

## Crisis of the Age of Maturity, The Formation of The Image of “I”

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**Annotation:** A person's self - awareness, knowledge and work on himself requires that first of all his attention, consciousness is directly focused on himself, on his own inner capabilities, abilities, emotional experiences. That is, social behavior requires the Coordination of roles by the individual, through the systematic analysis of their personal actions, their consequences, in addition to paying attention to their behavior, the people who surround him. In this article, opinions and reflections are made on the crisis of the age of maturity and the formation of the image of me in their inner world.

**Keywords:** period of maturity, youth, psychology, mental and physiological development, formation of the image of me, egoism

The image formed from the imagination of the person himself, his own characteristics of behavior, his position in society-the so – called “I” - is considered one of the criteria of personality perfection, how adequate he is and how close he is to reality. The Social Psychological Significance of the image of “I” is that it is considered one of the most important factors in the upbringing and upbringing of a person. From this point of view, it can be described as the process by which upbringing is the formation of an individual's perceptions of himself and his own qualities. So, when every person knows himself, his own, so clearly and correctly, can imagine, it is much less likely for him to act contrary to the norms of society, that is, he will be brought up.

The problem of prevention and treatment of crisis situations is one of the most relevant for modern psychiatry. Traditionally, this issue is considered from the point of view of G.Selye's stress theory. Issues of age-related crises of personality and existential problems of a person are practically ignored. At the moment, when we talk about crisis situations and their prevention, it is impossible not to dwell on the relationship between the "I". Describing the psychological characteristics of a person at different periods of his life is an extremely complex and multifaceted task. In this chapter, the main attention is paid to the problems inherent in certain periods of a person's life, which are often focused on anxiety, fear and other diseases that exacerbate the development of crisis situations, as well as the age dynamics of the formation of people. fear of death.

The problem of understanding the origin of the emergence of a personal crisis and its age-related dynamics has been studied by many authors. Eric Erickson, creator of ego - personality theory, identified 8 stages of psychosocial personality development. He believed that with each of them "crisis is a turning point in a person's life, which at

this stage occurs as a result of the psychological maturity of the individual and the achievement of a certain level of social requirements.". Any psychological crisis has both positive and negative consequences. If the conflict is resolved, then the person will get rich with new, positive qualities, if not resolved, symptoms and problems will appear that can lead to mental and behavioral disorders (E.N. Ericson, 1968).

The process of self-realization, assessment of existing qualities in oneself, is often burdened by a concrete person, that is, human nature is such that it tries not to realize non-negative qualities that do not correspond to the norms of the same society in itself, to "hide" them, even if such imagination and knowledge are squeezed into the realm of the unconscious (Austrian scientist Z. According to Freud's theory). This is not a deliberate act, it is a kind of defense mechanism of one's own personality in each person. Such a protective mechanism often protects the individual from various bad complications, emotional experiences. But it should be noted separately that in the positive or negative of the image of "I" - the external environment, others and their attitude, which again surrounds the same person, play a big role. A person, looking at others, imagines himself as if he sees himself in like a mirror. This process is called Reflex in psychology. Its essence is to form, revive the image of oneself through the image of people who are exactly like him. Reflection is a process in which the image of "I" refers to the consciousness of the owner.

The image and self-realization of a person about himself has a young and sexual identity. For example, extreme curiosity about oneself, the desire to know and understand who it is, develops especially in adolescence. The feeling of "size" that appears during this period determines not only herself, but also her relationship with others, both in girls and teenage boyfriends. The fact that the image of "I" in girls is good and positive depends more on the fact that this image can embody feminine qualities, is present at the same time in feminine qualities, while the image in guys will depend more on how harmoniously it is with the criteria of physical perfection. That is why in adolescence, low height in boys, weakness of muscles and the image of "I" - built on this basis, cause a number of negative impressions. And in girls, from the outside, the image of "I" is perceived in content, depending on beauty, concordance, decency and the presence or absence of a number of other qualities inherent in women. Although some rashes or similar physiological defects that appear on overweight or skin in girls also cause strong negative emotions, anyway, beautiful clothes, jewelry or specific hair styles are seen as factors that overwhelm these defects.

Self-esteem is a person's assessment of himself, his capabilities. Excessive self-esteem and low self-esteem can become an internal source of personality conflict. High self-esteem causes the person to face resistance from others (anger, doubt, doubt) or to remain aggressive, arrogant. Low self-esteem may indicate the opening of an inferiority complex (self-doubt, anxiety). Self-esteem is associated with the level of a person's aspirations-the desired level of self-esteem of a person (the level of the image of "I"), which is manifested at the level of difficulty of the goal set by the person himself. A person sets the level of his desires between very difficult and extremely easy tasks and goals, thus maintaining self-esteem at a decent height. The formation of the level of aspiration is determined not only by the expectation of success or failure, but, above all, by the consideration and assessment of past successes or failures in an intelligent and sometimes ambiguous way.

It is during adolescence that the peak of suicide occurs, experiences with irritating substances and other life-threatening actions. In addition, teenagers, whose

Anamnesis repeatedly recorded suicidal thoughts, rejected thoughts of his death. Among adolescents aged 13-16, 20% believed in maintaining consciousness after death, 60% believed in the existence of the soul, and only 20% believed that death is the cessation of physical and spiritual life.

This age is characterized by suicide, revenge for insults, quarrels, lectures by teachers and parents. Thoughts such as here I die despite you and I see how you suffer and regret that you have done injustice to me prevail.

