



THE IMPORTANCE OF PSYCHOPROPHYLAXIS AND PSYCHOHYGIENE AMONG ADOLESCENTS AND GERON AGES

Qayimjonov Oyatullo Zoxidjon o'g'li
Andijan state medical institute

Annotation: This article details the importance of psychoprophylaxis and psychohygiene among adolescents and geronian youth. This topic can be enriched much more broadly. Also cited are psychodiagnostic techniques for the study of adolescence. adolescence is in many ways an important circuit that determines the day of a person's tomorrow. During this period, parents should pay more attention to their children than always.

Keywords: Adolescent, geron, psychology, human, biological, mental, physical, social, crisis period, transitional period, difficult period.

Adolescence:

Adolescence is an important stage in the process of physical, mental and social changes in a person. This period usually begins between the ages of 12 and 18 and involves changes such as self-awareness, identity formation, independence. Adolescence is not limited to biological changes, but also has a great importance in the mental and social development of a person.

Adolescence is the period of puberty when new sensations, sensations, feelings appear. During this period, physiological and psychological changes in the life of a teenager were carried out at a very sharp pace. Small school-age novice girls have a lower height next to them but sedentary children reach novice girls in adolescence, even surpassing them. During this period, girls grow by 5-7 cm, while boys grow by 5-10 cm higher than flour. Height growth occurs due to the lengthening of the tubular bones and spine. During this period, the last supporting parts of the tubular bones become soft, not yet sufficiently ossified. Referring to these characteristics should not allow adolescents to engage in complex, heavy types of sports. Otherwise, the children's spine may become crooked and not grow in height. Changes in the oral cavity as well as the larynx also result in changes in the timbre of the sound. This happens to a greater extent in boys than in girls. The boys' sound becomes more restrained and growls. This same condition also has a huge impact on the adolescent psyche. If their voice is discussed, then the teenage aggressor, who laughs over it, will remain a fighter. That is why adults should know how to deal with adolescents. Because they want them to treat themselves as if they were adults. The "me" of a person himself also begins to develop during this period, and he learns to realize his self. They strive to show their competence, ability and capabilities to some extent to their comrades and teachers. Adolescence is characterized by psychological manifestations that have received names such as "transitional period", "crisis period", "difficult period". Because the alternative in the behavior of adolescents of this age, inability to find a place in new conditions, cases of a psychic explosion are also observed. Tevarak-in order to show the people around him his importance, he strives to be strong, fearless and dexterous. Educators also want their educators to be the same, but they want these qualities to be the same only because they are "needed". Such contradictions between "want" and "need" sometimes arise in the family, at school, sharply contradictory situations brings. In a trained person, the "want" fakat is carried out only by performing the "need". If a teenage child is not taught to understand and is not used to doing what is "necessary", he resists the demands of the caregivers by manifesting his

arbitrariness and acts on the basis of his own non-personal motivated desires. A teenager's claim to new rights will primarily concern the entire environment of interaction with adults. The teenager now begins to resist the demands that he willingly fulfills first: when he restricts his independence, when he is given custody, when they are directed, when they are in control, when they demand to listen, when they are punished, when they are not calculated by his interests, attitudes and thoughts, he protests.

During puberty, there will be a number of changes. They will be as follows.

Biological changes

During adolescence, physical changes become very rapid and noticeable. During this period, sexual development begins and hormonal changes occur in the body. Adolescents experience significant changes in their physical appearance and external characteristics: changes in posture, development of the genitals, changes in facial and body temperature, changes in hair and skin structure are observed. These biological changes, often feeling uncomfortable and uncertain, can cause concerns about appearance.

Mental changes

In adolescence, the greatest psychological changes occur. During this period, teenagers search for identity and try to figure out who they are. Self-awareness, the formation of a worldview, the setting of goals and thinking about the future are the main mental characteristics of this period. Adolescents also seek to find a place in life and build relationships with others. This process is often accompanied by uncertainty in self-awareness and internal conflicts, which can negatively affect mental health. Emotional changes are also frequent during adolescence. Conditions such as mood swings, emotional swings, anger, and depression are commonplace. Adolescents can experience multiple emotions at the same time, which can make their mental state capricious and change their behavior.

