

THE PSYCHOLOGICAL CHARACTERISTICS OF ADAPTATION IN PEDAGOGICAL ACTIVITY

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Annotation: *In this article, there are thoughts and comments about the psychological characteristics of the approach to pedagogical activity. Motivation is the engine that drives learning. Understanding the psychological aspects of motivation is crucial for educators. Intrinsic motivation, stemming from internal factors such as curiosity and a sense of accomplishment, often leads to deeper and more sustained learning¹. On the other hand, extrinsic motivation, driven by external rewards or punishments, can have limited effectiveness in the long run. Skilled teachers employ various strategies, such as fostering a supportive classroom environment and linking lessons to real-world applications, to enhance intrinsic motivation among students.*

Key words: *motivation, psychological aspects, internal factors, psychological characteristic, adaptation, pedagogical activity, emotional intelligence, cognitiv development.*

INTRODUCTION.

Engagement, closely linked to motivation, is another psychological characteristic that profoundly impacts learning. Engaged learners are active participants in the learning process, demonstrating enthusiasm, curiosity, and a willingness to explore new ideas. Pedagogues can promote engagement by incorporating interactive activities, discussions, and collaborative projects into their teaching methods². Additionally, technology-enhanced learning tools can captivate students' interest, making the learning experience both enjoyable and meaningful.

Cognitive development, as theorized by renowned psychologists like Jean Piaget and Lev Vygotsky, provides valuable insights into how students perceive, think, and reason as they progress through different stages of life. Pedagogues can leverage these theories to design age-appropriate learning activities that align with students' cognitive abilities. For instance, in the early

¹ Karimova V.M., Akramova F.A. Psychology. T.: 2000.

² Karimova V.M. Social psychology and social practice. T.: 1999.

stages of development, children often learn best through hands-on experiences and concrete examples. As they grow older, abstract thinking and problem-solving skills become more prominent, allowing for more complex and challenging educational tasks.

Moreover, Vygotsky's sociocultural theory emphasizes the importance of social interactions in cognitive development. Collaborative learning environments, where students work together to solve problems and share ideas, can significantly enhance their cognitive growth. By scaffolding learning experiences providing guidance and support as students navigate challenging tasks teachers can facilitate the development of higher-order thinking skills³. Education is a cornerstone of society, and the role of teachers as facilitators of learning is pivotal. Pedagogical activity, the art and science of teaching, extends far beyond disseminating information. It encompasses understanding the diverse psychological characteristics of learners and tailoring approaches to meet their unique needs.

Emotional intelligence, the ability to perceive, understand, and manage emotions, plays a crucial role in pedagogical interactions. Teachers with high emotional intelligence can empathize with their students, effectively manage classroom dynamics, and provide appropriate support to learners experiencing emotional challenges. A positive emotional climate within the classroom fosters trust and open communication, enabling students to express their thoughts and concerns freely.

Additionally, emotional intelligence allows teachers to recognize signs of stress, anxiety, or other emotional barriers that may hinder learning. By addressing these emotional challenges, educators can create a safe and nurturing environment where students feel valued and understood. This supportive atmosphere enhances students' self-esteem and confidence, paving the way for improved learning outcomes⁴.

Modern classrooms are often melting pots of diverse cultures, languages, and beliefs. Cultural sensitivity is an essential psychological characteristic that guides teachers in creating an inclusive learning environment. Acknowledging and respecting cultural differences can prevent misunderstandings and promote mutual respect among students. Pedagogues can incorporate culturally relevant content and examples into their lessons, ensuring that all students can relate to the material being taught.

LITERATURE ANALYSIS.

Moreover, a culturally sensitive approach includes recognizing the impact of cultural backgrounds on learning styles and communication patterns. Some cultures may value collaborative learning and group discussions, while others may emphasize individual reflection and silent contemplation. By understanding these nuances, teachers can tailor their pedagogical

³ Karimova V.M., Akramova F.A. "Psychology". Part 2 Text of lectures. - Tashkent: TDIU, 2005.

