



PSYCHOLOGICAL PROCESSES AND CHANGES IN A PERSON

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Annotation: this article discusses the psychological processes that occur in a person: information about memory, imagination, thinking, abilities and, most importantly, about consciousness, as well as about changes in them. Especially the features of the mechanism of functioning of changes in the psychological process are also mentioned by some examples.

Keywords: person, person, psychology, psychological processes, perception, attention, change, memory, imagination, thinking, emotion, brain, mechanism.

Psychologists say that the psychological processes that occur in humans are considered to be: sensations, perception, attention, memory, imagination, speech, thinking, emotion, etc. Also, the characteristics inherent in each person himself: such as interest, disposition, ability and talent, temperament and character are also included in the sentence of psychological processes in a person. The general totality of psychological processes can also be called psychological processes in one word.

Psychological processes in humans are manifested in a wide variety of manifestations in the spheres of life. Nevertheless, they will be closely intertwined with each other.

Psychological processes are a special property of the brain and occur only in connection with the activity of the brain. The human brain is a highly external matter, and psychological processes are a product of this matter, its function.

To find out how psychic phenomena occur, it is necessary to study its material basis – tied to the nervous system, since all psychological processes in a person are the result of the activity of the brain and the nervous system.

No psychic process can be formed by itself, psychological processes arise only due to the influence of one or another Exciter on the brain. If the beginning of psychological processes is the influence of the Exciter, then its final result is the body's response to the Exciter. Any psychic activity consists only of reflective, reflective activity of the brain.

It is known that psychological processes and consciousness did not appear at once, but grew and improved as a result of a long historical evolution. The

progress of human psychological processes goes through phyloginesis and ontoginesis. Phyloginesis is such that from the emergence of mankind to the present period, psychological processes passed from generation to generation with improvement. Ontoginesis, on the other hand, is the growth and development of psychological processes from the birth of a child until the end of his life with increasing age.

The highest level of psychological processes inherent in a person is consciousness. Consciousness is a higher, holistic form of psychological processes, the result of the socio-historical prerequisites for the formation of a person in labor activity, in the process of constant communication with others (with the help of language).

What is the structure of consciousness, its important psychological definition?

Its initial definition is given in the name itself, which means consciousness. The consciousness of a person was composed of a complex of knowledge about the world surrounded by our surroundings. K.Marx wrote that "the way of living consciousness and the existence of something for the mind is knowledge." Thus, important cognitive processes enter the structure of consciousness, with the help of which a person constantly enriches his knowledge. Among these processes, one can add sensations and perception, memory, imagination and thinking.

With the help of sensations and perception, the emotional picture of being in the mind, formed in the imagination of a person at that moment, is embodied as a result of the direct reflection of stimuli that affect the brain. When memory reanimates images of the past in consciousness, imagination forms an figurative model of something that is a need| object, but is not present at the moment.

The second definition of consciousness is the finding in it of its own expression of a clear distinction between a subject and an object, that is, a person knows exactly what belongs to the concept of "not me" with the concept of "I". A person who was the first in the history of the world of living organisms to break away from it and put himself in opposition to the environment, continues to maintain this contradiction and discrepancy in his consciousness. Within living beings, it is capable of directing its own, self-knowledge, that is, psychic activity to self-research. A person assesses his behavior and, in general, himself consciously. The separation of "I" "From" "Not Me" is a path that everyone experiences in childhood, which occurs in the process of his self - realization.

The next definition of consciousness is to ensure the goal - pursuing activity of a person. The creation of goals of activity is included in the function of consciousness. In this case, the motives of activity arise and are formulated,

volitional decisions are made, how the execution of actions goes is taken into account, appropriate adjustments are made to it, etc. The purpose should be considered as a violation of consciousness in the implementation of the intended activity, its coordination and orientation, the occurrence of any violations caused by the disease or for any other reason.

Finally, the fourth definition of consciousness is the introduction of a certain attitude into its composition. The world of emotions inevitably enters the consciousness of a person. It reflects a complex objective and, above all, a social relationship in which a person is also involved. In this place, too, as in most other cases, potology helps to better understand the essence of normal consciousness. It is precisely with the disorder in the field of feelings and relationships that the mind is impaired when suffering from certain mental disorders: the patient remains unfeeling the mother he loves so much, speaks with a dice about loved ones, etc.

In Psychological Science, the famous psychologists of Russia M. in the development of the physiological basis on which psychological processes lie on the basis of psychological characteristics of a person. M. Sechenov, I. P. Pavlov, V. M. Bekhterev and P. K. Services like Anokhin are great. These discovered the doctrine of the Basic Laws of higher nervous activity. In accordance with this doctrine, the human brain is continuously affected by objects and phenomena in the external environment. As a result, excitation and braking occur, which are the main processes of higher nerve activity. This means that excitation triggers nerve centers in the brain, actively moving them. After a certain opportunity has passed, this process is replaced by braking, that is, the activity of nerve centers in the brain slows down, does not work for a certain period, and as a result, the spent energy is restored.

A person has his own path of development of the nervous system. The nervous system regulates all the functions of the human body. It provides metabolism, regulates the activity of the heart, muscles and blood vessels, serves to adapt to various conditions of the body.

The basis of human psychic life is the brain, and the brain is the United Place - center of the nervous systems. The nervous system regulates the interaction between the body and the external environment and the activity of tissues.

The first alarm system is a reflection in a person that is perceived by the senses of the outside world, and a person perceives reality primarily through the first alarm system.

The reflection of events in the external environment in the mind through the influence on our sensory organs is the first signal systems. The first alarm

systems will depend on the sensations, perception and imagination of a person. The reflection of the phenomena of the external environment in the mind through words (the names of those objects) constitutes the second system of signals. This quality is inherent only to humans, and is absent in another creature. A person reflects and learns external impressions through words - assimilates.

With the help of the second alarm systems, a person thinks, remembers, fantasizes and, most importantly, speaks. Word is a signal of signals (I.P.Pavlov). The second alarm systems exist only in humans.

The conclusions of the experiments brought by scientists found that if a person does not have parts of the brain as a whole, then the normal state of the body, movement is disrupted, psychological processes change radically. It is worth mentioning that in recent years there has only been a rush to the achievements of psychology and related sciences.

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