



## General Characteristics of Thinking as a Mental Process

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**Abstract:** *Thinking is the reflection in our mind of the most important connections and relationships between things and events. A person studies the environment (things, events, people) and himself in order to perform various activities and achieve certain socially and personally important goals by influencing these objects. Intuition, perception and imagination, in cooperation with involuntary attention and visual memory, provide a person with information about specific objects and their directly studied properties. These forms of mental reflection are the emotional basis of human knowledge of objective reality. But knowledge of individual bodies and real-world phenomena is not enough to find answers to three important questions that arise when solving any practical task. These questions consist of: "what can be done in a given situation, how can it be done, and what will be produced as a result of this action?" Thinking helps us to find answers to these questions. First of all, thinking is a mental process of high-level cognition. The essence of this process is the active creative reflection and change of reality by a person.*

**Keywords:** *thinking, thought, thought generation, characteristics.*

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### Introduction

A particularly important feature of thinking is its continuous connection with speech. Such a connection between thought and speech is first of all expressed in the incorporation of thoughts into the form of speech, even in cases where speech does not have sound form, for example, in deaf-mute people. We always think through words. The hidden, silent, internal speech, characterized by brevity, brevity, and conciseness, is considered to be the mechanism of human thinking. Speech is a tool of thought. When a certain idea is expressed in words, the process of thinking is carried out. Expressing an idea in words is a complex process consisting of such stages as the motive of expression (speech goal), internal speech, external speech expression of an idea. THOUGHT is a movement of ideas that reveal the essence of things. Its result is not an image, but a certain idea. Thinking is a theoretical and practical activity of a special type, which assumes a system of actions and procedures that have a directional-exploratory, rechanging and cognitive nature.

Thinking makes it possible to understand the laws of the material world, causal relationships in nature and socio-historical life, laws of the human psyche. Practice, which is the field of application of the results of mental activity, serves as a source of thinking activity.

Thinking is a function of the brain as a mental activity. Normal mental processes, such as the higher-level brain processes that serve as the basis for sensations, form the physiological basis of thinking. But currently there is no clear idea about the order and importance of interaction of all physiological structures that provide the thinking process. There is no doubt that the frontal parts of the brain are of special importance in thinking. It is also important for the brain speech centers that provide the function of the brain and the thought process.

Thinking is a unique activity that has its own structure and types. The division of thinking into types is carried out according to the form, characteristic, disclosure, novelty and degree of correspondence to reality. Thinking is usually divided into theoretical and practical thinking. Conceptual and figurative thinking is distinguished in theoretical thinking, and in practical thinking-demonstrative-imagery and demonstrative-movement thinking. Conceptual thinking is thinking which certain concepts are applied. We use ready-made knowledge defined by other people and expressed in the form of concepts, opinions, and conclusions when solving one or another intellectual problem. Figurative thinking is a type of process of thinking with the help of images. They are taken from memory or created in imagination. Often, this type of thinking prevails in people engaged in artistic creativity. Conceptual thinking reflects reality in a concrete and generalized manner, but such reflection is abstract. In turn, figurative thinking allows us to accurately and subjectively reflect the world around us. Thus, conceptual and figurative thoughts complement each other. Visual- image thinking is related to the use of images. This way of thinking is manifested when a person analyzes, compares and summarizes various images, phenomena and objects when solving a problem. Demonstration-action thinking is a special type of thinking, the essence of which consists of practical transformative activities carried out with real objects. This type of thinking is more widely expressed in people who are engaged in labor for the purpose of producing some material product. There is also verbal-logical thinking, which performs tasks on the basis of language tools, and it is the last stage of the historical development of thinking. It is characterized by the application of concepts and logical derivations. Practical thinking is carried out on the basis of experience, practical actions and is aimed at the performance of specific tasks, uses concepts without working with theory and experience. Discursive thinking extended thinking, characterized by the speed of internal intuition, the absence of clearly expressed stages, low awareness. Reproductive, productive thinking is thinking by pattern, and creativity is thinking that leads to new discoveries, new results. Realistic thinking accurately reflects reality, a person is aware of his own behavior, autistic thinking and mainly represents those that correspond to the affect, not to the object, is directed to the satisfaction of the need, to reduce the emotional stress caused. There are three different forms of thinking, which are the result of the mental process: concept, reasoning and conclusion.

A concept is a form of thinking that reflects common, important and distinctive features of objects and events. Concepts are the basis of our existing knowledge about phenomena and objects. It can be concrete and abstract. If a certain set of signs characterizing this particular body or a group of similar bodies is distinguished from all the signs of a body, then we are talking about a specific concept. Such concepts include city, idea, community, etc. If a separate sign in the body is isolated, and this sign serves as the subject of study, if it is studied as a separate body, an abstract concept is formed. Such concepts include selflessness, equality, conscientiousness, etc.

Concepts can be individual and general. Individual signs are the concept that applies to a single body, regardless of the class to which the body belongs. Some concepts include Moscow, Tashkent, Lake Baikal, etc. A general concept is a concept that refers not to one body, but to a class of bodies,

to any body of this class. For example, an airplane, a state, an enterprise, an institution, etc, the distinctive features of concepts that differ from imagination include the fact that concepts have a permanent image, and the concept is an idea expressed in words; imagination includes both significant and non-significant signs, while concepts retain only significant signs. A concept is more of a generalized reflection than an imagination.

### **Conclusion**

Thinking is divided into the following basic laws:

1. Thinking occurs in connection with solving a problem; a problematic situation serves as a condition for its occurrence, it is characterized by the lack of initial information, the occurrence of certain cognitive barriers and difficulties that need to be overcome with the help of the subject's mental activity.
2. The main mechanism of thinking, its general law is analysis through synthesis: it is the separation of new properties by means of comparison of an object with other objects; thus, a new content is collected from the object.
3. Reasonableness of THINKING: every evidence, every event is prepared on the basis of past evidence and events. Nothing happens without enough justification. The Law of Sufficient Reasoning requires that the human mind be interconnected in every reasoning, that one arises from the other. Each specific idea must be supported by a more general idea.
4. Selectivity-choosing the knowledge necessary for a given situation, mobilizing them to solve the problem, bypassing all possible situations.
5. Anticipation means to foresee the development of events, to sense in advance. A person has the ability to foresee the development of events, to predict their results, to imagine a diagram of the probability of a problem solution.
6. Reflexivity of thinking. A thinking subject is in a state of constant reflection, reflects his opinions, critically evaluates them, develops self-evaluation criteria. REFLEXIVITY is said to reflect the subject's self-reflection, as well as the mutual reflection of the communication partners.

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