

О‘SMIRLARDA FIDOIYLIKNI SHAKLLANTIRISH VA SHAXS SIFATIDA RIVOJLANISHINING PSIXOLOGIK XUSUSIYATLARI

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Annotatsiya: Maqolada o‘smirlik davrida shaxs rivojlanishining psixologik xususiyatlari, ushbu davrda fidoyilik sifatining shakllanish mexanizmlari hamda unga ta’sir etuvchi omillar tahlil qilinadi. O‘smir shaxsining hissiy, ijtimoiy va kognitiv rivoji fidoyilikning barqaror shaxsiy sifatga aylanishida muhim omil ekani ilmiy asoslanadi.

Kalit so‘zlar: fidoyilik, altruizm, empatiya, o‘smirlik davri, shaxs rivoji, ijtimoiy mas’uliyat, pozitiv, ijobiy psixologiya.

PSYCHOLOGICAL FEATURES OF THE FORMATION OF SELFLESSNESS AND PERSONAL DEVELOPMENT IN ADOLESCENTS

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Abstract: The article analyzes the psychological characteristics of personality development during adolescence, the mechanisms of formation of the quality of selflessness during this period, and the factors influencing it. It is scientifically proven that the emotional, social, and cognitive development of the adolescent personality is an important factor in the transformation of selflessness into a stable personal quality.

Keywords: selflessness, altruism, empathy, adolescence, personal development, social responsibility, positive, positive psychology.

ПСИХОЛОГИЧЕСКИЕ ОСОБЕННОСТИ ФОРМИРОВАНИЯ САМООТВЕРЖЕННОСТИ У ПОДРОСТКОВ И ИХ РАЗВИТИЯ КАК ЛИЧНОСТИ

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Аннотация: В статье всесторонне анализируются психологические особенности развития личности в подростковом возрасте, механизмы формирования качества самоотверженности в этот период, а также факторы, влияющие на данный процесс. На основе теоретических и практических данных научно обосновывается, что эмоциональное, социальное и когнитивное развитие подростка является важным фактором превращения самоотверженности в устойчивое личностное качество.

Ключевые слова: самоотверженность, альтруизм, эмпатия, подростковый возраст, личностное развитие, социальная ответственность, позитивная психология.

INTRODUCTION

The topic of personal development and self-awareness is frequently discussed in scientific literature. It is one of the most relevant issues for society, because childhood and adolescence are the periods during which personality is formed. It is precisely during this stage that a person's system of values, moral norms, attitude toward society, and life position begin to develop. According to psychological research, adolescence is a period when the need for understanding the concept of the "self," striving for independence, and finding one's social status becomes stronger. Therefore, developing socially significant qualities such as dedication during adolescence is not only an educational task, but also an important psychological mission.

Dedication is characterized by an individual's conscious willingness to serve the interests of society, the homeland, the family, and humanity. The problem of developing dedication and self-awareness in human behavior occupies an important place among philosophical and ethical, sociological, as well as experimental psychological studies.

LITERATURE REVIEW AND METHODS

During the research, scientific views related to adolescent personality development and the formation and development of dedication were analyzed. In psychological and pedagogical literature, this issue is explained through various factors and approaches.

L.S. Vygotsky evaluated adolescence as a stage of socialization and the formation of the “Self” concept. He emphasized that during this period, the harmony between personal and social interests becomes evident. D.B. Elkonin described adolescence as a period of finding one’s place within the system of social relationships. A.V. Petrovsky proved through his studies that the collective and social environment play a leading role in personality development. E. Fromm considered altruism and dedication as a spiritual need of the individual, explaining that through kindness toward others a person realizes their true essence. Maslow and Seligman, within the framework of positive psychology, emphasized that positive traits such as compassion, responsibility, and dedication are formed as internal needs.

The following methods were used in the study:

- analysis of scientific literature;
- comparative method;
- observation;
- interviews and questionnaires;
- pedagogical experiment.

DISCUSSION AND RESULTS

The study was conducted using a mixed (theoretical and practical) approach. First, existing scientific literature, dissertations, articles, and psychological concepts related to the problem were analyzed. At the theoretical stage, the concepts of dedication, altruism, empathy, and personality development were clarified.

