



THE PSYCHOLOGICAL STRUCTURE OF THE PERSON, THE PERSON AND HIS ACTIVITY

Annotation:

In this article, the structure of the person, first of all, his individuality, the individual is not alone, but the processes of interpersonal interaction in which at least two individuals are involved, as well as the person who maintains a constant relationship with society, is self-aware, and coordinates each of his actions, is characteristic of a person, the most important and common feature is that its activity is highlighted.

Keywords:

inner image, motivation, personal passion, personality structure, external and internal activity, social institution, physical and mental movements, perceptual mnemonic activity, verbal, non-verbal communication and relationships.

Information about the authors

Muratova Sh. N.,
Samarkand State Medical University, Department of Pedagogy and Psychology, Doctor of Philosophy (PhD) Associate Professor

The structure of the person includes, first of all, the systematic structure of his individuality, embodied in the structure of his inner image, abilities, which is necessary, but not sufficient, to understand the psychology of the person. In this way, the first component of the personality structure - its intra-individual (interindividual) sub-system is shown separately.

A person is a subject in a system of real relations with society and groups, and cannot be located only in some kind of epic space inside the individual's organic body, but it manifests itself in the space of interpersonal relations. It is not an individual alone, but the processes of interpersonal interaction involving at least two individuals can be interpreted as the manifestation of the personality of each of the participants of this interaction.

The second component of the personality structure is manifested in the "space" outside the individual's organic body, which forms the interindividual subsystem of the personality.

The third component of the personality structure. It is also possible to display the meta-individual (top view of an individual) substructure separately. In this case, the internal (interindividual) sub-system is shown separately. In this case, the individual is not removed from the organic body of the individual, but also placed outside of his "here and now" relationships with other individuals.

The person and his activity.

A person's ability to make socially significant changes, manifested in the process of interaction, joint activity and creative work, is understood as the activity of a person.

Human activity is closely related to the concepts of movement, "activity", "behavior", the person and his consciousness, the person and his activity. The most important and common characteristic of a person who maintains a constant relationship with society, is self-aware, and coordinates his every action, is his



activity. Activity (a concept derived from the Latin "actus" - action, "activus" - active) is a category that explains how a person manifests all his actions in life. It explains everything we do, from the simple act of picking up a pencil in our hand and drawing a line, to the complex act of thinking we do in our creative awakening moments. Therefore, in psychology, the problems of a person, his consciousness and self-awareness are described through the related qualities of his activity, participation in one or another type of activity, and his accomplishment.

There are basically two types of human activity in science:

A. External activity is an activity that is manifested through our actions, which can be directly seen, recorded, and muscle movements, from the outside and under the influence of our own internal desires.

B. Internal activity is, on the one hand, physiological processes during the performance of one or another activity (metabolism, blood circulation, breathing, pressure changes) and, on the other hand, direct mental processes, that is, factors that are not actually visible, but affect the course of activity.

As an example, let's imagine such a scene from life: after a long separation, a mother met her child. If we see external activity in the mother's yearning for her child, hugging him, kissing his face, tears of joy flowing from her eyes, internal activity is the physiological processes that caused those tears, the real causes of internal longing (the effect of hidden motives such as the duration of separation, separation due to helplessness), when we perceive it is manifested in internal, emotional states that cannot be seen at first glance, which provide a desire for each other. But even if we witness this scene directly, even if we build a picture representing it, we can imagine approximately what processes are taking place. Therefore, both different activities form the basis of personal experience and development. Such types of activity, which at first glance seem to depend on each concrete person and his needs, actually have a social character and are the result of complex and mutual relations of a person with society.

The personality is formed in the process of various activities and manifests its identity. Hence, activity or human activity is not a passive process, but an active process that is consciously controlled. The process of actions embodying human activity is called activity. That is, activity is a specific form of activity controlled by the human mind and thinking, arising from various needs in it, and aimed at changing and improving the external world and oneself. This is a game activity aimed at a young child to know the essence of real objects within his imagination, this is a work activity aimed at creating material goods, this is a scientific-research activity aimed at opening new discoveries, this is an athlete's skill aimed at increasing records, and so on. It is characteristic that a person is engaged in some type of activity every minute.

Types of activities. Physical and mental activities. any activity is manifested in real conditions, in different ways and in different forms. Since every action is directed to a known object - an object, the activity is conceived as a set of actions with an object. Actions with objects are aimed at changing the properties and quality of objects in the external world. For example, the subject action of a student summarizing a lecture is focused on writing, and he is enriching the stock of knowledge by making changes in the number and quality of the entries in that notebook. External and internal activity are distinguished, depending on what exactly the activity and the objective actions that make up it are directed to. External activity is an activity aimed at changing the external environment surrounding a person and things and events in it, while internal activity is primarily a mental activity, which results from the passage of purely psychological processes. From the point of view of origin, internal - mental, psychic activity originates from activity with an external object. At first, external activity with an object takes place, as experience is gained, these actions gradually turn into internal mental processes. If we take this as an example of speech activity, the child expresses the first words with a loud sound in his external speech, then he learns to speak on his own, thinks, reflects, sets goals and plans for himself.



