

Psychological characteristics of personality at the first stage of maturity

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Abstract: According to the article, the first stage of adulthood is an important period of psycho-emotional and social development of a person. At this stage, psychological characteristics of a person are revealed. The main focus is on social confidence and the desire for independence, emotional stability, self-awareness and personal goals, personality development and self-efficacy.

Key words: maturity period, personality, psycho-emotional, social, development, personality, formation, psychological, social, self-awareness.

Introduction.

Since the Republic of Uzbekistan stabilizes its independence on a global scale every year, its future depends on how educated and spiritually mature the people of today's generation become. In this place, the role of the science of psychology, which studies the laws of the human psyche, is extremely important. It is very important for our society to properly manage the science of psychology and its practice in order to further increase the effectiveness of education in the formation of a mature personality as a perfect, active personality. We must always remember that the prospect of independence of the Republic of Uzbekistan depends on the teachers who educate today's young generation, the personnel who will take our place tomorrow, and on the high goals they serve. If we do not pay attention to the issue of education now, the future will be lost. Spiritual and moral purification, faith, honesty, piety, honor, kindness and other truly human qualities do not appear by themselves. Education is the basis of everything. Democratization of the state and society requires socialization of the individual in society, as well as improvement of educational institutions. In the Address of President ShavkatMirziyoyev to the Oliy Majlis "As the wise men of the East said": "The greatest wealth is in the mind and knowledge, the greatest heritage is a good education, the greatest heritage. Poverty is ignorance!" fate and its results depend on how much the level of education of our people corresponds to the needs and development of the time, what specialists will be provided and will take their place.

Materials and methods

Men and women enter this stage of maturity at the age of 28-35. During the period of maturity, a person can fully mobilize all his strength, abilities, intellect and internal capabilities for his profession, social activities, public works. During this period, a man and a woman have a certain experience of work and social activities, which will lead them into the future. Significant changes occur in the attitude of a mature person towards others, their assessment and dynamic stereotype. He begins to understand that he is responsible not only for his own behavior, but also for the behavior of other people, especially those who do not have life experience, and tries to help as much as possible. - Collection of regulatory legal documents of the Republic of Uzbekistan. October 2019, No. 41, Adler A., Alperovich V., Andreeva G.M., Gaziev E.G., Zimnyaya I.A., Kondratyeva S.V., Petrovsky V.A., Erickson E., Gazieva E. Scientific research is reflected in texts and literature.

The first stage of puberty (or "adolescence") is an important period of human psycho-emotional and social development. This period usually covers the age range of 28-35 years and includes a number of serious changes in the formation of personality. The psychological characteristics of a person at this stage are similar: Social confidence and desire for independence: During this period, a person begins to form clear ideas about his

personality and various indicators of the world. A person is inclined to make clear decisions about his life and goals. As a result, there may be a desire for social independence, to find one's place in the family and at work or in social relationships. Emotional stability. During this period, the development of boys and girls in terms of emotional and psycho-emotional experience deepens. Their sense of identity and self-acceptance will increase, but this stability may still be in the process of formation. Some people may try to adapt to new situations through threats, various stresses, or adolescent anxiety. Self-awareness and personal goals. In youth, a person tries harder to achieve his or her goals. It shapes their attitudes toward work, family, and social development. Self-awareness plays an important role in decision-making, especially regarding education, work, and future life. Social lists and social examples. During this period, people become aware of the surrounding social environment and define their social roles. As a result, a person tries to determine how to express his or her personality and what groups he or she belongs to. Romantic and intimate relationships. During this period, many people experience a high need for romantic and intimate relationships. In such relationships, a person's emotional needs, hobbies, and level of communication are the same. These relationships determine a person's attitude to reliability, love, building a family, and future family life. Career and social status. In youth, a person tries to establish himself in his professional and social position. During this period, a sense of aspiration for the future and working towards a goal is of great importance. In addition, some people may make questionable career decisions, which may lead to personal and professional difficulties in the future. Strengthening and effectiveness of personality. During this period, a person develops personal stability, enthusiasm for change, and the ability to cope with stress. If a person feels successful and happy at work, in his family, or in his social environment, this helps to strengthen his personality and lead a productive life. This period is a period of personal growth and self-realization. Therefore, important steps for the next life are taken at this time.

Results

The first stage of maturity is psychological, that is, when a person is still young and at the end of adolescence he is looking for answers to questions about his personality, values and inner world. At this stage, a number of important changes and results occur in the psychological characteristics of a person. In the future, a person who has reached adulthood will move on to a new stage of solving various problems, understanding himself and the environment.

