

## THE IMPORTANCE OF PSYCHOLOGICAL CULTURE FOR MODERN SOCIETY

<sup>1</sup>Khamidova Sitora Alisher kizi, <sup>2</sup>Usmanova Ezoza Saidmuradovna

<sup>1</sup>Lecturer of the department «Clinical bases of specials pedagogy», Tashkent State Pedagogical University named after Nizami

<sup>2</sup>Tashkent State Pedagogical University named after Nizami, Student of group 101 of the Belarusian-Uzbek joint faculty of Innovative pedagogy of BSPU

<https://doi.org/10.5281/zenodo.10514885>

**Abstract.** *The article is devoted to consideration of the concept of psychological culture, the structure of psychological culture, as well as the importance of its development in people for modern society. The levels of development and functions of psychological culture are described.*

**Keywords:** *psychological culture, psychological pre-education, harmony, harmonious personality, functions of psychological culture, structure of psychological culture.*

Psychological culture in modern society is part of the general culture. However, the phenomenon of its development has come under the scrutiny of scientists only recently. The term “psychological culture” is a relatively new concept and research into this phenomenon is still underway. The relevance of the study of this issue is great and is determined by the development and high psychologization of society. It is impossible to ignore the growing role of psychological factors, both in the personal life of each person and in all spheres of public life. Psychological directions, methods and technologies are firmly rooted in management, politics, business, education, medicine, etc. The world of modern man is rapidly changing, forcing him to search for new supports in life, resources, answers to existential questions, answers to questions related to building relationships, answers related to psychosomatics, personal boundaries and much more. Psychological culture permeates all spheres of life of a modern person, which explains the need for its emergence, development and existence throughout life.

When studying the literature, many approaches and definitions of the term “psychological culture” were discovered; only in modern domestic sources there are more than 20 definitions of this term (N.I. Isaeva, E.A. Klimov, L.S. Kolmogorova, N.I. Obozov, O I. Motkov, L. D. Demina, Ya. L. Kolomensky, etc.). Considering different approaches, we can conclude that psychological culture is a comprehensive education that allows you to adequately understand yourself and others, establish optimal relationships with people based on humanistic values, find effective ways to solve problem situations, and also manage your own behavior.

This is a holistic characteristic of a person, which manifests itself in life and contributes to a person’s self-development and self-realization. In his definition of psychological culture N.I. Isaeva relies on the harmony of personality. Harmony – (from the Greek word “harmonia”) means proportionality of parts and the whole, harmonious order, internal and external consistency, unity in diversity, unity of opposites. Greek philosophers, Leibniz and others spoke about the general cosmic tendency towards world harmony, about the organization of the Universe, about a pre-established harmony opposing chaos.

A harmonious personality is a person with a stable organization of his personality, with exceptionally positive relationships with people and nature, with stable functionality and development. This person will have a developed sense of feeling, interest and richness of life, the

meaning of internal and external harmony, spiritual values and their realization. You have adequate, stable self-esteem, a certain organized way of life, maintaining internal balance and efficiency in most situations that face complex and difficult tasks, but not exceptionally difficult ones. Personal harmony is peace in the soul.

According to N.I. Isaeva, psychological culture is a personality property consisting in the subject's readiness and ability to be harmonious with himself, with other people, nature, and the world around him; this is a measure of humanization of a person and a way of harmonizing the personality, the system-forming construct of which is "I". Psychological culture, characterizing a high level of self-awareness, self-regulation and the individual's readiness for purposeful work on self-development and self-improvement, ensures the harmonious functioning of the individual and is at the same time its expression.

Functions of human psychological culture: orientation in surrounding people, psychological impact on other people, human attitude towards people, self-understanding, self-regulation and attitude towards oneself.

The conceptual level of the structure consists of two layers: The first layer includes theoretical concepts, on the basis of which the second layer, the practical one, is built. It is in the practical layer that the results of the theoretical work of psychologists are found, that is, classical works in the field of psychology, which represent the basis of psychological self-awareness. Up to the conceptual level it also consists of two layers.

The first layer is of everyday psychological concepts, and the second layer is of everyday psychological activity. Everyday psychological activity includes spontaneous ways of self-regulation, self-expression, introspection, as well as ways of influencing other people. Each person has his own stock of everyday psychological concepts, knowledge and methods of self-regulation. Two layers to the conceptual level are fixed in the phenomenon of psychological pre-education, which determines a certain perception of psychological information.

