



PSYCHOLOGICAL CHARACTERISTICS OF ADULT PERIOD

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Abstract:

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This article states that adulthood is a period of leadership, caring and maturity, and men and women of this age, like other ages, face psychological changes and crises. The socio-psychological significance of studying psychological problems during adulthood is also emphasized.

Keywords: Maturity, gender, psychology, personality, loneliness, "I".

ENTER. Before AVPetrovsky, psychologists studied the uniform maturation of a person, but he tries to prove that there can be prosocial and asocial stages of personality formation: he notes that the maturation of a person consists of three macrophases, the first of which corresponds to the period of childhood, in which adaptation to the social environment, habituation occurs; the second is adolescent individuation; the third one - in adolescence, that is, in the period of striving for maturity, it describes the emergence of characteristics of the coordination of specific situations[1]. This stage of maturation includes men and women aged 28-35.

In the period of maturity, a person can fully mobilize all his strength, abilities, intelligence, and internal capabilities for his profession, social activities, and public works. Male and don't be a woman this period work and social in action certain to the experience ownership them prospect towards leads _ There will be significant changes in the mature person's attitude towards others, their assessment, dynamic stereotype. He begins to understand that he is responsible not only for his own behavior, but also for the actions of other people, especially young people who do not have life experience. seeks to help[4].

Achievements, victories or failures in personal life during adulthood have a strong impact on a person's mental world. As a result, feelings of arrogance and pride appear in him, he begins to put himself above others, or, on the contrary, the hardships of life make him feel pessimistic, indifferent to things and events. But the mental state, which has both forms, gradually falls into the opposite direction through the influence of family members, peers, and members of the work team[5].

People at this stage try to live with a plan of perspective, they are not indifferent to reality, marriage, nature, society, and cosmic events, they live with the sense of calmness, harmony, peace, friendship, and rational use of the pleasures of the

world as much as possible. The period of maturity includes men and women aged 36-55 (60).

In this period, a new characteristic is manifested in the re-evaluation of creative activity. Until now, they have been pursuing quantity in their labor activities, but now they are beginning to worry about the quality of the labor product.

They begin to look at family life, social life, the purpose of living, human dignity, surroundings, themselves and other people with a new standard[15]. They react to the vicissitudes of life, social events with restraint, patiently based on life experience, express their opinion about the subtle side or bad consequences of everything. Missed opportunities, mistakes and shortcomings in life create in them the feeling of acting as one[6]. That's why they feel sorry for wasting a moment of their life, and they try to make up for what they lost in their youth with intelligence and wisdom. In the second stage of puberty, the signs of aging take more place, its starting point is 45-50 years old.

But according to the characteristics of a person, this limit is different, for example, it can be 60 years old for one person, and 70 years old for another. Therefore, the limits of the age period are determined only conditionally. This factor also depends on the family environment where people live, historical and social conditions, geographical climate, etc[7]. The variability of this age period is determined by human biological, social and educational factors (heredity, social environment, continuous educational influence)[14].

Yu.N. Kulyutkin, in people of the same age period, different processes, conditions, properties, and characteristics do not grow and change, but due to the fact that in one person, memory first, then thinking, in another, on the contrary, the development of a mental process, the second one will grow rapidly. A person's desire to realize his inner potential further improves his spiritual and spiritual self-awareness in all types of activities[8].



"I" in the sense of identity of men and women in adulthood is expressed from three different views: "I" is often interpreted by the self in the form of "I - image". "I - image" of the person:

1) retrospective consists of "I" and reflects the past self;

2) is imagined as the actual "I" and represents his current period;

3) the image of the ideal "I" is created in connection with the feeling of imagining oneself in the near future.

Therefore, the desire to fully mobilize one's potential in life creates a personal ideal model by comparing one's past image with the current one in all aspects of social life. begins to choose. A person's desire from the past to the present, from the present to the future is the main criterion for self-realization[9].