A number of important changes and results occur in the psychological characteristics of a person

1.	Formation of personality	- One of their most important psychological characteristics is identification.
2.	Struggle between roles	- They try to find a balance between different social roles.
3.	Emotional stability	- Young people experience a slight decrease in emotional depression and mental changes.
4.	Patience and discipline	- People in the early stages of maturity are more patient.
5.	Having a clear identity and purpose	- During this period, people try to give their lives a clear purpose and direction.
6.	Ability to make decisions	- The first stage of adulthood, a person learns to make rational and effective decisions in various life situations.

1. Formation of personality: During this period, a person tries to define himself and who he is. One of the most important psychological characteristics is identification. They try themselves in different directions: profession, worldview and values.
2. Struggle between roles. People try to find a balance between different social roles. For example, they may choose between family, social environment, and internal needs. Understanding these roles shapes a person's social sense and their ability to succeed.
3. Emotional stability. Young people experience a slight decrease in emotional depression and mental changes. Increase the ability to make independent and clear decisions in relationships with others. A person strives to achieve balance in relationships with themselves and others.
4. Patience and discipline. Unlike young people and teenagers, people in the early stages of maturity are more patient. They learn to make long-term plans, make timely decisions, and manage their actions to achieve goals.
5. Having a clear identity and purpose. During this period, people try to give their lives a clear purpose and direction. They try to clearly define what kind of person they will be in the future, what goals they will achieve. At this time, a person's understanding of their goals in family, work and social relationships is formed.

6. Decision-making skills. Although youth is characterized by more learning and studying, the first stage of adulthood is when people learn to make rational and effective decisions in various life situations. In this case, their decisions will be related not only to personal needs, but also to social relationships and values.

Also, at the first stage of maturity, the ability to restore balance in the inner world of a person and adapt to changes over time develops. At this stage, a person can find a balance between individual needs and social responsibility. This is the age of maturity, greatness, wisdom, leadership, care, patronage. During this period, as in other periods, there will be a certain level of crisis. During this period, a person begins to understand what needs to be done, what opportunities he did not use, what mistakes, misunderstandings and disappointments. Responsibility is one of the important psychological characteristics of this period. Some changes in the body and the fast pace of life make a person very anxious and restless. He decides to make the most of every moment of his life. The awareness of the lack of physical and mental capabilities to realize some of his dreams creates a feeling of "stagnation" in his psyche. The main reason for this is the radical restructuring of the mnemonic-attentive complex at the age of 33-35. Holistic mnemonics - the center is divided into mnemonic (memory) and logical (thought) parts. The factors of the state of attention are preserved, but memory and thinking play an important role in the structure of human intelligence as a whole. However, the changes do not leave a deep trace in his mental world, experiences, memory of a mature person, imaginary images (feelings of happiness, mood, dreams, raw mood) are preserved.

Motivation

At the stage of maturity, the ability to use physical and mental capabilities appears. This does not happen due to all the strength, mental efforts, will, nervous tension, but on the basis of certain skills, abilities and capabilities. The psychological characteristics and motivation of a person at the first stage of growing up largely depend on psychological changes and the formation of the inner world. During this period, a person becomes aware of himself, determines his place in society and defines his life goals. A person's motivation often depends on internal and external factors. Internal factors are related to a person's values, desires and aspirations to achieve future goals. External factors arise under the influence of a person's environment, family and social environment. At this stage, the individual strives for self-sufficiency, independence, social roles and moral values. In most cases, motivation is aimed at the individual's personal development, achieving his dreams and goals. During this period, ideas and aspirations are clearly and systematically formed, and internal conflicts and doubts may also be observed. Self-confidence and actions for personal development are the main source of motivation. When describing the psychological characteristics and motivation of a person at the first stage of maturity, internal psychological changes and a person's attitude to life during this period are of great importance. Based on the concepts of psychological analysis and motivation, a number of personality changes can be shown during this period.

