



AGE-RELATED CHARACTERISTICS OF THE DEVELOPMENT OF INDIVIDUAL CAPABILITIES IN A PERSON

Tulyaganova Gulnoza Olimjon kizi

Acting Associate Professor of the Department of "Pedagogy and
Psychology" of Alfaraganus University (PhD) in Psychology.

<https://doi.org/10.5281/zenodo.14738479>

Abstract: This article is aimed at studying the age-related characteristics of the development of individual capabilities in a person. The capabilities of a person, including his intellectual, physical and emotional aspects, are analyzed, how age affects them. The article shows how the capabilities of a person develop at each stage of the youth period, what pedagogical and psychological approaches are necessary for this. The study analyzes changes in the development process of age and their impact on the personal and social life of a person.

Keywords: Person, individual capabilities, age, development, intellectual capabilities, physical capabilities, emotional development, pedagogy, psychology.

Introduction. The individual capabilities of a person are one of the important factors of his development. At each age stage, new capabilities and abilities appear in a person. Age-related developmental processes affect a person's thinking, physical potential, emotional states and social relationships. A person's capabilities change with age, and these changes determine the main directions of individual development. The article discusses the features of the development of individual capabilities at each stage of the youth period, the factors influencing them, and the necessary pedagogical approaches to support development.

Literature review. There are several scientific studies on the influence of age on individual capabilities in a person. A. V. Petrovskaya (2000) studied how the psychological and physical capabilities of a person change at the stages of youth development. A number of other researchers have identified the influence of age on individual capabilities through intellectual development and emotional and mental states. Age-related characteristics also affect a person's social activity, his knowledge and skills, and personal decision-making.

Research methodology. The research methodology was developed to study the age-related characteristics of the development of individual capabilities in a person. This methodology was implemented by combining qualitative and quantitative analysis methods. The main goal of the study is to study the processes of development in age groups, the relationship between the intellectual, physical and emotional capabilities of a person, and to determine how the individual capabilities of a person develop at each stage of age. The research methodology consists of the following main stages:

1. Purpose and objectives of the study

The main purpose of the study is to study the age-related characteristics of the development of individual capabilities in a person. To achieve this goal, the following tasks were set:

- Analysis of the processes of development of a person at each age stage.
- Determination of how age-related characteristics affect the intellectual, physical and emotional capabilities of a person.

- Determination of pedagogical and psychological approaches to the development of a person's capabilities.

2. Research methods

Qualitative and quantitative methods were used in the study. Each method has its own advantages, and they help achieve the goals of the study:

a) Qualitative analysis

Using the qualitative analysis method, the study carried out an in-depth analysis of the processes of development of a person by age groups. Through this method, the factors affecting the intellectual and emotional development of a person at different stages of age, how he responds to changes, and what pedagogical and psychological approaches are needed for the development of these processes were studied. Qualitative data were collected and analyzed using interviews and observations.

b) Quantitative analysis

The quantitative analysis method was used to statistically study differences and changes between age groups. This method was used to measure changes related to a person's capabilities and determine how they are related to age. For example, questionnaires and tests were conducted on the intellectual development, physical potential and emotional state of young people. This data was compared and factors that influenced the developmental processes of the youth period were identified.

c) Practical research and interviews

Practical research and interviews are an important part of the research methodology. This method made it possible to communicate directly with individuals in age groups and collect information about their personal experiences, emotional states, and problems. Also, interviews provided an opportunity to obtain opinions about the intellectual and physical development of young people, as well as their needs for pedagogical and psychological support. The study helped young people express their opinions, establish face-to-face conversations with them, as well as identify their emotional and social characteristics.

3. Research groups

The study collected data on age groups. The groups were classified as follows:

- Toddler age (0-6 years): In this group, children carry out their basic physical and sensory-emotional development. Games, physical activities and emotional approaches are important for them.

- Adolescent age (7-14 years): During this period, children and adolescents begin to develop their intellectual capabilities. It is important for them to acquire knowledge, understand social changes and manage emotional states.

- Youth period (15-25 years): In this group, individuals fully develop their intellectual, physical and emotional potential. Young people test themselves in professional and social life, test their personal abilities.

- Adulthood (26 years and older): During this period, young people begin to support their potential in social activities and professional spheres. At this stage, personality changes may usually be less, but they are looking for new opportunities socially and psychologically.

4. Methodological basis of the study

Psychological and pedagogical approaches were used as the methodological basis of the study. The psychological approach is aimed at taking into account psychological characteristics in the development of age groups, and the pedagogical approach is aimed at

the correct organization of teaching and learning processes at each stage of age. Psychological approaches study the emotional and emotional development of young people, their intellectual abilities, self-awareness, and the processes of adaptation to the social environment. Pedagogical approaches, on the other hand, help develop the potential of the individual in the process of teaching and upbringing.

