



# PSYCHOLOGICAL INTERPRETATION OF THE PHENOMENON OF HAPPINESS IN THE PROCESS OF PERSONAL SELF-REALIZATION

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## Abstract:

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In the article, the behavior of a person in the process of self-realization in order to live his life meaningfully and happily, philosophical approaches to the problem of happiness, the high value of life, the triggers of relaxation, feeling the pleasure of the body, the attributes of happiness: a spacious house, abundance of clothes, the meaning of things and beautiful things as a psychological reality. It is about the fact that it is made up of processes that require each other.

**Keywords:** A person's self-awareness, the essence of happiness, the attribution of happiness, the problem of happiness, triggers of happiness, emotional states, existence, life, satisfaction, health, opportunities, reflection, communication

## INTRADUCTION

In the process of self-realization of a person, research on the problem of family happiness had its own socio-historical development, and in them, artisticity took precedence over scientificity. The complex of artistic memories is expressed in ancient rare and rare manuscripts, oral information, and samples. With their potential and perfection, they are of incomparable importance as rules of conduct for humanity, protecting people from various defects, and preventing fatal situations of depression (cooling) of emotions[1].

Scholars and thinkers of the ancient world in most cases understood the concept of happiness as a state of spiritual and natural satisfaction of a person. Although there is unity and commonality in the process of determining specific ways to achieve this state in their reasoning, there are similarities in what to satisfy and what to get used to.

## THE METHOD AND OBJECT OF RESEARCH

Family life, work and people are the objects of our research. The method of our research is theoretical and practical analysis.

## THE RESULT OF RESEARCH

Due to the fact that the problem of personal self-awareness and happiness is a subject of human sciences, various approaches have been used to explain it and to develop means to achieve it. In the history of human sciences, ascetic (Greek "ascetic" means mover, based on the principle that suppresses feelings, inclinations and desires) and ideal (inner pleasure, bodily pleasure) contradictory theories of studying the problem of happiness have arisen[5].

The representatives of the ascetic direction try to prove their indifference and disdain towards the human body and its desires (there is no question of enjoying the fulfillment of desires in a body made of blood, sputum, kidneys, tears, marrow, etc.). According to them, it is impossible to have pleasure in the body because of sickness, greed, anger, envy, jealousy, etc. The "ideal" approach to the problem of happiness is characteristic of the ancient Indian school of philosophy, the Italian humanist philosopher Lorendo Vallo is a clear representative of it. According to the scientist, the highest value of life is to feel the pleasure of the body from the influence of a relaxing stimulus. According to the author's opinion, the attributes of happiness are a luxurious house, rich clothes, abundance of things and beautiful women.

In the 6th century BC, a third direction regarding the interpretation of this field appears and it is called the "golden mean". According to Lyas Izi, a great scholar of that time, a person who knows the norm will not have bad luck or failure. The second representative of the "Golden Mean" is Confucius. Since the time of Aristotle, this trend has gained priority in the philosophy of the ancient world[6].

According to I. Kant, a representative of the next stage of socio-historical development, the root of the feeling of suffering has not dried up, nature created it as a stimulus for human activity. According to his interpretation, a feeling of joy in marriage, always directed towards the good, is a sign of calmness without movement. Such a situation is proportional to the mental activity of a person in life, it seems as if the activity of the heart has stopped in a living organism, if a new impulse does not appear in its wake, then death will occur.



According to the science of social psychology, happiness is the emotional state of an individual, although a sense of pleasure prevails continuously in groups of a high-level human society, but most people cannot really reflect it.

According to the opinion of psychologist I. Argyle, happiness is: a) the experience of satisfaction with life in general, the general reflective assessment of the past and present by a person; b) is the frequency and speed (intensity) of positive emotions. In philosophy, happiness is mostly considered as an ideal. As a result of the psychologization of philosophy in the 20th century, human experiences and his spiritual world are taken into account more. Happiness, as an ideal, manifests itself as a feeling of constant, complete satisfaction with a person's life, if conditions arise, it reflects the desire to realize opportunities and achieve a goal[7].