Psychological characteristics of personality: The first stage of maturity (from 20 to 30 years) is one of the important periods of psychological development. During this period, a person's feelings, mind and social relations experience a new stage of formation. Often during this period, a person strives to find his or her personality, set goals and determine the path of life, but a number of internal experiences, difficulties and problems may also appear. Inner Self: At the first stage of maturity, a person tries to find his or her identity, that is, who he or she is and his or her place in life. It manifests itself, first of all, when a person tries to live according to his or her desires, values, and goals. Trust in relationships: a new job, family, friendship, romantic relationships – all of this requires efforts to strengthen and build trust. These communication and social problems develop a person's ability to empathize and build positive relationships. Personality formation: During this period, a person's personality and sense of independence are often important. Difficulties and changes along the way lead to the formation of new views on a person's life. At the first stage of maturity, the main motivation factors and goals that are set for a person through motivation are different. Changes and goals: During this period, a person pays more attention to internal goals (voluntary development, achieving the meaning of life), rather than external factors (financial independence, career growth, social status). In most cases, the motivation is the desire to fulfill one's dreams and increase social prestige. The desire for knowledge and skills. During this period, a person attaches great importance to knowledge and professional skills. When a person strives to develop his professional and intellectual potential, his motivation is focused on changes, interest in novelty and personal growth. Self-esteem and social goals: Personal motivation includes not only professional success, but also orientation toward social responsibility and humanitarian values. At the same time, he strives to protect his personality, moral and ethical values. Fears and risks. Individual motivation in adulthood includes fears and risks. Overcoming problems and finding new opportunities requires personal growth. During this period, a person overestimates his capabilities and attitude to risk.

Cooperation

The first stage of puberty includes a number of changes in psychological characteristics, adaptation and internal development of the individual. A person of this period has clear and perfect social, emotional and mental processes. The term "maturity" usually means a person's independence, his mental and emotional state, the ability to cope with life and change without negative consequences. Social and spiritual changes. The first stage of maturity is associated with social literacy, which increases a person's ability to manage themselves and the desire to succeed in social relationships. During this period, a person begins to perform social roles and tasks. It is important to understand your dreams and goals and how to achieve them. Emotional and spiritual learning. At the first stage of maturity, a person's self-awareness and ability to correctly assess emotional experiences develop significantly. During this period, psychological resources are important for effectively dealing with stress, anxiety, uncertainty, and even mental crises that come to a person. Emotional stability and patience require a constructive approach to any obstacles and problems. Internal debates and meaningful life. In adulthood, a person strives to build additional independence and a meaningful life. In this process, a person's internal independence can change important values oriented toward finding relationships with people. During this period, a person's life decisions and thoughts correspond to his life goals. Cooperation and social relations. At the first stage of maturity, a person has the ability to act in accordance with changes and social relationships. Often at this stage, a person focuses on social communication and cooperation, adaptation and exchange of information. A person tries to establish balanced and trusting relationships with others. Self-awareness and spiritual growth. At this stage, a person tries to take a closer look at his life philosophy and spiritual values, strives for self-realization and spiritual growth. In order to choose who to be and how to live, a person constantly examines himself and focuses on problems.

The principle of open systems

The period of maturity is usually understood as the highest stage of spiritual and mental development of a person. For example, in the theory of personality development of Erik Erikson, adulthood can be considered as the last part of the psycho-socio-cultural stages of human life. At this stage, a person clearly understands his inner feelings, values and goals, evaluates family and social roles, and also defines his territory and determines his life. At this stage, the psychological characteristics of the individual are often coordinated and strong, and the relationship between the individual and society is balanced. At the same time, while maintaining his individuality, the person also takes on responsibility in society. Open systems theory generally views all types of systems, namely biological, social, and cultural systems, as systems that constantly interact and change, exchanging energy or information. In applying this principle to personality psychology, the personality is viewed as a changing and dynamic system.

Psychological properties and open systems

1.	Communication and influence	A person or individuals often interact socially with others to achieve specific goals
2.	Renewal and change	In psychology, it is understood as a renewal of a person's activity, reactions and feelings
3.	Distribution and balance	A clear dynamic system is also important for maintaining a balance between the psychological state of the individual and his social relationships

- **Communication and influence.** In the spiritual development of a person, his external environment and communication with other people play an important role. A person or persons often interact socially with others to achieve specific goals. In this process, a person is forced to reconsider his internal attitudes, beliefs and feelings.

- **Update and change.** In psychology, it is understood as a renewal of a person's activity, reactions and feelings.

- **Distribution and balance.** A clear dynamic system is also important for maintaining a balance between the psychological state of the individual and his social relationships. A person can achieve personal development by understanding his situation and adapting to the environment. Psychology also uses such human characteristics as openness, strong will, willingness to take risks and correct decision-making, which support a person's relationship with the inner and outer world in the early stages of life.

