

THE CONCEPT OF SELF-AWARENESS

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Self-awareness is an important process in the development of a person and is one of the main tasks of spiritual and moral education. Because only a spiritually mature person realizes his identity. A person who understands himself will be well-developed in all respects, his consciousness will be elevated, and he will have a deep sense of human duty. Various factors are involved in its ascent to such heights, and to one degree or another it leaves its mark.

The concept of self-awareness is defined differently in pedagogical-psychological and philosophical ways. Self-awareness is the ability to be human, to feel what one has to do in the process of striving for perfection, and to be able to fully express this responsibility throughout one's life and activity. Self-awareness in many scientific sources: "Man's understanding, evaluation of his own knowledge, spiritual image and interests, ideals and moral motives, holistic assessment as a self-aware and thinking being", "Separation of man from the objective world, his attitude to the universe" to understand and evaluate it, to understand oneself as a person. It is the understanding of one's actions, thoughts and feelings, desires and interests."

Psychologically, an individual's self-awareness stems from an understanding of his or her behavior in the system of relationships with society. Self-awareness allows one to analyze and evaluate one's behavior, to distinguish between good and bad aspects of morality, resulting in the necessary conditions for the formation of an objective, objective self-assessment. Self-discipline involves conscious self-management. It requires the organization of self-knowledge. In the process of improving self-awareness, a person's perception of himself also changes in connection with the results of his activities, his position in society, the demands of society on him.

Psychologists conditionally consider the mechanisms of self-knowledge, self-attitude, self-awareness, self-influence as factors of personality formation. Self-knowledge also includes self-observation, self-analysis, self-criticism, self-monitoring, and evaluation. Understanding one's self, discovering oneself, can become a special goal of self-improvement. Self-management, self-education, without self-study, without knowledge, loses its meaning. Sometimes self-awareness remains a decisive factor in self-management. There is therefore no direct, indirect way of self-knowledge to self-assessment, which requires a particularly demanding attitude towards oneself.

This means that self-awareness based on self-knowledge can lead to self-management and upbringing.

On the basis of the image of "I", a person develops a system of self-esteem, which can be different in accordance with the image. Self-esteem can vary depending on different qualities and the person's experience, the achievements underlying that experience. Although this assessment actually depends on the individual's real relationships with others, in reality it is shaped by the criteria in the person's system of consciousness, i.e., how much he or she subjectively values these relationships. Self-assessment can be accurate (adequate), low, and high.

Low self-esteem can often be caused by excessive demands of others on the individual, inability to meet them, constant complaints, failures in work, study and behavior. Such a teenager or adult is characterized by depression, trying to walk away from others, a feeling of insecurity about his strengths and abilities, and gradually leads to the emergence of a number of negative qualities and behaviors in the person.

A very high self-esteem does not have a good effect on a person's behavior. Because it is also formed due to the artificial exaggeration of personal achievements or the qualities in it by others, inappropriate praise, the desire to avoid various difficulties. As a result, a person, even when he is defeated or feels helpless and illiterate, knows that the reason for this is in others and convinces himself of it. So, self-assessment should be realistic, adequate, accurate. Thanks to realistic assessment, a person learns from an early age to accept the opinions of relatives, adults and friends objectively, to correct them in a timely manner. Thus, self-esteem is a purely social phenomenon, the content and essence of which depends on the norms of the society that surrounds the individual, the values. The emotional side of self-awareness includes components, such as

interests, desires, moods, and the ability to control them. All this is manifested to one degree or another in the management, justification, self-education of their feelings and thoughts, actions. Thus, self-knowledge in the individual affects the whole process of self-government, which ultimately ensures the direction, development and growth of the individual. accepted and respected in that society. So, self-esteem is an important criterion of self-education. The plan in which an individual's self-improvement takes place depends in many ways on self-knowledge and self-esteem.

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