



THE DEVELOPMENT OF SELF-ESTIMATION IN ADOLESCENTS

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Annotation: This article is dedicated to studying the manifestations, levels, and factors influencing self-esteem in adolescents. Self-esteem is an individual's perception of themselves, their capabilities, abilities, and relationships with others. Three levels of self-esteem are distinguished in adolescents: adequate, high, and low. While adequate self-esteem helps adolescents to accurately assess their strengths, high self-esteem can lead to excessive expectations, and low self-esteem can lead to depression.

The article examines the signs of low self-esteem from the perspective of the psychology of facial expressions and gestures, as well as the dangers of high self-esteem. The necessity of correcting and balancing self-esteem in adolescents is emphasized.

Keywords: Self-esteem, adolescence, adequate assessment, high assessment, low assessment, depression.

INTRODUCTION

Today, the correct formation of self-esteem of adolescents is one of the pressing issues. After all, it is during adolescence that knowledge and orientation towards a profession are formed, and during this period the process of interpersonal relations in adolescents is optimized. Indeed, in his speech at the 72nd session of the UN General Assembly, the President of the Republic of Uzbekistan Shavkat Mirziyoyev emphasized: "The future and well-being of our planet depend on what kind of people our children will become. Our main task is to create the necessary conditions for young people to realize their potential," and taking into account that the majority of our country is made up of young people, we are creating great opportunities for young people to receive education.¹

As we know, social, economic, and political crises in our lifestyle, in addition to hindering us from achieving the goals we set for ourselves, also affect people's behavior. As a result, impartiality, positive qualities, and social perception in relationships are being replaced by tension, urgency, and misunderstanding. This, in turn, not only negatively affects the psyche and maturity of people, but is also reflected in their behavior.

Self-esteem is one of the components of a person. Self-esteem is an assessment by a person of himself, his capabilities, his qualities, and his place among other people. Self-esteem of a person is understood as an assessment of his own abilities, merits, activities, and actions. Nowadays, it is urgent to form adequate self-esteem in adolescents, who are considered a difficult age.

For this, every parent, teacher and coach must first see a person in the image of each child. Based on this simple requirement, the idea that raising our children as independent and broad-minded, mature people who live consciously should be the main goal and task of the education sector further enhances the relevance of this topic. Therefore, studying the

¹ . Mirziyoyev Sh.M. Milliy tiklanishdan milliy yuksalish sari. 1- tom. – Toshkent, 2019. – 88-89- betlar.

psychological characteristics of the influence of family upbringing on a teenager's attitude to himself is one of the most relevant issues today.

Literature review on the topic. Within the framework of the topic, our country's psychological scientists G. Shoumarov, V. Karimova, B. Umarov, O. Shamsiyev, D. Abdullayeva, N. Soginov, Z. Rasulova, M. Salayeva, G. Yadgarova, Kh. Abdusamatov, A. Kadirova, O. Abdusattarova and others have paid attention to family problems, interpersonal relationships in it, the psychological environment in the family, the impact of parental attitudes on the personality of a teenager, his upbringing and other aspects in their research.

The family and its interpersonal relationships, its impact on the formation of personality in their cultural environment, have been studied by foreign psychologists E. Erikson, Fromm E., Allport G., Maslow A., Rogers K., Gordon T., Bayard J., Satir V., T. Dumitrashku, F. Galton, U. Toumen, R. Richardson, Robert Kyle and others.

Among the psychologists from the CIS countries, A. Levanova,

G. Voloshina, A. Pleshakov, N. Sobolyeva. A number of scientists, such as T. Dembo, Ya. Rubinshtien, have conducted scientific research on family relationships and self-esteem of adolescents.

DISCUSSION AND RESULTS:

Self-assessment is a person's perception of himself, his own capabilities, abilities, relationships with other people. Self-assessment depends on how a person perceives himself, his relationship with those around him, his behavior in various life situations (quarrels, conflicts, winning an argument, etc.).

3 levels of self-assessment of a teenager can be distinguished:

Adequate self-assessment is a realistic assessment of oneself, one's own abilities and behavior. Adequate self-assessment helps a teenager to correctly relate his strength to various tasks and the demands of those around him. Adolescents with adequate self-assessment have many interests, interpersonal connections. Their activity is moderate and purposeful, aimed at knowing others and oneself in the process of communication.

A high self-assessment is a teenager's notoriously high assessment of his skills and abilities. Adolescents with high self-esteem have a great predisposition to communication, while being meaningless. They are less inclined to express themselves through productive activities.

Low self-esteem is a teenager's wrong low self-esteem, underestimating self-esteem. Many studies show that adolescents with low self-esteem are prone to depressive tendencies. In doing so, some studies have found that low self-assessment precedes or is the cause of depressive reactions, while others have found that the depressive affect manifests first and then is included in low self-assessment.

Mimicry and sign psychology distinguish gestures that indicate low self-esteem in a teenager. First, during a conversation, it is often observed to cover the mouth with a palm (many teenagers are ashamed of their smiles and not only because it is not ideal). Also, young people who have low self-esteem during filming will pinch the corners of the mouth, do not show teeth. Low self-esteem is characterized by the following spontaneous manifestations: itching of the neck, nose, cheeks, forehead. Usually, such gestures appear in adolescence, which is a signal of action for parents.

