

PSYCHOLOGICAL BASIS OF INTERPERSONAL RELATIONSHIP FORMATION

Raxmatjonov Sh. ¹, Qurbonova S. ², Usmonov R. ³,
Asqarov A. ⁴,

¹*Fergana State University, 150100 Fergana, Uzbekistan*

²*Fergana State University, 150100 Fergana, Uzbekistan*

³*Fergana State University, 150100 Fergana, Uzbekistan*

⁴*Fergana State University, 150100 Fergana, Uzbekistan*

ABSTRACT. In this monograph, it is called the state of research of the problem of interpersonal relations in psychology, and the research of the individual in the work of psychologists of our country and abroad, the role of communication in the system of interpersonal relations, the interpretation of the problem of interpersonal relations in the work of psychologists of our country, the description of the methods used in the study of interpersonal relations, research consists of theory, phenomenology.

KEY WORDS: Behavior, motives, needs, method, arithmetic value, sociometry, discussion, behavior style, attention

INTRODUCTION. In order to further strengthen the reforms being carried out in the Republic of Uzbekistan, it is necessary to rationally solve the urgent issues of an economic, political, spiritual, and social nature and to create conditions for its realization. depends on the feeling of patriotism. This process is manifested in interpersonal relations, social and psychological processes in them. These are expressed in the needs, wishes, interests, motivations of behavior, beliefs, views, and ideas of the public's attitude toward society, nature, and an individual.

Psychological processes in interpersonal relationships and the relevance of their study - firstly, with the focus on the systematic and progressive development of interpersonal relationships, secondly, the inculcation of the culture of observing the universal laws of interpersonal relationships, and thirdly, the level of consciousness and awareness characteristic of a person with, fourthly, the connection with the social-psychological and emotional aspects of interpersonal relations shows its relevance, that is, the topic.

At present, the study of interpersonal relations in our society, the psychological experiences arising from the relations and the decisions made in it have many effects on the development of our society.

In social life, the content of speech, culture and manners play an important role in interpersonal relations. Interpersonal relationships form the center of human life. Each side of the human heart is made up of relationships, and it is expressed in the relationships that a person has with others. Also, the human movement to establish relationships is completely dependent on this structure. A person always interacts with people in society, family, and cooperative activities. So, we can say that the study of the psychological foundations of the formation of interpersonal relationships is one of the topical issues of each era.

The problem of interpersonal relations has attracted the attention of philosophers, sociologists, and psychologists due to its necessity and relevance. Ensuring the effectiveness of interpersonal relations in the education and upbringing process of young people, national psychological and psychological characteristics of the personality of educators and learners, psychological aspects of children of educational institutions and orphanages, psychological characteristics of interpersonal relations in the family as a general psychological problem has been studied and is being studied. A.A. Bodolyov, N.N. Obozov, B.F. Lomov, Y.A. Kominskiy are among the psychologists who studied this problem. etc. can be shown. It is also known that this problem was studied by Uzbek psychologists E. G. Ghaziev, D. G. Mukhamedova, B. R. Kadirov, N. Safaev and others. The formation of interpersonal relations and the psychological processes that occur in them are widely and deeply studied by these scientists as a psychological issue through various directions affecting the development of society. Their work on interpersonal relations deserves attention.

The psychological foundations of the formation of interpersonal relations, the description of the methods studied by psychologists, are widely studied by the following scientists. Vygotsky L.S., Rubinstein S.L., Leontev A.N., Ananyev B.G., Bodalev A.A., Lomov B.F. and others studied the positive impact of this issue on human mental development. In addition, there are many opinions of psychologists about interpersonal relations, which we use in our research. Among the widely used methods in psychology are observation, interview and, including, the "Sociometry" method. (E.G'.G'oziev, R.Yu. Toshimov modification) R.S.Nemov's method of studying "Communication" (Prof. E.G'.G'oziev modification) T.Leary's "Interpersonal relations study" mathematical-statistical methods, i.e. Student t-criteria, were used in processing the results of the methodology.

MATERIALS AND METHODS. One of the most important tasks in the empirical part of our research is to choose the method used in the research. For this, we came to the conclusions that the choice of the method should be very careful and reasonable. For this reason, we decided to apply some methods. If this method helps to clarify our problem, we could come to the conclusion that the intended goal will be fully realized.