Social change

Social Development also plays a major role in adolescence. Teenagers seek to make more friends, join social groups, find their place in the team. Within the framework of their self-confidence and social changes, it will be necessary to develop skills in the formation of their relationship, the level of self-esteem and communication with others. In addition, adolescents learn to be independent of their families, express their thoughts and make their own decisions in life. At the same time, the support of important individuals, such as parents, friends and teachers, is necessary in self-awareness and acceptance of changes in the social role.

Difficulties in adolescence

Adolescence is characterized by its various difficulties. Emotional and physical changes in youth, uncertainties in self-awareness, problems in family and social interactions can often lead to stress, anxiety, depression, or aggressive behavior. Therefore, adolescents are interested in psychological support, support and proper guidance.

Geron age concept: Geron age (or old age) is the last stage of a person's life, usually starting at 60-65 years of age and lasting for life will. This period is characterized by the occurrence of biological, mental and social changes. Geron age in the physical state of a person, some weaknesses and changes can be made, but even during this period, many people continue to participate in mental and social activities.

Biological changes

Along with Geron's age, physical changes begin. With the age of the human body, physical strength decreases, the heart, blood vessels and other internal systems are slightly weakened in performance. Muscle strengthening, certain age-related diseases in bones and joints, such as osteoporosis, arthritis, can occur. Increased body weight, slower metabolism, decreased eyesight and hearing, and dry skin are also some of the geron age-specific symptoms. At the same time, the immune system of the elderly is also slightly weakened, which makes them vulnerable to certain diseases. But proper nutrition, exercise, and maintaining a healthy lifestyle can help alleviate these changes.

Mental changes

Changes in mental state are also observed at the age of Geron. Older adults often judge themselves by their lives and outcomes, which play an important role in self-awareness. On the other hand, geron-aged people often struggle with loneliness and decreased social ties. They may have fewer family members and friends, so a sense of social isolation may occur. Along with Geron's age, some mental conditions can also occur, such as depression, anxiety, feeling uncomfortable. Therefore, during this period, psychological support and participation in social activities are important. To stabilize the mental state, it is necessary to develop

psychological support, social ties and self-esteem.

Social change

Along with Geron's age, the elderly reconsider their social role and place in society. Many geron-aged people retire, which affects their economic status and social activism. They can leave their jobs, look for new activities, or spend more time with family and friends. Also, in old age, many elderly people seek to find meaning in life. For many elderly people, this period can focus on new hobbies, participate in social activities and spend more time on what they love.

Geron age and psychological health

Geron age is important for psychological health. The elderly try to find themselves in the family, in society and in life. During this period, it is very important to support the psychological health of people, develop social ties and build self-confidence. Also, people of geronian age often adopt habits such as improving their health, maintaining an active lifestyle, exercising, and eating a healthy diet. All this supports the general psychological health of the elderly.

Psychoprophylaxis and psychogygiene are important at various stages of a person's life, in particular adolescence and geronian age. This is necessary to strengthen the psychological state in young and elderly people, support their mental health and improve the quality of their lifestyle. Adolescents and geron age people manage their psychological and physical states, stress and emotional to combat difficulties, it is necessary to take advantage of psychoprophylaxis and psychogygenas.

Adolescence and its psychological changes

Adolescents are an age group undergoing a process of psychological and physical change. During this period, young people may experience specific difficulties: finding identity, realizing who they are, changes in social roles, problems in family relationships, and the beginning of sexual development. These factors can seriously affect the mental state of adolescents.

Psychoprophylaxis is of high importance in adolescence because it protects young people from stress, depression, etc. Psychoprophylaxis is necessary to provide psychological support, help find solutions to social difficulties, increase self-esteem, and develop successful communication skills.

Geron age people and psychological health

Geron ages also undergo specific psychological changes. Old age is a stage during which changes in the physical and mental state of a person can occur during a long life. Factors such as loneliness in older people, decreased social interaction, and weakened physical condition affect mental state. Geron is a psychoprophylaxis and psychogygiene for people of age – the necessary tools for maintaining mental and physical condition.

