportionality between personality and activity, personality and society, personality and individuality, without researching all the spiritual, spiritual experiences of each person in their individual world in a way that suits the prospects of the society in which he lives. The degree of individuality of a person is again expressed in such a way that the methods and means of activity in him can never consist of the same universal experiences for all who are ready. Each person becomes an independent subject of activity, which is dictated by social activity on the basis of their individual qualities and characteristics in phylogeny (the formation of social individualization). With

this, society creates social conditions for each individual to build a "brick"himself, which is important for his life foundation [2; 512-c].

In conclusion, according to the general opinion of scientists whose views were analyzed above, the role of Psychological Service is of particular importance in the rational solution of the solution of life problems of personal, professional and family significance, which can be met in every person living in society. The development of this service in a form consistent with modern trends has a positive effect on the functioning of society and the people living in it. Thus, the above-analyzed ideas of scientific schools, interpreted as theoretical foundations of Psychological Service, serve as a certain theoretical and methodological resource in assessing the development and future prospects of psychological service at the same time.

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