Therefore, individual-psychological happiness is manifested as experiences of satisfaction with existence and life. In the objective and subjective phenomenon of happiness (in its unique aspect), it is characterized by two types of conditionality: a) objective existence requirement related to human living conditions and mental states; b) that it is a set of subjective experiences related to the human psyche, perception of life, attitude to it, their spiritual acceptance.

In foreign social psychology, the problem of happiness in the sense of life satisfaction attracts the attention of researchers. An American psychologist, one of the founders of behaviorism, D. Watson, conducted a questionnaire designed to determine the sources of happiness at the beginning of the 20th century. In the 40s of the 20th century, E. Thorndike, a colleague and follower of Watson, organized the factors of satisfaction with marriage and life and called them "good living conditions"[8].

It is known that everyone has been interested in the question of how much happiness a person can achieve. Some people see their happiness in a sense of satisfaction, peace of mind, feeling of one's own usefulness, material security, while others understand that it is happiness, enjoyment, and good time. In social psychological research, there are emotional (feelings) and cognitive (cognitive) directions, which are not related to each other, due to the determination of the components of happiness and well-being (wealth, abundance). General factors of satisfaction were found in the research and they were divided into the following components: satisfaction with obvious situations, situations (work, health, dignity, spouse, etc.).

Happiness, like mental and physical health, expands due to the increase in certain social connections of the individual. Due to the reduction of social feelings and the emergence of stress (tension) situations, depression (mental disability) occurs.

Psychological judgments about satisfaction have a relative nature, because they often depend on the results of comparing the current life situations of a person with past periods, usually combined with the person's perception of well-being. Countless people with friends, comrades, relatives feel happy. Friendship is one of the most important keys to happiness. In most cases, friendship is important for young people from adolescence to marriage.

It is natural to wonder why people[9] need friends. First, to get material support, additional information, even if friends have little to provide them. Secondly, social protection in the form of counseling, sympathy, reliable communication (treatment), commonality of views on existence. Third, unity of interests, partner

Relationships in the workplace are important to a person. Job satisfaction is one of the main sources of general satisfaction: in turn, it is based on interpersonal relations in the workplace. Because the employees feel good in a certain way of the leader's activity, therefore, "counting with them", "taking into account the participant in decision-making on problems" has a particularly positive and productive effect. As a practical and everyday satisfaction in solving marital problems, leaders appear as a source of high importance, because officials have the opportunity to increase material rewards compared to colleagues[10].

This is where differences between women and men arise, and this situation looks like this: men feel happier, happier in higher positions than women, prefer a smaller group, in which equality prevails. "Satisfaction with interaction in the workplace, in our opinion, has professional characteristics to a certain extent, it consists of a complex of moments of solving problems and coming to a decision in cooperative activities. In return for a good, stable mood, direct and indirect work contacts are entered into.

Well-rounded social relationships are inextricably linked to happiness. The question of how interpersonal relationships can affect happiness is not easy to answer. According to the experiences of world psychologists, an increase in the amount of social communication expands the scope of happiness, while a decrease in interaction during a period causes unhappiness. As a result of the analysis of the general effect of social support in psychological research (complex of the influence of family, friends and other



people), such a factor was clearly seen: compared to the mere presence of resources, their intensity (pace) is of great importance. A more important source of influence in family life is the role played by the husband or wife, or perhaps by a member of the family. Relationships of any kind can reduce stress. The data shows that women with the least stress and depression are married, employed and have children.

Relationships in family life: Women who have a partner have been found to be less prone to depression, despite experiencing more stressful life situations. Because they rely on their spouse's help in discussing their problems, they exchange ideas[11].

According to American psychologists, the support of a person by the employees in the workplace is very effective, the use of the leader, family, friends is of particular importance and leads to the reduction of stress that leads to depression.

The leader has his own judgment in solving the problem, if he is clearly influential, serves as a source of support and reduces stress levels. His colleagues at work can support him as a team. Sometimes colleagues act as a source of stress (conflict situations, competition, rivalries, etc.)

