

Level Of Study Of Happiness In Uzbek Psychology

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Abstract: The article spoke about the observation (in a unique aspect) of two conditions in the objective and subjective phenomenon of happiness, the connection of a person with living conditions, mental states, the perception of a person's psyche, life, his attitude to it, the complex of subjective experiences associated with their spiritual acceptance. In addition, research related to this topic has been shown that the study of the problem is still very relevant today.

Keywords: Happiness, family, personality, human psyche, happy life, verbal creativity, manners, dignity, attention, upbringing, family, marriage and love.

Introduction. If we analyze the state of study of this subject in the case of the Uzbek ethnos, although human feelings and human relations are as old as human society, but in the Uzbek nation, the special study of these issues is related to the family and the individual. studied in terms of formation of spiritual and moral qualities.

In a number of scientific articles and pamphlets of the father of the Uzbek psychology, the distinguished scientist of Uzbekistan, professor M.G. Davletshin, the issues of the direct influence of the emotional characteristics of a person on his work are substantiated. Especially in his teaching-methodical work on the psychology of the teacher, among the qualities necessary for the personality of the teacher, along with the signs of personal virtue, it is shown that empathic feeling is necessary.

Prof. created for high school and college students. In the textbook "Family Psychology" under the editorship of G.B.Shoumarov, among the emotions observed in boys and girls since adolescence, issues of love and friendship are shown. In this book, scientists have highlighted the felicitological function of the modern family as one of its increasingly important tasks. This concept (in Italian "felicitate" means "happiness"). The fact that the pursuit of personal happiness is decisive in the system of family relations in many ways, the meaning of happiness and its aspects related to the family environment are highlighted. According to the authors, "The pursuit of happiness is natural for everyone, and it is this pursuit of happiness that motivates them to start a family. A person finds three-fourths of the happiness given to him from the family and less than a quarter from other things.

Full understanding of each other in the family ensures that they feel happy.

Also, realizing one's existing natural and creative abilities (talent), spending them within the framework of society and family also allows a person to feel happy. In recent times, as a person's opportunities increase, so does his level of pursuit of happiness. But sometimes there are negative situations, such as striving to be happy by earning money in dirty ways or striving for personal happiness at the expense of others. Sometimes, family members' (especially husband and wife's) pursuit of personal happiness can cause unpleasant situations (such as treason) in families. That's why every person should pay more attention to cultivating spiritual and moral qualities such as conscientiousness, purity, and honesty.

The book "Family Psychology" mentions the influence of emotional relationships in the relationship system of adolescents, according to which, for boys and girls of this age, "conversation with friends is sometimes so pleasant and important that with relatives is so enjoyable. may not be. Because

during this period, there is a high need to share secrets with a close and understanding person. Therefore, the dream of every teenager in this period is to find a true friend and be his friend. During this period, the need for friends arises in him, he seems to want to share his feelings and problems, and he really tries to do it. In the language of a psychologist, a friend is an "alter ego", that is, a second "I", which is perceived as a part of the "I" at that time. For a teenager, a friend is a person with whom he discusses all his sorrows, wants to pour out his inner problems to him. That's why he wants them to welcome him and give him advice. The feeling of friendship helps to understand oneself and understand another person from a psychological point of view. Two characteristics of this period are the increased need to communicate with peers and the implementation of this communication. Waiting for communication is a complex unique situation in which a teenager conditionally and unconditionally expects an interesting and important, unrepeatable meeting and communication. For this reason, they look carefully and curiously at their parents, adults around them and others in general. As a result of increased communication, friendships arise, and these friendships can be the impetus for a teenager to consider himself as an independent and adult person. The main condition of friendship is mutual understanding. Friends can understand sometimes even without words, even by looking at facial expressions and behavior. Since this quality is important in teenage boys and girls, the teacher should teach them what qualities they should be able to embody in order to be friends with someone.

In V.M. Karimova's scientific works, respect, love, and understanding are selected as the main values among the ten values in building a family.

S.M. In Toychiyeva's scientific works, aspects such as the mutual relations in the formation of the moral and spiritual qualities of young people, and the feeling of a person's need for someone, have been highlighted.

Therefore, differences and commonalities can be observed in the emotional relations of a person depending on the environment and conditions of his activities.

When we use these words to express happiness, we don't realize there're metaphors yet. Such forms of expression are based on the body experience of human beings: erect posture is often accompanied by positive emotions. In the development of human cognition and languages, it's easier to perceive the concept of space, which came into being earlier. So some words initially used for space concepts were later adopted to metaphorize such abstract concepts as time and emotions. Because of the similarity in human cognitive development of space concept and the same physical experience of human beings, there is the metaphorical concept HAPPY IS UP in both English and Uzbek.

In any possible cases in which the Uzbek might think of other internal parts, they just turn to the heart. In Uzbek traditional culture, modesty, sedation, gentleness and obedience have been regarded as great virtues for thousands of years. So compared with English people, the Uzbek people are relatively reserved and tend to suppress their feelings. Much more attention is paid to concrete and inwardness by Uzbek people, who tend to express their happiness with movements of rather smaller parts of the body such as eyebrows, inner organs, and even the invisible soul and vital energy. Of course, we also have the actions of beating breast and stamping, but they are not of dominant tendency to be discussed.

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