Psychological pre-education is the sum, the totality of everyday psychological concepts, ideas, methods and skills, psychological skills self-regulation, self-education techniques, as well as methods of interpersonal interaction that a growing person acquires spontaneously in the process of socialization]. This phenomenon has a dual effect on learning. On the one hand, it complicates the learning process, creating the illusion of knowledge and a sense of familiarity. On the other hand, under certain conditions, it facilitates and makes possible not only the assimilation, but also the appropriation of psychological culture. This affects not only the level of knowledge, but also the ability to regulate one's life.

Conceptualization of psychological ideas is not an intrinsic value, but it allows one to expand the horizons of human consciousness and improve natural behavior. So, for a modern person to develop harmoniously, successfully exist and interact with society, it is necessary to improve and develop his psychological culture. A person's knowledge of how best to behave in various life situations is of great importance. But all this acquired new knowledge may remain just information, which will depreciate and will not motivate to improve one's behavior, i.e. For changes to occur, information must be accepted by a person as something significant and converted into values. A developed psychological culture is considered as reasonable self-organization and self-realization of one's aspirations, taking into account internal needs, capabilities, and environmental characteristics [6, p. 158].

It should be noted that people with a high level of psychological culture consider their mental state to be higher than that of people with a high level of psychological culture. High level of psychological preparation. Culture is a key factor in professional success. This allows you to navigate the people around you, know and understand yourself, and have an adequate understanding of yourself. Moreover, a high level of psychological culture gives us the opportunity to own a set of repertoires of methods of psychological influence and wisely use them in social life. A person with a high level of psychological culture consciously masters the techniques of self-knowledge.

A person with a high level of psychological culture consciously develops techniques of self-government and self-regulation in order to maximize his potential on a personal level. And in a humanistic position, he treats people, builds favorable relationships with them, while at the same time approaching with respect, as well as himself, accepting himself, and having a respectful and adequate attitude towards himself as a subject of personality and unique individuality. [8, p. 208]

The low level of its development or its defects give rise to numerous life problems: neurotic states, loneliness, family and industrial conflicts. A low-level leads to a misunderstanding of the individual, gender, sex, age and ethnopsychological characteristics of other people. In fact, a low level of psychological culture prevents one from adapting to society, managing oneself and one's mental processes and functions. Optimally resolve complex situations and much more.

Psychological culture, along with an optimal lifestyle and developed spiritual values, ensures the sustainable harmonious functioning of the individual and is at the same time one of its manifestations. It is an important part of a person's general culture and his integral harmony, and ultimately serves as a personal means of optimally fulfilling the desires and goals of the individual and ensuring a good life.

In conclusion, we can say that this phenomenon certainly deserves close attention, and judging by the new articles and studies that are appearing, interest in this phenomenon does not disappear, which is good news. Psychological culture is one of the aspects of a person's personality - it is a multifaceted and multifunctional formation; it serves as a regulator of the behavior of people's interactions in society. This is something that needs to be cultivated and develop in every modern person. The formation of a high level of psychological culture contributes to changes not only in the person himself, but also in the development of the people around him, and, consequently, society as a whole.

## **REFERENCES**

1. Demytyeva E. V. Psychological culture of man: the current state of problems. //Bulletin of Mordovian University No. 2. Series of psychological sciences - Saransk: Mordovian University Publishing House, 2011. pp. 13-17.
2. Ermachenko N.A. Approaches to the study of the phenomenon of psychological culture. //Teacher education in Russia. No. 6 Publishing house – Federal State Budgetary Educational Institution of Higher Education “Ural State Pedagogical University”, Yekaterinburg. 2015 C-156-158
3. Kolmogorova L.S. Diagnostics of psychological culture of schoolchildren // Practical. Pos. M.: Vlado-Press, 2002 - 360 p.
4. Kolominsky Ya. L. Social psychology of personality development // Ya. L. Kolominsky, S. N. Zharebtsov. — Minsk: Vysh. school, 2009. - 336 p.

5. Kolominsky, Ya. L. Theoretical and methodological foundations of the development of psychological culture of the individual // Age and pedagogical psychology: collection. scientific tr.: Vol. 6 / Bel. state ped. University named after M. Tanka; Editorial team: O. V. Belanovskaya (chief editor) [and others]. - Minsk: BSPU, 2005.
6. Motkov O.I. M85 Study of personality harmony: monograph // O.I. Motkov. — Moscow: RUSAINS, 2020