⁴ Abdullayeva SH., Akhatova D., Sobirov B., Sayitov S. Pedagogy. T.: "Science", 2004.

approaches to accommodate diverse cultural preferences, fostering a harmonious and respectful classroom atmosphere.

Pedagogical activity is a deeply psychological endeavor, intricately woven with the fabric of human behavior and cognition. Teachers, armed with a profound understanding of psychological characteristics, can transform education into a transformative and empowering experience for their students. By appreciating individual differences, nurturing motivation and engagement, promoting cognitive development, embracing emotional intelligence, and practicing cultural sensitivity, educators can create classrooms where every student thrives.

As we move forward in the 21st century, the role of teachers as psychological architects of learning remains paramount. By embracing the complexities of the human mind and heart, educators can inspire a lifelong love for learning, shaping generations of informed, empathetic, and intellectually curious individuals ready to contribute meaningfully to the world. In the intricate dance between pedagogy and psychology lies the key to unlocking the full potential of education and, consequently, the future of our society⁵.

Pedagogical activity, the art and science of teaching, is a multifaceted endeavor that hinges on understanding the intricate workings of the human mind. In the realm of education, recognizing and appreciating the diverse psychological characteristics of learners is not just beneficial; it is imperative. Teachers, as the guiding lights in the educational journey of their students, must delve into the depths of psychology to craft effective approaches that resonate with individual minds, thereby nurturing a conducive environment for learning and growth.

The cornerstone of effective teaching lies in acknowledging the individuality of each learner. Every student brings a unique blend of experiences, talents, and challenges to the classroom. Recognizing these individual differences is the first step in tailoring teaching methods. Some students may excel in logical reasoning, while others might thrive in creative pursuits. Understanding these cognitive disparities allows teachers to adopt diverse instructional strategies, catering to various learning styles and intellectual strengths.

Motivation serves as the engine that propels learners toward knowledge acquisition. In the realm of education, motivation is multifaceted. Intrinsic motivation, stemming from a genuine interest in the subject matter, often leads to deep, sustained learning. Conversely, extrinsic motivation, driven by external rewards, might prompt temporary engagement but rarely fosters a lifelong love for learning. Skilled educators comprehend these nuances, weaving intrinsic motivators such as curiosity and autonomy into their teaching methods. By tapping into students'

⁵ SH.Abdullayeva, H.Ibragimov Text of lectures on "Theory and History of Pedagogy". T.: "Science", 2004.

inherent interests, teachers can kindle a passion for learning that transcends the confines of the classroom⁶.

Cognitive development theories, notably those of Piaget and Vygotsky, shed light on the progressive mental evolution of individuals. Piaget's stages of cognitive development outline the shifts in logical thinking from childhood to adulthood. Vygotsky, on the other hand, emphasizes the role of social interactions and cultural influences in cognitive growth. Pedagogues armed with this knowledge can construct activities that align with the cognitive abilities of their students, ensuring that the challenges posed are neither too facile nor overly daunting. Furthermore, encouraging collaborative learning taps into Vygotsky's sociocultural theory, enabling students to scaffold their knowledge on collective insights and experiences.

Emotional intelligence, often deemed as crucial as intellectual acumen, guides teachers in their interactions with students. Understanding and managing emotions, both theirs and their students', enable educators to create an emotionally safe space within the classroom⁷. This secure environment encourages students to take risks, ask questions, and engage actively in the learning process. Moreover, emotionally intelligent teachers can identify signs of stress or disinterest early on, intervening to address these concerns before they impede the learning journey. Empathy and compassion, integral components of emotional intelligence, pave the way for meaningful teacher-student relationships, enhancing the overall learning experience.