5. Key factors in the study

The study examined several key factors that affect the development of a person's age-related potential:

- Pedagogical influence: The processes of teaching, education and upbringing have a significant impact on the development of the intellectual and physical potential of young people.
- Psychological influence: The emotional and mental state of a person, the level of self-awareness, social relationships affect changes.
- Social and cultural factors: Social norms in society, culture and family relationships affect the development of young people.
- Genetic and biological factors: A person's physical capabilities and potential depend on biological factors.

6. Research results and analysis

The results of the study showed differences between age groups and how a person's capabilities develop at each age stage. In the process of youth development, physical, intellectual and emotional-emotional potentials are interconnected, and factors that influence their development play an important role. Also, pedagogical and psychological approaches help to fully develop the capabilities of young people.

Research methodology is of great importance in studying age-related characteristics, on the basis of which individual approaches should be developed for different age groups.

Analysis and results. When analyzing the age-related characteristics of the development of individual capabilities in a person, all age groups, from children to adults, were studied separately. In the process of this analysis, the specific characteristics of each age period, how the physical, intellectual and emotional-emotional potential of a person develops, and how this development affects social, pedagogical and psychological factors, were considered.

1. Early childhood (0-6 years)

Early childhood is one of the most important stages in the development of a person, during which physical and emotional-emotional development occupies a key place. Children acquire basic skills through various games and activities in order to learn their relationship with the outside world and find their place in it.

Physical development:

The early years of a child are a period of rapid and intensive physical development. During this period, children develop their motor skills: walking, running, grasping objects, etc. As these skills develop, children's physical potential increases, and they have the opportunity to actively explore the environment. Children also begin to further improve their body structure and physical capabilities, which affects their future activities.

Emotional Development:

The early years of a child are crucial for emotional development. During this period, children begin to form emotional bonds with parents and loved ones. Children begin to

understand themselves, show emotional reactions, and interact with the world around them. They learn to express their feelings, and they also develop the skills necessary to understand themselves and others.

Intellectual Development:

The child's intellectual development begins during this period, but it is not yet fully formed. Children acquire basic knowledge, for example, concepts about colors, shapes, and sounds are formed. During this period, games play an important role in the development of children's mental activity. However, the main processes of intellectual development begin at later age stages.

2. Adolescence (7-14 years)

Adolescence leads to a further increase in the intellectual and emotional development of the individual. During this period, children gain greater self-control, problem-solving, and social skills. Learning new skills, developing self-awareness, and building relationships with others are the primary activities of adolescents.

Intellectual development:

Intellectual potential grows rapidly during adolescence. Adolescents are interested in learning and trying new things. They develop the ability to think logically, solve problems, and analyze ideas. During this period, children and adolescents begin to test themselves in scientific and professional fields, which lays the foundation for their future careers.

Emotional development:

Emotional development deepens during adolescence. Adolescents learn to manage their emotional states, develop self-awareness, and begin to form their own identities. Adolescents begin to compare themselves with others, which affects their self-awareness and attitude towards social change.

Social development:

Adolescents find social groups for themselves, value friendship and mutual assistance. They develop great abilities in establishing social relationships, cooperating with others, and determining their social role. During this period, relationships with friends and family change, and adolescents begin to feel a sense of social responsibility.

3. Youth (15-25 years old)

During adolescence, the individual capabilities of the individual are fully developed. Intellectual, physical, and emotional potentials grow together. During this period, young people test themselves more in social and professional areas. They fully realize their potential and prepare for new tasks in life.

Intellectual development:

During adolescence, the process of self-awareness and knowledge deepens. Young people identify their professional interests and begin to acquire knowledge in a field that suits them. They test their intellectual capabilities and learn to apply new knowledge in practice.

Physical development:

Physical development also reaches its peak during adolescence. During this period, young people test their physical abilities and develop their capabilities in areas such as sports, music, and art. Also, during this period, young people develop their physical skills and prepare for future professional activities.

Emotional development:

Emotional development is fully formed during adolescence. Young people develop skills aimed at managing their emotions, analyzing their emotional states, and strengthening social relationships. During this period, young people form the psychological states necessary for self-awareness, confidence in their capabilities, and achieving their goals.

4. Transition to adulthood (26 years and older)

Adulthood is a period of realization of the individual's potential in social and professional activities. During this period, the individual finds his place in society and fully reveals his individual potential. The development of the individual at this stage is relatively stable, but there are constant changes and new opportunities.

Social development:

In adulthood, individuals strengthen their social role and place in society. There are opportunities aimed at achieving success in their professional activities, feeling responsibility in family life, and serving society. Adults become more aware of their responsibilities and begin to realize their potential.

Conclusion. The results of the study show that at each age stage there are specific features of the development of the individual's potential. At each age stage there are factors that affect the development of physical, intellectual, and emotional potential.

Recommendations:

- The educational system should develop separate pedagogical approaches for each age stage.
- It is necessary to widely use psychological support to fully develop the individual capabilities of the individual.
- Develop programs that support the intellectual and physical development of youth and adults.

Conclusion. The age-related characteristics of the development of individual capabilities in a person indicate specific changes in his intellectual, physical and emotional potential. At each age stage, the capabilities of the individual develop, and goal-oriented pedagogical and psychological approaches are necessary to support this process.

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