



Psychology as a Science

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Abstract: *Psychology is the science of the patterns of development and functioning of the psyche. The interaction of all living beings with the outside world is carried out through a special kind of mental processes and states. These special processes are inseparable from physiological processes, but are not reduced to them. For many centuries, these amazing and mysterious phenomena were designated by the general term "soul" and were considered the product of a higher essence - God. In the views of the ancients, the soul was interpreted animalistically, i.e. as a special incorporeal entity that inhabits the human body. But already Aristotle proposed an interpretation of the soul as a way of organizing a living body and its behavior, which served as a powerful stimulus for the development of scientific views in the field of the mental in the West.*

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The history of the formation of psychological science and its development can be represented as follows: People began to think about the existence of a certain spiritual principle that guides their behavior in very distant prehistoric times. The first theories put forward to explain behavior involved factors external to the individual, whether it was a "shadow" that lived in the body and left it after the person's death, or the gods, who were considered responsible for all the actions of people. I must say that a huge part of the population in our time believes in a supernatural destiny and the like. In fairness, it should be noted that this is far from an ignorant part of the population, and since it believes, then there are some reasons unknown to science.

Ancient Greek philosophers, especially Aristotle, put forward the idea of the existence of the soul, which is in unity with the body and controls thoughts and feelings, which are based on experience accumulated during life.

Philosophers of the middle Ages, not having new data, could not advance the study of the psyche. Only in the 17th century, thanks to the theories of Descartes, modern psychology was born, which is based on the idea of the relationship between the nervous system and behavior. However, Descartes still believed that the soul was responsible for man's actions.

Scientific psychology was born, however, only at the end of the 19th century as a result of the application of the scientific method in laboratories. There were two schools of thought that were prominent at the time: the structuralists, who tried to describe the structures underlying consciousness, and the functionalists, who studied its adaptive role. However, the method of introspection, used, albeit in different ways, by both schools, still suffers greatly from subjectivism.

At the beginning of the 20th century, behaviorists declared that if psychology was to become a real science, then it must rely solely on behavioral acts that are accessible to objective observation and

on their relationship to the situations that cause them. According to the behaviorist theory, the behavior of the individual is mainly determined by the environment and therefore fits into the scheme S - R (stimulus - reaction). Psychology is both a very old and very young science. Having a thousand-year past, it is nevertheless all still in the future. Its existence as an independent scientific discipline barely dates back a century, but it can be said with confidence that the main problem has occupied human thought since the very moment when a person began to think about the secrets of the world around him and learn them.

Having emerged as a branch of philosophical science, psychology has been inextricably linked with it for more than two millennia. Within the framework of philosophy, a huge amount of knowledge about various mental processes and states was accumulated, the processes of perception and knowledge of the surrounding world, emotional processes, mechanisms for the development of mental phenomena were studied, attempts were made to typology people. The biological foundations of the mental have been studied in medical science. Much knowledge about the psychic has been accumulated in astrology, the so-called occult sciences.

The accumulation of knowledge about the nature and mechanisms of the functioning of the mental proceeded at two levels: empirical (experimental) and theoretical, and in the second half of the 19th century led to the emergence of psychology as an independent science. The emergence of scientific psychology is associated with the name of W. Wundt, who in 1879 created the largest psychological school, called the structuralist school.

Psychology as a science has special qualities that distinguish it from other scientific disciplines. As a system of proven knowledge, few people know psychology, mainly only those who are specially engaged in it, solving scientific and practical problems. At the same time, as a system of life phenomena, psychology is familiar to every person. It is presented to him in the form of his own sensations, images, ideas, phenomena of memory, thinking, speech, will, imagination, interests, motives, needs, emotions, feelings and much more. We can directly detect the basic mental phenomena in ourselves and indirectly observe in other people.

The term "psychology" first appeared in scientific use in the 16th century. Initially, he belonged to a special science that studied the so-called mental th, or mental, phenomena, i.e., those that each person easily discovers in his own mind as a result of self-observation. Later, in the 17th-19th centuries, the scope of research by psychologists expanded significantly to include unconscious mental processes (the unconscious) and human activity.

At the end of the 19th century - the beginning of the 20th century, many psychological schools appeared that differed in their approaches to understanding the nature of the mental: functionalism, behaviorism, reflexology, psychoanalysis, humanistic schools, Gestalt psychology. The presence of a large number of schools emphasizes the complexity of the tasks facing psychology and the possibility of interpreting mental phenomena from various theoretical positions. At the same time, in the study of certain mental processes and states, an eclectic approach is often used, synthesizing the points of view of various schools.

In the 20th century, psychological research went beyond the phenomena around which it had been concentrated for centuries. In this regard, the name "psychology" has partly lost its original, rather narrow meaning, when it referred only to subjective phenomena of consciousness directly perceived and experienced by a person. However, until now, according to the tradition that has developed over the centuries, this science retains its former name.

Learning to control one's mental processes, functions, and abilities is, of course, a more grandiose task than, for example, space exploration. At the same time, it should be especially emphasized that, knowing himself, a person will change himself.

Psychology is the science of 1) nature, 2) society, 3) man. The role of knowledge about Man is becoming increasingly important. Until now, the science of anthropology as a science of man in general has not developed. In many respects, this role was taken over by psychology. Psychology is an integrator of all scientific disciplines that study a person. General psychology unites special branches of psychology. An important subject of study in general psychology is psychophysical and psychophysiological problems. It studies the general patterns of mental activity of an adult.

The biggest mysteries in history are the mysteries of human consciousness. Labyrinths, catacombs, dead ends and avenues of thought are very often unpredictable. In my work, I tried to define psychology as a science, to determine the place of psychology in the system of sciences, as well as the subject and tasks of one of the most complex and mysterious sciences. After all, this science is a tempting world of phenomena that have been of particular, exceptional interest for many centuries.

Knowledge of the basics of psychology, I think, is necessary for every person; it allows people to understand each other well, to act together. The value of knowledge and skills gradually increased, it has become especially great in our days. It is no coincidence that there is a direct relationship between interest in psychology and the level of socio-economic development of countries. The most civilized countries have a large number of excellently trained psychologists. Knowing the basics of psychology, a person can better understand himself, his loved ones, learn about human relationships, and explain people's actions. This knowledge will help him cope with life's problems.

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