The modern classroom is a mosaic of cultures, languages, and traditions. Cultural sensitivity is not merely a courtesy; it is a pedagogical necessity. Acknowledging and celebrating cultural diversity instills a sense of belonging among students⁸. It promotes mutual respect, understanding, and harmony within the classroom. Culturally sensitive educators infuse their teaching with diverse perspectives, ensuring that the curriculum is inclusive and relatable to students from varied backgrounds. By fostering an inclusive environment, teachers empower students to appreciate differences and learn from one another, preparing them for a globalized world.

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⁶ Azarov YU.P. Methodology of educational work.-T.: "Teacher", 1991.- 67 p.

⁷ Aliyev A. Spirituality, value and art.-T.: Academy, 2000.- 631 p.

⁸ Akhmedov B. Teaching of ancestors. Proverbs. Stories. Principles. -T.: "Cholpon", 1991.- 234 p.

students to appreciate differences and learn from one another, preparing them for a globalized world.

RESEARCH METHODOLOGY.

Teachers are the unsung heroes of society, shaping the future one mind at a time. Behind the blackboard or screen, they are not just bearers of knowledge; they are psychologists, mentors, and empathetic listeners. The profound impact teachers have on their students is not merely a result of their subject mastery; it's a product of their inherent psychological characteristics. We will explore the essential psychological traits that define exceptional teachers and the transformative power these characteristics hold in the realm of education⁹.

Human beings are infinitely complex, a fascinating interplay of genetics, environment, and individual experiences. At the heart of this complexity lie psychological traits—enduring patterns of thoughts, feelings, and behaviors that define who we are. From the way we interact with others to how we handle challenges, psychological traits influence every aspect of our lives.

Psychological traits, often considered the building blocks of personality, encompass a wide array of characteristics. Some traits reflect our emotional predispositions, such as being naturally cheerful or prone to anxiety. Others pertain to cognitive aspects, such as intelligence, creativity, or analytical thinking. Additionally, social traits define how we engage with others, whether we are outgoing and sociable or introverted and reserved.

Nature and nurture, the eternal dichotomy in psychology, both play pivotal roles in shaping our psychological traits. Genetic predispositions influence certain traits; for instance, research suggests that traits like introversion-extroversion have a hereditary basis. However, environmental factors also significantly contribute to the development of traits¹⁰. Childhood experiences, parenting styles, cultural influences, and social interactions all leave indelible imprints on our psychological makeup. The delicate dance between nature and nurture gives rise to the rich tapestry of traits that characterize each individual.

Psychologists have devised various frameworks to categorize and understand psychological traits. One of the most widely accepted models is the Big Five personality traits: openness, conscientiousness, extraversion, agreeableness, and neuroticism. These traits encapsulate fundamental dimensions of human personality. Openness reflects creativity, curiosity, and openness to new experiences; conscientiousness pertains to organization, responsibility, and goal-oriented behavior; extraversion signifies sociability, assertiveness, and outgoingness; agreeableness encompasses kindness, cooperation, and empathy; and neuroticism relates to

⁹ Examples of Hadith on ethics. Edited by T. A. Yoldoshev-T.: Fan, 1990.- 146 p.

¹⁰ Karimova V.M. Social psychology. Textbook. - 2007. Nemov R.S., Altunina I.R. Social psychology. Fly away. skill - SPb.: Peter, 2010

emotional instability, anxiety, and moodiness. This framework provides a comprehensive lens through which psychologists analyze and understand human behavior.

Psychological traits manifest in a myriad of ways, influencing how we perceive the world and interact with others. An individual high in conscientiousness might meticulously plan their day and excel in structured environments, while someone with high openness may thrive in creative pursuits and embrace unconventional ideas¹¹. Extraverted individuals tend to seek social interactions and enjoy group activities, while introverts may prefer solitary pursuits and deep, meaningful conversations. These behavioral manifestations are windows into our inner psychological landscape, offering glimpses of our traits in action.