In any situation, all actions, both internal-psychological and external - are guided by consciousness from the point of view of coherence. any activity includes both mental and physical - motor actions. For example, have you ever observed a wise man thinking? If you carefully observe a thinking person, although the leading activity in him is mental, his forehead, eyes, even body and hand movements indicate that he cannot stop thinking about a very important and serious thought, or that he finds a new thought and feels satisfaction from it. At first glance, the actions of a gardener who performs external elementary work, for example, ridding a grape seedling of excess leaves, are also not without mental components.

Mental actions are various actions that a person consciously performs with the help of internal psychological mechanisms. It has been experimentally proven that such movements always include motor movements. Such actions may take the following forms:

- perceptive - that is, these are such actions, as a result of which a complete image of the surrounding objects and events is formed;
- mnemonic activity is a complex type of activity related to the memorization, recollection, and retention of material related to the essence and content of things and events;
- thinking activity - activity aimed at solving various problems, issues and riddles with the help of intelligence, understanding - intuition;
- imagistic - (derived from the word "image" - image) activity is such that it requires understanding and restoring in imagination the features of things that are not directly present in the mind by means of imagination and fantasy in creative processes.

As we mentioned above, any activity is formed on the basis of external actions and may consist of motor components. If there is a transition to mental processes on the basis of external activity, such a process is called interiorization in psychology, on the contrary, the transfer of ideas formed in the mind directly to external actions or external activities is called exteriorization.

LIST OF WRITERS

1. Karimova V.M. Basics of social psychology. - T., 1994
2. Grimak L.P. Reserve human psyche. - M., 1990
3. Klimov E.A. Basic psychology. - M., 1998
4. Kovalev V. I. Motiviy povedeniya va deyatelnosti. - M., 1988
5. Merlin VS. Lektsii po psixolog motivov cheloveka.- Perm, 1971
6. Nemov R.S. Psychology. V 3-x kn.- Kn. 1.- M., 1998
7. Muratova Sh.N. and Social aspects of preparing adolescent boys for family life. The Ministry of Education and Science of the Republic of Uzbekistan (MES) has issued a statement. 91-95, [19.00.00 No 10] is amended as follows:
8. Muratova Sh.N. and Scientific and theoretical basis of the problem of preparing children for family life and its state of education. It is important to note that this is not the first time that the President of the Republic of Uzbekistan has visited Uzbekistan. 82 to 86 , [19.00.00 No 10]
9. Muratova Sh.N. and Otan's place in foster care. Education, science and innovation, scientific newsletter. 2022, No. 5, - B. 82 to 86 , [19.00.00 No 10]
10. Socio-psychological aspects of preparing boys for family life. SamDU scientific news release. ISSN: 2091-54-46 , 2020 , No. 6 (124), which is the B. 100-105. (No 19.00.00 of the year 2010)



11. Muratova Sh.N. and The socio-psychological capabilities of premarital parents in preparing young people for family life. This is the scientific journal of psychology of the BUH DU. ISSN 2181-5291, 2021, No. 3 - B. The following is the list of the names of the persons who were killed: 84-90. (No 19.00.00 of the year 2010)
12. Muratova Sh.N. and Analysis of theoretical approaches to the pedagogical and psychological education of boys in the family. NamDU scientific news release. ISN: 2181, 2019, 6th edition, published by B. 409-415 , [19.00.00 No 10] is amended as follows:
13. Muratova Sh.N. and Problems of youth for family life. It is also used in the treatment of mental illness, and in the treatment of mental disorders. 282-291.
14. Muratova Sh.N. and The place of the psychological environment in the family to increase student activity in the educational process. This is the first time that the World Health Organization (WHO) has published a report on the impact of the pandemic on global health. 15. Muratova Sh.N. and "I've been thinking about it for a long time, and I've been thinking about it for a long time. This is a list of the most commonly used commands . It is available online at, ISSN: 2660-5562, Volume 2, No 3, March, 2021, <https://scholarzest.com/p.27-30>.
15. Muratova Sh.N. and Socio-Psychological Issues of Preparing Young Men for Family Life is a book by Dr. International Conference on Applied Sciences, Conference is organized in the London, United Kingdom on 24-25th. This is a list of all the notable deaths in the United States.