Low self-assessment in adolescence manifests itself in the form of irritability, tension, anxiety. The reasons for the appearance of such self-assessment are due to the fact that your

behavior is assessed by those around you. Especially this effect will be noticeable in childhood, for example, if the child has heard how bad, uncomfortable it is for each fault. After a while, he begins to think that he really is. Many scientists believe that self-assessment is formed only by the end of adolescence, although during this period it is unstable, situation-dependent, revenge on external influences.

A teenager's low self-esteem is manifested in all his actions, in his thoughts, seeing something bad, constantly comparing himself with some ideal images, having difficulty identifying his desires, having difficulty accepting compliments, compliments, signs of attention, not knowing how to say "no", in the general psychological state of the "victim". Low self-assessment, like other manifestations of insecurity, requires correction.

The second pole at which self-assessment may deviate in a teenager is towards enhancement, although this is much rarer.

High self-assessment is an overestimation of a person's own capabilities. The main danger of such self - assessment is excessive expectations from the outside world, which lead to depression in the event that a person cannot satisfy his ambitions in the real world.

Signs of high self-assessment: a person considers himself higher and better than everyone else; if someone "overtakes" him, then a person feels offended; a person believes in his own right, denies that there may be an opinion that is different from his opinion; does not know how to forgive and apologize; often uses the pronoun "I"; is afraid to make mistakes, is High self-assessment is associated with the features of upbringing and the possible external attractiveness of a person.

As we can see, increased or low self-assessment can negatively affect the behavior of a teenager, making him incompatible with the reality in which he is. Therefore, self-assessment should be adequate (realistic).

A teenager tries to answer many questions during his adulthood: who am I? What can I do? What can't I do? How can I become the person I want to be? Naturally, in answering these questions, the teenager relies primarily on the opinions of his parents or other important adults with whom he has a close relationship. Therefore, parents can help the child in the formation of adequate self-assessment.

Adequate self-assessment helps the child to be calmer, treat himself and those around him well, a teenager with such self-assessment is able to understand his capabilities and limitations well.

Adequate self-assessment in a child is formed where there is a respectful attitude to the child's opinion, constructive criticism and recognition that the child is valuable in himself, regardless of any achievements and rewards.

A respectful attitude towards the child and his opinion is manifested in respect for the decisions, needs, desires, goals of your child.

It is important to see the boundaries that the child sets and not violate these boundaries. If parents interfere rudely in the child's life, are negligent, violate his boundaries, this can affect the child's relationship with other people and parents. To avoid this, parents should try to comply with the "limits" of their child. To do this, he needs to allocate a separate room, or at least his own corner, where he will have the opportunity to store his things, relax, be alone, read books, etc. It is absolutely impossible to touch the child's personal items without permission, to scratch the pockets of his backpack or jacket, to read his personal notes. There are situations when parents try to control the child's interests, friendship relationships, style

of dress. Even in this, the child must be independent, even if you are his friend or his interests are incomprehensible to you, try to treat it with respect. The child will be very grateful to you for this. The only case when it becomes necessary to intervene in these processes is if you understand that they can threaten your child.

Constructive criticism with a lot of positive reinforcement is also a factor that contributes to adequate self-assessment. This does not mean that the child should only be praised, Of course, there should be criticism, and the following algorithm can be applied for such criticism. At first we tell what happened (you are late for the meeting!), and then we tell our feelings about this event (which upset me so much!), after which we will show the consequences of this behavior (we are late for the concert) and at the end of our feedback we will tell you how to do it (come on time next time). In any criticism, it is initially useful to pay attention to what really turned out to be successful in a person, his actions and aspirations. Each person felt how unpleasant they were when they did not appreciate themselves, mocked them, destroyed their movement with a tag. Of course, all this leads to negative experiences and, as a result, a decrease in self-esteem. Another favorite manipulation of parents is to compare the achievements of their child with that of another. This not only does not motivate the child to change, but also gives the opposite effect: the child does not want to change anything at all, his hand falls off. Excessive demands on the child (disproportionate to his age) can also cause negative emotions in the child, associated with his own failure, disappointment in himself, in his own capabilities. Therefore, it makes more sense to gradually develop a child, every day, to give him the opportunity to overcome an obstacle that seems impossible today. If the child is faced with tasks that he cannot cope with even with the help of loved ones today, this leads to the fact that the child, not believing in his own strength, ceases to do something at all, to achieve something, because the plan will be too high.

Constructive criticism implies that the child should receive a task corresponding to his level of development. If this is not the case, then the meaning of criticism also disappears.

Through the constant interaction between the child and society (parents), the child learns the boundaries that are allowed. The more adequate, constructive this interaction is, the more adequate self-assessment is formed in the child.

Conclusion:

These data show the importance of self-assessment in adolescents and its impact on the development, social adaptation and psychological well-being of the individual. Adequate, high and low levels of self-assessment affect a teenager's life in different ways. While low self-esteem can lead to depression, high self-esteem can lead to problems with not being able to meet realistic expectations. Identifying signs of low self-assessment through facial expressions and gestures provides opportunities to help parents. Therefore, it is important in adolescents to adequately assess self-assessment, help them correctly assess their capabilities, achieve success and maintain psychological balance.

In the process of doing the work, I found out that self-assessment is one of the main factors in the formation of personality. It affects the decision-making process, our relationships with the people around us, our emotional health. Relationships with parents in childhood provide the foundation for the formation of adequate self-perception in the future. Self-assessment in adolescence has a particularly strong impact on peer interaction and reading success.

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