Our psychological traits profoundly influence our relationships and interactions with others. Compatibility in traits often forms the basis for friendships and romantic relationships. For instance, individuals high in agreeableness and emotional stability tend to form stable and enduring relationships, while those high in openness might seek partners who share their adventurous spirit and creativity. Additionally, conflicts often arise from differences in traits; understanding and appreciating these differences can pave the way for effective communication and conflict resolution.

While psychological traits have a significant genetic component, they are not static. With self-awareness, conscious effort, and, at times, professional guidance, individuals can cultivate positive traits and work on mitigating negative ones. Mindfulness practices, cognitive-behavioral therapy, and positive psychology interventions are among the methods used to nurture desirable traits such as resilience, gratitude, and emotional intelligence. By recognizing the power of traits and actively working on their development, individuals can embark on a journey of personal growth and self-improvement¹².

Psychological traits are the threads that weave the intricate tapestry of humanity. They define our uniqueness, shape our interactions, and influence the paths we choose in life. Understanding these traits not only deepens our self-awareness but also enhances our empathy and tolerance toward others. As we navigate the complexities of human behavior, acknowledging the diversity and richness of psychological traits is not just an academic pursuit; it is a profound exploration of what it means to be human. In embracing the vast spectrum of traits that color our personalities, we find a deeper appreciation for the multifaceted nature of the human experience, reminding us that each individual is a masterpiece, a unique blend of traits that makes them beautifully and irreplaceably themselves.

At the core of every person lies a complex interplay of thoughts, emotions, and behaviors, collectively known as psychological traits. These traits are the fundamental building blocks of human personality, shaping how we perceive the world, interact with others, and navigate life's

¹¹ Askar Zunnunov. History of Uzbek pedagogy.-T.: "Teacher", 1997.- 271 p.

¹² Bolotova A.K, Makarova I.V. Applied Psychology: Uchebnik dlya vuzov. - M. Aspekt Press, 2002

challenges. Understanding psychological traits offers valuable insights into the intricacies of human behavior, shedding light on the unique qualities that make each individual distinct.

Psychological traits are enduring patterns of thoughts, feelings, and behaviors that characterize an individual. They encompass a wide spectrum, ranging from emotional predispositions like optimism or anxiety to cognitive attributes such as intelligence and creativity. These traits are not rigid; they evolve over time and are influenced by both genetic predispositions and environmental factors, including upbringing, culture, and life experiences¹³.

One widely recognized framework for understanding psychological traits is the Big Five personality traits model. These traits—openness, conscientiousness, extraversion, agreeableness, and neuroticism—provide a comprehensive overview of human personality:

- Openness refers to an individual's openness to new experiences, creativity, and willingness to embrace unconventional ideas.
- Conscientiousness reflects qualities like organization, responsibility, and goal-oriented behavior.
- Extraversion pertains to sociability, assertiveness, and the enjoyment of social interactions.
- Agreeableness encompasses kindness, cooperation, and empathy in interpersonal relationships.
- Neuroticism relates to emotional instability, anxiety, and moodiness.

Psychological traits are shaped by a combination of nature and nurture. Genetic predispositions play a significant role; certain traits tend to run in families, indicating a hereditary component. However, environmental factors, including childhood experiences, cultural influences, and societal expectations, also contribute significantly. For instance, a nurturing and supportive environment during early childhood can foster traits like confidence and emotional intelligence.

Psychological traits manifest in various aspects of behavior. An individual high in conscientiousness might exhibit punctuality and meticulousness in their work, while someone with high extraversion may enjoy organizing social gatherings. These behavioral manifestations often influence our relationships and interactions. Compatibility in traits can lead to harmonious relationships, while differences might require conscious efforts for understanding and effective communication.

ANALYSIS AND RESULTS.

¹³ Bolotova A.K., Makarova I.V. Applied Psychology: Uchebnik dlya vuzov. - M. Aspekt Press, 2002

While certain psychological traits have a genetic basis, individuals can actively work on nurturing positive traits and mitigating negative ones. Practices such as mindfulness meditation, therapy, and self-reflection can aid in developing emotional intelligence, resilience, and empathy. Acknowledging and accepting one's traits is the first step towards personal growth, empowering individuals to make conscious choices and cultivate a more positive and fulfilling life.

