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Annotation: *Psychology studies the sphere of mental life, which is a separate sphere of reality. Phenomena known to everyone - our sensations, perceptions, imaginations, thoughts, feelings, aspirations and similar phenomena are psychological phenomena. The phenomena of psychic life are very diverse, but they are interconnected. Psychology is to reveal the stresses of these relations and connections. From the information of the science of psychology, it is necessary to know the laws of development of the psyche for practical purposes and, first of all, in education and training, production, organization and consolidation of labor, medicine, art and similar fields.*

Key words: *psychology, laws of development, psychic facts, mechanisms, individual psychological characteristics, temperament, animism, cognitive processes, cognitive activities, natural science, philosophy, mental processes.*

The dictionary meaning of the word psychology comes from the Greek psyche - soul, spirit, logos - teaching, science. Psychology as a science studies mental facts, their laws and mechanisms. Psychology mainly studies the psyche in a wide range. Mental activities include the following processes:

- cognitive activities: attention, speech, activity;
- cognitive processes: intuition, perception, memory, imagination, thinking;
- emotional volitional sphere of the person: emotion, will;
- individual psychological characteristics of a person: temperament, character, ability;

Thoughts about psychology have existed since ancient times. In early times, psychological characteristics were explained as the work of the soul. John himself was considered a special secondary body in the human body. Such visions are called animism.

The word animism means anima - "soul". It was stated by Heraclitus that the soul consists of a fiery spark by its essence, or that it consists of a fiery atom by Democritus. Ch. Darwin's theory of evolution was extremely important in the development of the science of psychology. The external environment has a decisive influence on the dynamics of evolutionary development of mental processes. E. Haeckel said that "none of the knowledgeable and thoughtful people should doubt that the foundations of psychology should be sought only from the physiology of the nervous system."

The study of psychology not only enriches a person with knowledge about the psyche and various phenomena of mental life, but also helps to develop a person's mind. Development of human intelligence, including faster acquisition of new knowledge and skills, improvement of the ability to correctly solve new theoretical and

practical tasks, ability to correctly express one's thoughts in speech, and correct the speech of others It is also expressed in the ability to understand.

Now let's get acquainted with the differences between everyday psychology and scientific psychology. Psychological knowledge of everyday life includes, first of all, the obvious and isolated situation. And scientific psychology seeks to collect data and generalize them with the help of certain methods, tools, techniques, methods, operations, with the help of scientific concepts, definitions, laws, properties that reflect the nature, state, relationship, connection, etc. of the object being searched for. attempts to discover psychological mechanisms.

Psychic life is manifested in various phenomena. In mental life phenomena, mental processes, mental products and mental states are distinguished. A mental process is a legal, sequential change of a mental phenomenon, its transition from one stage or space to another stage or space. Mental products are the result of mental processes. These include subjective psychic responses in the form of images of sensations and perceptions, imaginations, discussions, concepts.

The term "psychological reality-fact" means the study of the characteristics, states, and laws of the psyche through their objective forms, as well as the components of the subject's internal experiences. In other words, an objective entity ruling independently of the human mind, that is, the reflection of things and events around us, environment, conditions, etc. in the psyche, is called psychological reality.

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