

Importance of modern socio psychological service in eliminating the problems peculiar to teenagers

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Abstract: *the problem of investigating the process of psychological service as a mean of socio psychological defense is considered to be one of the vital problems of psychology today..*

Таянч иборалар:

Шахс, психология, педагогика, психопрофилактика, қобилият, онг, фаолият, субъект, индивид, дифференциал, темперамент.

Key words: *Person, psychology, pedagogy, psycho prophylactics, intellect, mind, activity, subject, individual, differential temperament.*

Ключевые слова- *личность, психология, психопрофилактика, способность, сознание, субъект, индивид, деятельность, дифференциал темперамент.*

In our republic at the same time when complete democratic changes are going on, the necessity of studying the laws of psychology, scientific basis and using them widely in our activities is obvious. In the process of continuous educational system, the task to study psychological peculiarities of both educated and educating people, the psychological basis of their mutual attitude is considered to be an important question. One of the main factors that determine the development of any society is to improve the efficiency of education and upbringing. The future of the society depends on the skills, degree of high intelligence of the specialists trained in educational establishments all around. Modern socio psychological activity belongs to the branch of public service and possesses the following aims: improving the quality and efficiency of preparing the skillful staff; upbringing a

perfect person; creating optimal conditions that supply good upbringing; harmonic, complete psychological development of young people. Depending on personal behavior; psychic activity; age rules of psychic development; professional knowledge; features of mutual attitude between youth and grownups, fellows and organizing the process of education and upbringing, a specialist who presents modern socio-psychological service gives a person an opportunity to show his individuality; identifies a person's ability; determines the possible causes of abnormal cases, ways of psychological correction. The investigation and influencing object of the activity of a specialist who presents modern socio psychological service are pupils and students, teachers, parents, disabled level of society and families. They can be investigated separately or in grouped form. A specialist of modern socio psychological service accomplishes his activity with a specialist of spiritual-educational works, medical staff, concrete commission, parents and the working staff of the educational establishment.

Due to 4.5 paragraph of 5 main strategies of the development of the RU for 2017-2021, in order to accomplish the tasks as “upbringing physically healthy, spiritually and intellectually developed youth dedicated to the motherland who thinks independently and has concrete point of view; increasing their social activeness in the process of deepening democratic reforms and developing civilian society, it is important to create a healthy atmosphere of competition and perfecting the process continuously. The post of a general director of modern socio psychological service is carried by a person responsible to spiritual-educational affairs of the educational establishment.

A specialist on psychological service directs all his activity to working out a program that takes age peculiarities and rapid development of people into consideration; guarantees the dynamic development including all features of their

mind. He aims to create a model that meets the requirements of socio development and leads human, ethno psychological laws to perfection. They are following:

¹ Decree "On the measures of developing the system of high education" adopted by Sh.M.Mirziyoyev (2017 april, 21)

Psychoprophylactics – a special type of psychological activity of an educational establishment that provides optimal conditions for the creation of healthy psychological atmosphere for the youth, educators and teachers and for their development as a person. Basic tasks of psychologic prophylactics are:

- developing as a person, creating good conditions that leads to mental perfection;
- on time preventing the psychological defects and destructions that can appear in a person's development and intellectual development;
- carrying out the works that teaches people to adapt to new conditions; organizing special groups connected with social adaptation for the above mentioned reason; preventing neurotic cases; working with people of hard behavior and their parents and working with responsible people separately and etcetera;
- working with people in order to help to prevent neurotic cases bound up with education and upbringing; live conditions; neurotic cases bound up with psychological fatigue;
- organizing psychological consiliums in order to identify the degree of a child's mental(intellectual) development so that to present his complete abilities, psychological features and peculiarities;
- assisting in taking measures to eliminating, decreasing and preventing the psychological discomfort and malaise;
- creating a scientifically based model connected with the future of the educational establishment in cooperation with educators- teachers. Taking part in psychological pedagogical diagnosis of the efficiency of education and upbringing process in the system of education; making changes in this process and as a result to serve in solving the problem of harmonic development of children favorably;