Job satisfaction can bring happy moments. According to world psychologists and our personal observation, job satisfaction makes only a small contribution to the overall satisfaction index than marriage and family satisfaction. One of the most valuable sources of happiness is family happiness, and unhappiness is job dissatisfaction. Job satisfaction consists of a number of factors and symptoms, the most important of which is the complex of feelings of direct enjoyment of work (lat. praxic). If work is characterized by its independence, diversity, if a person can feel the impact of his work on his life, or if he can feel that his work is recognized by other people, this feeling can be highly valued. Job satisfaction affects physical and mental health, as well as overall life satisfaction. When people get job satisfaction, workforce burnout is reduced, absenteeism is dramatically reduced, and work is performed at a higher quality[12].

The problem of job satisfaction among women deserves a separate interpretation and analysis. Because women don't accept the fact that they lost their job with such a feeling of sadness than men. As an exception, even if the family is the sole breadwinner, this situation is observed to be difficult. They experience the loss of work more patiently than men, and in most cases they treat it with indifference.

For many people, unemployment is supposed to bring unhappiness, for the same reason, a person's mood deteriorates, his mental state is disturbed. All

this leads to depression, and in some cases it can lead to suicide. In social psychology, unemployment is interpreted as bad luck. Therefore, it is connected to happiness as a pastime. This short period allows us to find answers to the problem of what people want and what things can make them happy. It is natural to ask whether a person can limit himself only to sleep and work, or whether he should completely exclude communication with friends and sports from his life[13].

The satisfaction obtained from interacting with other people and expressing one's individuality in it directly depends on the level of high achievement of the individual in this activity - this situation helps the development of abilities, as a result, the desire to create a model of personal growth arises. This is the basis of psychologist Maslow's theory of motivation. Its essence lies in the fact that in the process of satisfying necessary needs, even social ones, a strong motivation begins to affect growth and self-activation.

In the study of leisure motivation, relaxation was found to be an important component along with social motivation. Relaxation and relaxation of the body is characterized by the choice of the method of spending a working vacation.

The role of free time as a source of satisfaction is explained by the fact that it creates a choice for activities related to internal motivation, helps to get satisfaction from communication, creates conditions for relaxation[14].

Wealth and money have a class nature and are inextricably linked with happiness. In the US researchers, happiness and peace of mind were initially considered to be related to income, education and occupation, while British psychologists approach the same issue as the main factor of social origin, adjusted by income, but in fact, its basis depends on occupation.

According to the data, the availability of money helps to reduce the tension of discomfort, and also improves the mood in exchange for addressing this factor of good leisure time. Compared to people with low incomes, high earners have almost imperceptible levels of satisfaction[15].

Summarizing the results shows that money cannot make people happy in the basic sense, that is, it is never considered to be the main factor in increasing the level of satisfaction. In most cases, only wealthy people have the ability to focus all their thoughts and attention on money as a source. Their answers to the questions given to them can prove this point. "What role does money play in your life?" Most people of this category answer this question: "I believe



that money has the power to solve any problem. It is more powerful than the most dangerous weapon...".

As you can see from this answer, the dominant view is that money is a means of raising one's reputation in the eyes of the people around them. Belonging to a certain class, caste, and income level are not decisive for happiness, but they have the ability to influence to a certain extent. But there is also a tradition that money education is considered an important factor of happiness for people with low material well-being, while high-income citizens do not call the level of education a factor of happiness and well-being. Low-income people believe that having a good education and professional opportunities relieves them of material concerns in a certain sense, focuses their attention on values, and as a result, improves interpersonal relationships and helps the individual to grow[16].

According to world psychologists, the calmest and happiest people live in North America, Europe, and Australia. On the European continent, the people of Belgium, Denmark, the Netherlands, and England consider themselves happier than the citizens of Germany, Italy, and France.

There are materials worthy of answering the question of who can be considered happy. Usually, extroverts (people with an external expression of their inner world) devote a lot of time to communication, their favorite activity, and enjoyable physical activity. Those who do not have interpersonal skills, have a high level of anxiety and worry, so they withdraw from normal social situations, such as meetings, parties, gatherings.

There is a category of people who are always prone to depression, but there are also people with another characteristic, who are always lucky in practical terms, their work always succeeds, they are generally lucky people, they have happy faces.

So who are such lucky, happy people?