Observing the interaction of schoolchildren shows that how the interaction takes place and who has more influence largely depends on the roles played by the partners. In our opinion, the initiator of influence in the process of communication is a partner who, according to his personal plan, has the goal of pressuring and influencing the interlocutor, and he tries to use various means to achieve this goal. Students with such characteristics first create a situation as if they are showing a compliment to their interlocutor, then ask for a serious situation, and finally move to the main goal. In the course of treatment, as defined in psychological literature, the phrase "addressee of influence" is used and it means the person to whom influence is directed. According to the analysis of human interaction, if the initiator of influence does not have high training in the process of dealing, and if the addressee belongs to the category of a more experienced partner, he takes the initiative. Also, he can return the power of influence to his interlocutor as a feedback mechanism.

For the same reason, when such a situation arises, it often happens that the addressee of official influence falls into a difficult and uncontrollable emotional state. In accordance with this situation, the degree of formation of behavior in people is in the process of preliminary experience.

The following exercise was used in the initial experiments:

In your personal experience, in which event or reality did you find yourself in a conflict situation and could not prevent a conflict or quarrel between your classmates? Analyze the causes of this incident (resolving the conflict - failure to resolve the conflict).

Humans participated in the experiments based on the above-mentioned exercises. The main goal of this is to determine whether there are differences (differences) between people according to their age characteristics. It is worth noting that the content of the events, the structure of realities, the possibility of creating artistic images, the manners of dealing with people, the ability to speak, the need to find solutions to problems and various situations. This indicator made it possible to obtain information about the degree of formation of such qualities as the process of communication and its main tool, the logicity of speech, consistency of thoughts, depth of thinking activity, independence. For the same reason, the experience of the issues raised in the above exercises allows you to get information about how well the opinions of the participants are proportional to the behavior.

Predominance of the command tone observed in the communication of high school students, dealing in a sharp form in a threatening tone, frequent objections to the name of the interlocutor, expressing dissatisfaction with his behavior and thoughts, or Not giving in and showing aggression creates a competitive (or dominance-submissive) relationship..

RESULTS. According to the results, compared to the first people (2.37), they achieved a slight advantage in solving the third "self-confidence-lack of confidence" tasks. In the solution of the second task related to "Conflict resolution - failure to resolve the conflict", the indicators are somewhat higher due to the approach based on some skills, which is reflected even in the average arithmetic value (2.46 and 3, 0) found. In the determining stage, it was observed that more people are neglecting their partners in the conditions of dealings (2.35 and 2.62). In the communication process of the fourth task, their skills of establishing a similar relationship to the symbols they perceived as ideal in communication also had average normative values (2.4 and 3.0). In our research and at the end of the reports in the process of completing the tasks, we witnessed that we achieved a qualitative change in the results when we double-checked their positions in relation to the process of dealing with the above criteria. In the first and third stages of treatment, "self-confidence" (2.53 and 2.8), "tendency to resolve conflict" (2.62 and 3.16), "attention to the partner" (2.62 and 2.76), witnessed an increase in the position of "relying on models and symbols in communication" (2.78 and 3.15).

Table 1

№	Situations in the transaction process	Interpersonal in relation			
		Determinant stage	After doing the exercises	Definition stage	After doing the exercises
1	Self-doubt	2.37	2.53	2.7	2.8
2	Conflict resolution - failure to resolve a conflict	2.46	2, 62	3.0	3.16
3	Neglect of the partner	2.35	2.52	2.62	2.76
4	Relying on models and symbols in communication.	2.4	2, 78	3.0	3.15

It shows that this psychological state mainly depends on two factors: 1) based on one or another characteristic plot of thinking, logicity of speech, practical skills in experiments; 2) analysis of the text created by oneself, evaluation of knowledge to the level of formation, etc. However, as in our previous results, the third task presented by the criteria of "indifference to the partner in communication" served to reveal and define another goal, its solution is the fourth one related to "relying on examples and symbols in communication" to a lower index than the task (2.9 and 3.0). This situation indicates that the individual characteristics of people belong to the "strong" or "weak" categories.

If we analyze the quantitative indicators in the table, it gives the impression that the previous situations are continuing. The number of correct answers in the solution of the assignment is similar to each other, as well as the closeness of the correct answers. It shows that individual differences decrease from experiment to experiment. At the same time, there is some growth and dynamics in the solution of essentially similar tasks. An indicator with a confidence level between the arithmetic mean value, assuming no difference.