Psychological traits form the intricate mosaic of human nature. They shape our perceptions, guide our interactions, and influence the paths we choose in life. By understanding these traits, both in ourselves and others, we gain a deeper appreciation for the diversity of human experiences. Embracing the uniqueness of each individual, with their distinct set of psychological traits, fosters empathy, tolerance, and a richer understanding of the complexities of human behavior. In this diversity, we find the essence of what it means to be human an ever-evolving tapestry of thoughts, emotions, and behaviors, painting the canvas of our shared existence.

Pedagogical practice, the art and science of teaching, is a profound and transformative endeavor that shapes the future of society. It goes far beyond the mere transmission of knowledge; it embodies the delicate balance between expertise, empathy, and innovation. We will explore the multifaceted dimensions of pedagogical practice, examining its historical context, its contemporary significance, and the fundamental principles that underpin effective teaching and learning.

The roots of pedagogical practice can be traced back to ancient civilizations where revered scholars like Socrates engaged their students in thought-provoking dialogues, planting the seeds of critical thinking and intellectual curiosity. Over centuries, pedagogy has evolved, incorporating diverse philosophies and methodologies. During the Renaissance, the emergence of formal educational institutions marked a significant shift, laying the foundation for modern schooling systems. Since then, pedagogical practices have continuously evolved, adapting to the changing needs of societies and the advancements in educational research and technology¹⁴

In the contemporary world, pedagogical practice plays a pivotal role in shaping informed, empathetic, and innovative individuals who can navigate the complexities of the 21st century. The rapid advancements in technology, globalization, and the diverse challenges faced by society necessitate a dynamic and adaptable approach to education. Pedagogical practice becomes the bridge between traditional knowledge and the skills required for the future, encompassing not only academic excellence but also fostering creativity, critical thinking, communication, and collaboration.

- **Student-Centered Learning:** Effective pedagogical practice places students at the center of the learning experience. It recognizes the diverse learning styles, backgrounds, and abilities of students, tailoring instruction to meet their individual needs. Student-centered learning

¹⁴ N.T. Khodzhimatova "Social psychology" Angren-2005

encourages active participation, self-directed inquiry, and collaborative problem-solving, fostering a deep understanding of the subject matter.

- **Inquiry-Based Teaching:** Encouraging curiosity and a spirit of inquiry is a fundamental aspect of modern pedagogy. Teachers serve as facilitators, guiding students to ask questions, explore topics, and develop analytical skills. Inquiry-based teaching not only enhances knowledge acquisition but also nurtures a lifelong love for learning.
- **Technology Integration:** In the digital age, technology is a powerful tool in the hands of educators. Pedagogical practice embraces technology integration, leveraging multimedia resources, online platforms, and interactive tools to create engaging and interactive learning environments. Technology not only enhances the delivery of content but also cultivates digital literacy and prepares students for the technology-driven world they will inhabit.
- **Assessment for Learning:** Assessment in effective pedagogical practice goes beyond traditional exams. It includes formative assessments, project-based evaluations, peer reviews, and real-world applications of knowledge. Assessment for learning provides valuable feedback to both teachers and students, guiding instructional strategies and fostering continuous improvement¹⁵.

At its core, pedagogical practice aims to cultivate lifelong learners—individuals who are not confined by the boundaries of formal education but continue to explore, question, and grow throughout their lives. A successful pedagogue instills in their students the skills of critical thinking, adaptability, and resilience, empowering them to thrive in an ever-changing world. Beyond academic knowledge, pedagogy nurtures ethical values, empathy, and a sense of social responsibility, shaping individuals who contribute positively to their communities and the global society.