As psychologists (Vygotsky, Elkonin, Petrovsky) emphasized, adolescence is a stage of forming one’s identity, during which a person begins to recognize themselves as a member of society. In this process, the relationship between personal interests and

social interests is formed. The positive development of these relationships largely depends on the family environment. The family plays the role of a social space and psychological factor that ensures the continuity of generations, the permanence of social life, and the uninterrupted nature of upbringing, influencing how the future generation grows up. The family is an emotional source of patriotism, dedication, mutual respect, unity, and kindness.

Adolescence is accompanied by biological, social, and psychological changes. It generally covers the age range of approximately 10–15 (sometimes 16–17) years and is considered one of the most complex and changeable stages of personality development. During this period, emotional instability increases, the process of self-awareness becomes more active, dependence on peers' opinions grows, and the desire to make independent decisions becomes stronger.

At the same time, the adolescent begins searching for answers to questions such as: “Who am I?”, “What is my place in society?”, “How am I different from others?” If adolescents receive positive evaluations during this process, their self-confidence increases and positive personal qualities form more quickly. Therefore, understanding, patience, and support are important educational factors during adolescence. As a result, an atmosphere of safety and trust is created in the adolescent's inner world, a sense of dignity is awakened, and these contribute to stable development of social adaptation, dedication, and responsibility.

In psychology, dedication is explained in connection with the concepts of empathy, altruism, and social responsibility. Empathy is the ability to feel another person's condition. Altruism is a conscious action aimed at benefiting others. Social responsibility means understanding one's duty to society. “Altruism is love and care for others” (E. Fromm). Altruism includes: care (not being indifferent to others' fate), responsibility (being ready to help), respect (valuing others), and understanding (trying to comprehend others). Through altruism, a person fulfills their human essence and realizes themselves fully through others.

Dedication relies on an individual's inner motivation. Therefore, in order for adolescents to be dedicated, it is very important that they can understand others' needs, feel themselves as part of society, and gain inner satisfaction from being useful.

The psychological factors influencing the formation of dedication in adolescents include:

- Self-awareness process: an adolescent tries to understand who they are and what role they occupy in society. If, during upbringing, the idea of “being necessary and useful to society” is explained through positive thoughts, this worldview develops in the direction of dedication.
- Emotional development: adolescents are emotionally rich and sensitive. Kindness, support, and positive attitudes strengthen empathy and compassion. As a result, the psychological foundation for dedication can be built.
- Being a role model: adolescents often imitate the behavior of older people and peers. If responsible and dedicated individuals exist in their environment, these qualities develop faster in them.
- Cooperation in a group: when adolescents participate in social groups such as sports teams or classroom collectives, the concept of “we” becomes stronger. This helps prioritize group interests over personal interests.

If an adolescent has a well-developed worldview (including a formed reading habit), developing dedication becomes easier. This is because such adolescents have self-awareness, understand their social position, and have clearly defined goals.

Based on the research results, it should be emphasized that adolescents' level of dedication is directly related to their family environment, teacher attitudes, and peer groups. If the external environment shows a positive attitude and provides support, empathy develops more strongly, the desire to help others increases, and a sense of responsibility becomes more stable. During the study, it was observed that many adolescents demonstrated stronger dedication because they were actively involved in collective activities and social work. Questionnaire results showed that approximately

60–70% of adolescents evaluate helping others positively, while nearly 40% consider participation in social events as an opportunity for self-expression.

CONCLUSION

Adolescence is a significant stage of personality development. It is exactly during this period that favorable and influential psychological conditions exist for forming and developing socially important qualities such as responsibility, patriotism, kindness, and dedication. Adolescents' position in the family, emotional development, self-awareness process, role modeling, and cooperation within a group play decisive roles in the formation and development of dedication.

Based on scientific views, dedication is formed on the basis of psychological qualities such as empathy, altruism, and social responsibility, and it contributes to the development of a mature, socially active, and spiritually developed individual.

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