- working out the psychological measures for preventing the conflicts of different forms between people, ethnic groups and nationalities;
- studying the conflicts that can appear between educators- teachers, teaching staff and parents; the psychological causes of family conflicts; analyzing the motives that resulted in the conflicts, assisting in presenting true contents of the relationship between persons, relieving the extreme situations and giving advice on eliminating the ways that lead to unfavorable results;
- establishing the ways of working individually with young people who are addicted to alcohol, drugs and living with no aim ;
- identifying mental defects in mental world of children with difficult spirit; working out the ways to help them and putting them into practice; considering individual psychological peculiarities of the person who needs correction works;
- identifying the opportunities of self management among young people(taking into consideration the management of biologic eurythmics, emotions, motivation, will, interests, attention by a person himself).
- formation the habits of social adaptation in young people especially the people who stay in hostels and renting houses and carrying out practical trainings that influence in psychological and pedagogical ways on solving their social problems;
- determining the youth with bad behavior who tend to break laws and make crime and direct them to social active live that balance their spiritual state;
- examining the problem of time management and using it for useful work by socio psychological point of view and organizing their time for favorable work; analyzing the usage of ethno psychological knowledge and spiritual traditions;
- identifying the feeling of economizing the state budget, studying the feeling of caring about state property in youth; general examination of unfavorable senses within the society; working out the measures of formation of the duty to respect one's labor; accomplishing the works on establishing the national pride and relationship between nationalities;

- creating a scientific psychological program on developing the ability of entrepreneurship in people and analyzing its contribution in making the financial estate;
- involving the youth suffering from violence to organizing the measures of strengthening the belief in tomorrow;
- keeping young people who suffer from violence away from unfavourable cases and organizing the psychological service directed to take them out of hard situations.

Psychologic education and enlightening –is carrying out special psychological measures in order to create the most convenient psychological atmosphere in societies of the system of interpersonal relations; perfection of speech etiquette in societies; assistance in the improvement of the process of relationship between young people and educator-teachers; giving advice to teachers on the problems of their specialty; eliminating, decreasing and taking measures on preventing psychologic fatigue and exhaust in members of the society and makhallas.

Psychological diagnostics – psychological diagnostic investigations are directed to study deeper the psychological- pedagogical features during the process of education of youth and aim at their individual psychological features, the causes of the defects in upbringing. Diagnostic works are held in groups and individuals.

In this case a practical psychologist accomplishes the following tasks:

- examining the working staff and students of the educational establishments in order to identify if their age coincide with the criteria of time development; determines their intellectual degrees;
- a psychologist studies psychological features of educator- teachers and young people, their interests, wishes, talents and assists in their formation as a specialist;

- he diagnoses the defects in obtaining academic skills and knowledge met among young people, defects in their behavior, destructions in intellectual development and personal qualities;

Psychic development and psycho correction – these works are directed to active influencing on the process of forming the personal and intellectual qualities of young people, educator- teachers. The psychologist of an educational establishment works out the program of correcting the defects and weak points in psychic development and behavior of persons and puts them into practice.

²Problems of psychological service in the system of continuous education. T.: 2007, p 45.

We can count the following features of organizing the psychological services in educational establishments:

- Providing the educational establishment with highly qualified psychologic staff and organizing the works of increasing their skills;
- Providing theoretical methodic works of psychological service in educational institutions;
- Stylistic provision of psychological service in educational institutions.

It is not a secret that, supplying educational institutions with high qualified psychologists of present time is not easy at all. Taking into consideration that there is a huge necessity in psychological specialists, we must pay great attention to training such specialists. Providing the education of the specialists of today in courses of increasing their skills serve to increase the efficiency of psychologists' activities.

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