In this age group, it is very important to reduce stress, stabilize mood, provide psychological support for feeling better, participate in social activities and support communication. Psychoprophylaxis geron increases the social activity of people of age, maintains mental health and helps to make life meaningful to them.

General benefits of psychoprophylaxis and psychogygen

1. Stress reduction: with Psychoprophylaxis, adolescents and geron age groups learn ways to control their emotions, reduce stress and anxiety, and combat various difficulties.
2. Strengthening mental health: Psychogygiene helps improve social ties, increase self-esteem and stabilize a person's overall mental state.
3. Emotional stability: ensuring the emotional stability of young people and the elderly helps them overcome problems. This in turn increases the quality of life for them.
4. Physical health support: psychological support also has a positive effect on physical health. Adolescents and geron age groups can use psychological techniques to maintain their health.
5. Healthy social relationships: Psychoprophylaxis and psychogygiene prevent situations that negatively affect social interactions, ensuring that people feel comfortable.

Conclusion:

Adolescence is one of the most complex and interesting stages of a person's life. During this period, biological, psychological and social changes can support and influence each other. Adolescents strive to develop self-awareness, worldview formation, emotional and social skills. Therefore, during this period, it is very important to properly support them and provide psychological support.

Geron age is an important stage in a person's life, which includes specific biological, mental and social

changes. During this period, a person seeks to reassess himself, find his place in society and achieve new life goals. In old age, psychological support, social interaction, and maintaining a healthy lifestyle are essential for geron seniors.

For adolescents and geron ages, the importance of psychoprophylaxis and psychogygenation is extremely high. These techniques play a large role in supporting the mental and physical health of both age groups, improving their social activities and improving the overall quality of life. Psychological support for people of adolescence and geron age helps to make their lives meaningful and joyful.

Literature:

1. G'oziyev E.G'.. Mamedov K.K.. "Kasb psixologiyasi". Toshkent 2003.
2. Abduraxmonov F.R., Abduraxmonova Z.E. "Kasb psixologiyasi". Toshkent 2018.
3. Yoshlarning ijtimoiy-psixologik muammolari, sabab va yechimlari. Maqolalar to'plami. Toshkent. 2020.
5. Salomov, S., Aliyev, H. M., & Rakhmanov, R. R. (2022). MORPHOMETRIC INDICATORS OF THE GROWTH OF THE THICKNESS OF THE LAYERS OF THE VISUAL CORTEX (FIELD 17, 18, and 19) OF THE LEFT AND RIGHT HEMISPHERES OF THE BRAIN IN A HUMAN IN POST-NATAL ONTOGENESIS. *Galaxy International Interdisciplinary Research Journal*, 10(1), 875-878.
6. Izbosarovna, O. M. (2022). FLOWERING PLANTS USED IN LANDSCAPING WORK. *British Journal of Global Ecology and Sustainable Development*, 10, 184-190.
7. Izbosarovna, O. M. (2022). CARE AND FEEDING OF CARP FISH. *British Journal of Global Ecology and Sustainable Development*, 10, 108-113.
8. Ачилова, З. (2023). Словообразовательные и грамматические трудности при переводе испанского текста на русский. *Центральноазиатский журнал образования и инноваций*, 2(6 Part 6), 220-224.
9. Ачилова, З. П. МЕТОДЫ ОБУЧЕНИЯ ПРИ ПЕРЕВОДЕ ПОЛИТИЧЕСКИХ ВЫСТУПЛЕНИЙ Эргашев Алишер Фарход угли.
10. Nozimjon o'g, S. S., & Mahramovich, K. S. (2024). The Chemical Composition Of The White Carrak Plant And Its Medicinal Role. *Texas Journal of Medical Science*, 29, 78-80.
11. АЧИЛОВА, З. LAS PARTICULARIDADES DE LA COMPETENCIA COMUNICATIVA DE LOS ESTUDIANTES.
12. Nozimjon o'g'li, S. S., & Makhmudovich, A. H. (2024). The Most Effective Drugs in the Treatment of Myocarditis Disease. *Health & Medical Sciences*, 1(2), 6-6.