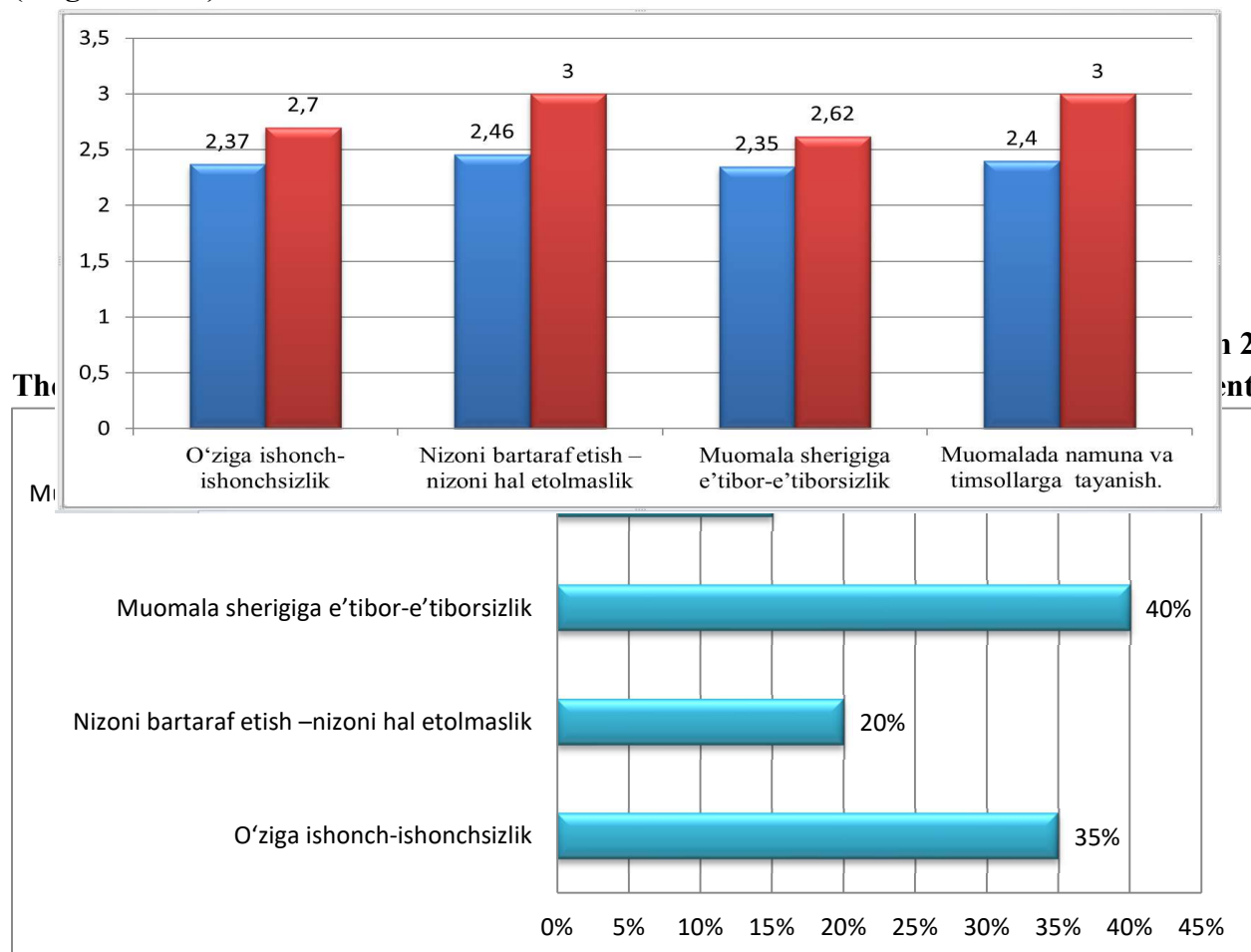
As it can be seen, as a result of the interaction between both people, as a result of getting acquainted with the tasks of different categories and solving them, following the instructions and instructions of the experimenter, there was a shift in the formation of communication skills and the development of communicative skills. Effective implementation of interpersonal relations and ensuring its continuity is evidence of the effectiveness of experiences.

DISCUSSION. We refer to the table below to determine the individual and age characteristics of school graduates in the process of solving tasks. This table can serve as an example of the use of high-level mathematical statistics criteria. If the order numbers in the table

represent the task categories, the rest of the mathematical symbols are described at the beginning of the paragraph, so repeated reference to them will lead to details..

Diagram 1

The results of the students' attitude towards situations in the process of treatment (diagram view)



Since interpersonal relationships have a special meaning in the educational system, our research in this regard mainly focused on the study of relationships between college students. To do this, we focused first of all on the study of interaction in a group of students.