In youth (or early maturity according to E. Erickson - 20-25 years old) young people are focused on vocational training and building a family. The main problem that can occur during this age period is self-absorption and avoidance of interpersonal relationships, which are the psychological basis for the appearance of feelings of loneliness, existential vacuum and social isolation. If the crisis is successfully overcome, a feeling of love, altruism and morality arises in young people. In this age period, the needs of self-esteem and self-realization prevail (A. According to Maslow). It's time to summarize the first results of the work done in life. E. Erickson believes that this stage of personality development is also characterized by concern about the future well-being of mankind (otherwise, apathy and apathy, unwillingness to take care of others, self-absorption with their own problems will appear).

During this period of life, the frequency of depression, suicide, neuroses and dependent forms of behavior increases. The death of peers encourages thinking about the infinity of one's own life. According to various psychological and sociological studies, the topic of death is relevant for 30% - 70% of people of this age. The unbelieving forty-year-olds understand death as the end of life, its end, but even consider themselves "a little more immortal than others." This period is also characterized by a professional career and a sense of hopelessness in family life. This is due to the fact that, as a rule, they are already difficult to achieve if the set goals are not implemented during maturity.

On the basis of the image of "I", a system of self - esteem is formed in one person, which can also be different in the way that suits the image. The assessment in relation to oneself can vary depending on the different qualities and the acquired experience of the individual, the achievements underlying this experience. That is, if the same work increases in terms of achievement, then under the influence of another - on the contrary, it can go down. Although this assessment actually depends on the person in real relationships of others, in fact, it is formed in such a way that it depends on the criteria in the system of consciousness of the individual, that is, how much he himself subjectively values this relationship. For example, a positive attitude of one subject teacher towards a child at school, a negative attitude of another teacher may also not lower this assessment if his constant Muscovites increase his self-esteem. That is, this assessment depends more on the person himself, which has a subjective character.

Low self-esteem can often be formed as a result of an extreme excess of the requirements that those around you put in relation to the person, the inability to cope with them, the constant expression of various objections, failures in work, study and the process of dealing. Even such a teenager or an adult person is distinguished by the fact that he constantly falls into a state of depression, tries to walk in chetrok from those around him, is in a state of insecurity about his strength and abilities, and gradually leads to the emergence of a number of negative qualities and actions in the individual. Even such a situation can lead to the psychology of suicidal actions, that is, suicide, striving to "escape" from the real existence.

Self-assessment too high does not have a good effect on the behavior of the individual. Because, it is also formed due to the achievements of the individual or the artificial exaggeration of qualities in him by others, inappropriate praise, the desire to bypass various difficulties. The psychological state that appears in such conditions is called the "effect of inadequacy", as a result of which a person even, when he is defeated or feels helplessness and illegibility in himself, considers the reason for this to be in others and convinces himself (for example, excuses such as "prevented-though", "such and such" increase). That is, whatever it is, it is not he who is to blame, but those around him, circumstances, fate.

Thus, self-assessment is a purely social phenomenon, the content and essence of which will depend on the norms of the society surrounding the individual, on the values accepted and respected in this society. Large social communities of broad meaning are a high level of self-assessment - self-assessment, which is formed as a result of playing the role of a benchmark. For example, in the conditions of independence, the consciousness of the youth of our country is nurtured by our national values, feelings of patriotism, loyalty to the ideology of justice and independence, natural, awareness of one's own identity in each younger generation, a sense of framing the spirituality of the people and nation to which he belongs. This is the foundation and an important shaping mechanism of that high self-awareness.

- So, self-assessment is an important criterion for self-education. And the factors and mechanisms of self-education include:
- communication with oneself (as the perception of oneself as an object of concrete upbringing and the organization of communication with oneself);
- self-persuasion (submission to the norms of positive behavior, through faith in one's own capabilities, strength and will);
- self-command (the quality of capturing oneself in rush and extreme cases and being able to challenge oneself to an acceptable path);
- self-influence or auto suggest (the formation of acceptable master classes in oneself, based on social norms);
- internal discipline is an important criterion for self-control, a quality that is always necessary to systematically correlate and control all its actions there.

A realistic assessment is a product of reasonable and well - founded assessments of parents, close relatives, teachers and mentors, neighbors and loved ones, real sincere relations, and a person is taught from an early age to objectively accept this relationship, correct it if necessary in time. In this case, the role of a group of people - a referent group, which is considered a benchmark for a person, an instructive one, will be great. Because we do not listen to everyone's opinion and assessment in everyday life, there are people for us who are of great importance, even simply reproaches, advice, even reproaches that the school insists on. Such a referent group can be real (for example, Parent, Teacher, Teacher, close friends), or Unreal, fantastic (book characters, favorite actors, ideal). Therefore, in the upbringing of young people or in the real team, when it is necessary to show purposeful influence or freshness to people, the identification of their benchmark, referent group will be of great educational importance.

**Conclusion.** So, what qualities a person has, having entered into communication with himself in a way that depends on the objectivity of the assessments contained in him, a person is able to control himself in accordance with what is on the table. That

is why in life there are such people who, even if their work is criticized at a large meeting, can give an impartial assessment of themselves and draw the necessary correct conclusions, and there are people who "eat their intestines" for trivial mistakes. These are facts that signal that that internal dialogue is different in everyone.

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