While the significance of pedagogical practice is undeniable, it is not without challenges. Overcrowded classrooms, limited resources, and diverse student needs pose significant hurdles for educators. Additionally, the digital divide and disparities in access to quality education create inequalities that need to be addressed. However, these challenges also present opportunities for innovation and reform. Creative teaching methods, inclusive approaches, and the judicious use of technology can bridge the gaps and create enriching learning experiences for all students¹⁶.

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¹⁵ www.expert.psychology.ru

¹⁶ <https://avitsenna.uz/psixologiya-metodlari/>

Empathy, the ability to understand and share the feelings of another, is arguably the most crucial psychological characteristic a teacher can possess. In the diverse tapestry of a classroom, students come with their unique challenges, backgrounds, and emotions. An empathetic teacher not only imparts knowledge but also senses the struggles and triumphs of their students. They can identify when a student is struggling, not just academically, but emotionally too. Through their empathetic lens, teachers can provide the support and encouragement that often make the difference between a student giving up and persevering through challenges.

Patience, a virtue often attributed to sages, is the bedrock upon which a teacher's resilience stands. Every student learns at their own pace, and some concepts may take longer to grasp. A patient teacher understands this intrinsic truth. They are willing to explain a concept multiple times, use various teaching methods, and provide additional resources until every student comprehends. This patience not only nurtures academic growth but also instills in students the confidence to tackle challenges without the fear of judgment.

In the ever-changing landscape of education, adaptability is a psychological characteristic that sets outstanding teachers apart. Classrooms today are microcosms of the globalized world, with students from varied cultures and learning styles. An adaptable teacher modifies their teaching methods to accommodate these differences. They recognize that what works for one student might not work for another and are open to incorporating new technologies and pedagogical approaches. This adaptability ensures that no student is left behind, and each one receives an education tailored to their needs¹⁷.

Passion is the driving force that fuels exceptional teaching. A passionate teacher not only loves their subject matter but also adores the process of teaching and learning itself. This enthusiasm is contagious; it ignites the spark of curiosity in students' minds. When a teacher is genuinely passionate about their subject, students are more likely to engage actively, ask questions, and delve deeper into the topic. Passionate teachers inspire a lifelong love for learning, instilling in their students the belief that knowledge is not a chore but a delightful exploration.

Teaching is not without its challenges. From budget constraints to administrative pressures, teachers often find themselves navigating complex obstacles. Resilience, the ability to bounce back from setbacks, is a psychological characteristic that equips teachers to overcome these challenges with grace. Resilient teachers do not let adversity dampen their spirits or diminish their commitment. Instead, they view challenges as opportunities for growth, finding innovative solutions and maintaining their enthusiasm in the face of adversity.

Optimism, the unwavering belief in a positive outcome, is the cornerstone of a vibrant and healthy learning environment. An optimistic teacher sees potential in every student, even when

¹⁷ <https://uz.wikipedia.org/wiki/Psixologiya>

others might not. They create an atmosphere where mistakes are viewed as valuable learning experiences, and encouragement is abundant¹⁸. This positive outlook fosters a sense of self-belief among students, empowering them to explore, experiment, and take intellectual risks. In an optimistic classroom, the pursuit of knowledge becomes an exciting adventure rather than a daunting task.

CONCLUSION:

In the grand tapestry of education, teachers are the artists, weaving the threads of knowledge, empathy, patience, adaptability, passion, resilience, and optimism into the fabric of the future. Their psychological characteristics are not just attributes; they are the tools that mold young minds and nurture the souls of the next generation. Through their unwavering dedication and profound understanding of the human psyche, teachers inspire, uplift, and transform lives.

In the hands of a skilled and empathetic teacher, education transcends the boundaries of textbooks and classrooms. It becomes a transformative journey, where students discover not only the intricacies of academic subjects but also the depths of their own potential. The psychological characteristics of teachers are not just admirable traits; they are the alchemy that turns ordinary classrooms into extraordinary centers of learning, where dreams take flight, and futures are shaped with wisdom, care, and love.

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