Social responsibility

The first stage of adolescence is an important stage of a person's self-awareness, attitude to the social environment and active participation in it, based on the idea of the psychological characteristics and social responsibility of the individual. development. At this stage, the inner world of a person expands, a sense of responsibility to others and society is formed. The first stage of puberty is associated with the formation of the ego-identity of the individual. A person defines his or her personality, goals and the most important values in his or her life. At this level, a person understands his or her role and interests in society, as well as his or her

internal needs and hopes. Autonomy: a person strives to achieve his or her independence. He or she feels his or her needs and takes responsibility for their satisfaction. Effectiveness: A person is able to direct their efforts toward achieving their goals and feels a sense of accomplishment in carrying out their decisions. Development in everything you do: Think and work on your role in society and social interests. The first stage of maturity requires a sense of social responsibility. A person considers the interests of others along with his own interests. Understanding one's unique position and responsibility in society is important for one's personal development. Help and protection: a person develops a sense of respect and help for people in society who are discriminated against, in need of help, or at risk. Moral and ethical qualities. Social justice, rights, and responsibilities require a person to adhere to moral and ethical standards. Personal and social interests: The personal interests of an individual should not contradict the interests of society. Developing a sense of social responsibility means active participation in the life of society and interest in social issues. At this stage, a person assumes greater responsibility in social relations. He strives to establish balanced and honest relationships with others, to follow social norms and rules. Social Relationships. The importance of personality lies in establishing effective and constructive relationships with others. He values the needs of others as well as his own. Joining and being active in society: The person joins social groups, organizations and strives to be useful to society.

Discussion:

Analysis in the laboratory of B. G. Ananyev, who studied the interaction of growth aspects at different periods of maturity.

Age	Increasing the functional level	Decrease in functional level
29-32	46,2	15,8
38	33,3	11,2,

At the age of 29-32 years, the functional level increased, 46.2, 15.8 increased, the functional level decreased. age 38.0 years. , 11.2, 33.3 years, 33-35 years, the percentage was 55.5 percent. According to the results of the study, Yu. N. Kulyutkina's attention is 102.8 units, memory is 99.5 units, thinking is 102.3 units. 30-35 years. Psychophysicologist S.V. Kravkov studied changes in the specific sensitivity of the eye in people aged 4 to 80 years and found that the increase in sensitivity can continue for up to 25 eyes, and stabilization of sensitivity - for up to 25-50 eyes. According to psychophysicologist P.P. Lazarev, changes in hearing, vision, peripheral and kinesthetic sensitivity begin at age 20. This information was further developed by foreign psychologists such as Foulds, Raven, Paco, and others, who considered age 20 to be the criterion for mental and logical abilities. In his research, B.G. Ananyev showed changes in adolescent boys and girls from complex aspects of the general mental state, verbal and non-verbal mental (logical and mnemonic functions) to simple processes (from the formation of heat in the body to metabolism - metabolism), even to human characteristics (through scientific data based on mathematical methods and their deep qualitative analysis of the show.

S.V. Kravkov, who studied the difference in eye sensitivity depending on the human eye, notes that the increase in sensitivity persists up to 25 years, and its stabilization continues after 25 years.

Results obtained in the laboratory of B.G. Ananyev

Increasing the functional level of a person	Boys and girls 23-27 years old	44 %
Stabilization of the functional state	Boys and girls 23-27 years old	19,8 %
Decrease in functional level	Boys and girls 23-27 years old	36,2 %

The increase in the functional level of a person is 44% in young men and women aged 23-27 years, stabilization of the functional status is 19.8%, and a decrease in the functional level is 36.2%. These data indicate that the interaction of growth aspects is different in different microperiods of the maturation stage. Yu. N. Kulyutkin jointly studied the processes of attention, memory, and thinking in adults. Yu. N. Kulyutkin in his study checked the range from 0 to 130 and found that attention and memory in 22-25 year olds equal 100.5 points, and thinking - 102.5 points, and in 26-29 year olds attention is 102.8 points, memory - 97.0 points, thinking - 95.0 points.

Conclusion

In general, mature people are far-sighted, not indifferent to life, everyday life, nature, society and cosmic events, but live with a sense of calm, harmony, peace, friendship and reasonable use of it; worldly

pleasures. as much as possible. At the same time, at this stage, a person may encounter a number of difficulties in working on psychological growth, spiritual strength, and the desire for self-development. At the first stage of maturity, the psychological characteristics and motivation of the individual undergo changes that affect the social and personal life of the individual. During this period, a person tries not only to define himself and the right attitude to life, but also to develop motivation related to innovation. In short, the first stage of maturity involves the full development of a person's internal psychological state and self-confidence, while the principle of open systems requires a person to interact with a constantly changing environment and maintain balance. During this period, a person feels social responsibility and tries to harmonize his interests with the interests of society. The most important factors influencing his changes, his attitude towards society and his inner world, determine his personality and create a sense of his importance for society.

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