We used J. Moreno's "Sociometry" methodology (E. G. Goziev and R. Yu. Toshimov's modification) to study the mutual relations of schoolchildren. In the analysis of the results, the results obtained on the basis of sociometry show the interaction of group members as "personal attitude towards group members", "dominant opinion about friendship and acceptability in the group", "mutual support in the group" We took into account the dominant opinion about mutual help and responsibility in the group.

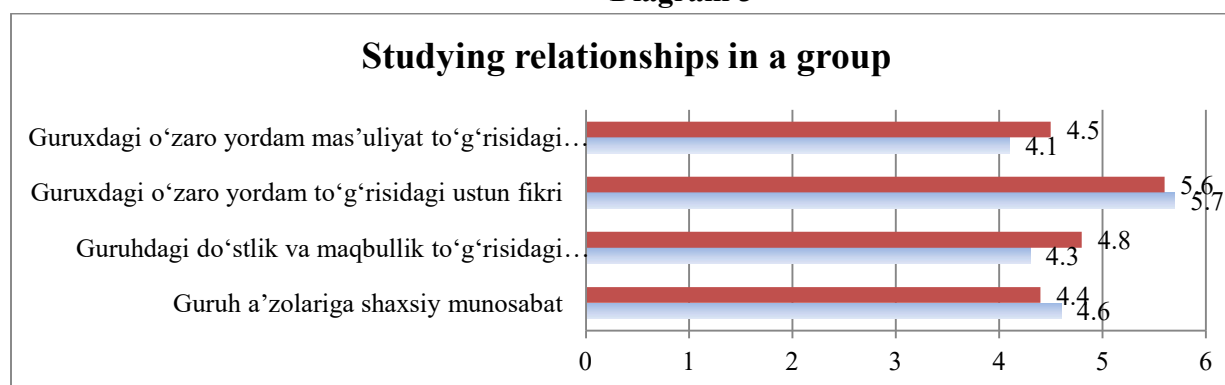
Table 2
Studying relationships in a group

№	Scale	10th grade students of the school	11th grade students of the school
1.	Personal attitude to group members	4,6	4,4
2	A dominant view of friendship and acceptance in a group	4,3	4,8
6.	The main idea of mutual support in the group	5,7	5,6
4.	Mutual support in the group is the dominant idea of responsibility	4,1	4,5

School students were limited to 4.6 and 4.4 points in "personal attitude towards group members". In their results, we did not observe sharp differences in terms of personal relationships with group members and psychological characteristics of groups. Perhaps this situation is due to the fact that they work together in the same team and are in contact with each other.

According to "friendship and acceptability in the group" (4.3, 4.8), there were no sharp or very different situations as in the previous point. Friendships can be effective because of mutual understanding and support during college education.

Diagram 3



CONCLUSIONS: The indicators of "superior opinion about mutual support in the group" were characterized by 5.7 and 5.6 points among schoolchildren.

Also, the indicators of "superior opinion about mutual help and responsibility in the group" were characterized by 4.1 and 4.5 points among schoolchildren.

"The dominant idea of mutual help in the group" and "the dominant idea of mutual help in the group" are considered the main determining factors in the process of mutual student education.

Therefore, taking into account the importance of studying the attitudes of schoolchildren in this regard, it led to express some social psychological considerations.

RECOMMENDATIONS. An important way to form a well-rounded person is to properly organize the team and its relationships. We offer the following recommendations to improve the work on the formation of interpersonal relationships in the human community.

1. By teaching people to solve (fulfill) the tasks used in the initial experiments, the skills of arming people with psychic weapons such as verbal and non-verbal means of communication, paralinguistic, extralinguistic, proxemic, optical-kinesthetic mechanisms and phenomena, and putting them into practice are formed.

2. As a result of acquaintance of individuals and practical psychologists with the methods used in the research, there are opportunities to introduce them into the educational system, and they serve to direct the quality of communication, the ability to create content, and finally develop the speaking ability, as a result, the principle of the unity of speech and thinking is decided in practice. get acquainted with the directions for finding.

3. By mastering the laws of formation of communication, one will have the opportunity to discover options and invariants of influence based on the criteria of prevention, diagnosis, and elimination of conflict situations.

4. Arming with information about the scenario of using the debate-discussion-discussion method serves as an incentive to conduct research on other optimal means and styles of communication, communication style creates favorable conditions for the formation of content.

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