These are people who see the positive side of the whole thing and have an optimistic approach to existence. Those with such a mood see only the good in all appearances and situations, can distinguish the instructive and beautiful aspects from them, and strive to convince others of this[17].

There are people with such characteristics that happy moments do not leave them, the world for such people is refined and polished, as if everything is beautiful and bright. They interpret existing events, situations, and circumstances only as good experiences and messages, and they treat those around them with benevolence. Such people create pleasant associations (similar situations, similar pleasant experiences) with the qualities of being kind,

charming, sociable, open, and hearty. They tend to respond positively to any situations that occur in nature and society.

### **CONCLUSION**

According to data analysis, self-esteem has a stable relationship with subjective peace of mind and well-being. People under the pressure of a depressive state evaluate their behavior negatively, often they cannot adequately assess their quality and feelings. As a result of repeated accidents throughout life, there is a sharp decrease in self-esteem[18].

Although physical attractiveness, beauty, and height are not important factors at all, they are of great importance for women's happiness. The appearance is reflected in the social status, such people have high morals, therefore they can easily enter the social environment. Height is also important for men, especially for the opposite sex, it arouses the feeling of attraction (lat. from inside) and leadership (leadership) is characteristic of tall people.

According to the science of psychology, three spheres of life and activity, that is, treatment, work, leisure, are the main manifestations of satisfaction. The level of satisfaction depends on the obvious characteristics of the lifestyle (married or not, do you have a job or not, what about friends? etc.). Keeping a person's mood supported and energized at the right time creates a feeling of satisfaction in life. In order to identify this phenomenon (a rare condition), German psychologists asked the test subjects to remember pleasant situations that happened in their life in order to artificially induce a good mood. The test is conducted in a comfortable room, on a sunny day.

The results show that short-term mood has a significant effect on satisfaction judgments. According to the data, reflecting on happy moments in the past increases the feeling of satisfaction, while recalling unpleasant experiences decreases morale. Dissociation between ambition and goal attainment corrects the effect of active need satisfaction, although it cannot practically affect biological need satisfaction[19].

As the age increases, the intensity (intensity) of the feeling of joy, that is, the sequence of positive emotions, decreases. Also, enthusiasm for interesting activities and inclination will increase.

There is a lot of data showing that happiness increases in men and decreases in women with age. Women feel happiest when they are young, until the birth of a child. In older people, the feeling of satisfaction is higher than the feeling of happiness, and this indicator increases if they have a low level of education. Elderly people quickly adapt to life situations and people around them, they are flexible in their behavior. In old age, with the level of





pretentiousness, expectation decreases, desire begins to match opportunity.

Health is an important component of happiness. Health is an important and objective aspect of well-being. Health is closely related to a person's happiness and is considered one of the main determinants (lat. determining causality).

In England and the United States, health is ranked second only to marital status as a factor in satisfaction. Health ranks 19th in the list of goal and value orientation in Korea.

Interpersonal communication, especially reliable and continuous interactions with spouses and other loved ones, has a positive effect on human health and promotes a healthy lifestyle. Personal qualities are the most important factor affecting health. Neuroticism (nervous disease) is considered a source of damage to health, "resilience" allows people to withstand the effects of stress[20].

People who do not have internal conflicts, conflicts, and complaints are happier than other categories. These wisdoms of our ancient ancestors, which left an indelible mark on the achievement of happiness and well-being, have not lost their importance even in the present age. The popular proverb "he who is inclined to goal-oriented activity is very happy" is of great importance. Because the interest of a person's personal activity, occupation, profession gives him happiness, forms a feeling of inner satisfaction, moments of happiness cover his whole body.

Man experiences happy moments by overcoming his internal conflicts, and the efforts to reach the stage of perfect humanity give him pleasant experiences. Happy, happy people look forward to the future, strive to fully realize their physical and mental potential, and as a result, they ensure constant movement[21].

Therefore, in order to live happily, a person's ability to evaluate himself, to have a positive attitude towards himself, and the formation of a sense of self-confidence makes it possible to overcome the obstacles, difficulties, ideological and substantive depressions encountered during life with stability and consistency, ensures a positive attitude towards them and his life views. expands, improves.

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