In general, people belonging to the second stage of the maturity period are distinguished by the fact that, on the one hand, they devote all their opportunities to work and social activities, and on the other hand, their social activities decrease. Because the aging of a person is different from other young people due to the abundance of both happy and sad moments, experiences, and emotions[13]. A crisis arises between the desire to relax and the feeling of withdrawal from social activities. What kind of decision to make, that is, not to cut off contact with the work team or to completely withdraw from social activities, depends on the struggle of motives in certain cases.

The fact that the average life expectancy of our people today has increased by about one and a half to

two times compared to the beginning of the 20th century, the physical well-being, spirituality and mental freshness of men and women in the period of maturity cannot be said about reducing social activity. is doing. So, my teacher's hard work, intellectual ability, professional skills, life experience, high consciousness, wealth of spirituality, and purity of spirit give a full guarantee to take a bold step towards a new victory: the joys of work[10]

ANALYSIS AND RESULTS: A study was conducted on a modified scale for measuring loneliness in adolescent males and females, and 119 subjects participated in our study. 66 of them were men and 53 were women. Since the obtained results do not correspond to the law of normal distribution, we analyzed the results based on the non-parametric criterion, i.e. "Mann-Whitney" criterion. We can observe that there are differences in the level of confidence in "Modification of Loneliness Measurement" ($U = 1429,000$; $p > 0.05$). We can observe that the average color of men (64.85) is higher than the average color of women (53.96). So, in an ideal situation, men feel lonely compared to women. Because women are always more resilient than men[11]. We have observed during our life that we have lost a spouse early, that is, a spouse. Men who died early feel lonely in life compared to women. In such a situation, women live with children and grandchildren to encourage them, but the opposite can be seen in men.

We can see this in the picture below.

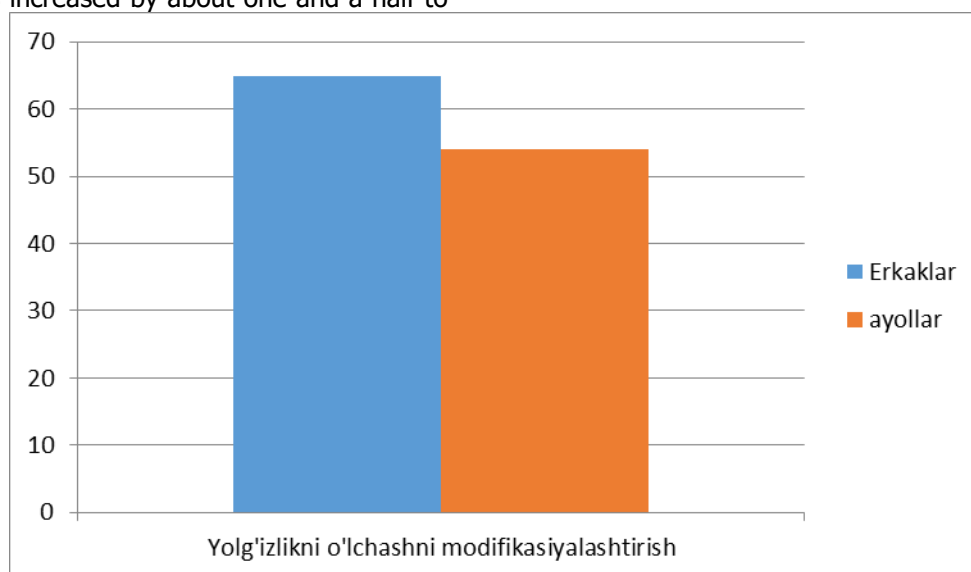


Figure 1. Gender differences in modification of loneliness measurement



CONCLUSION: The urgency of researching the negative consequences of midlife crisis can be attributed to many factors. In particular, today the age limits of midlife crisis have widened, as men and women under the age of 30 and over 50 can experience it. And its beginning is often associated with personal characteristics and important events in life [12].

The middle age crisis in men and women is characterized by its own course. In particular, men often associate the crisis with life values and self-searching. This process can mean a change of profession, changes in family life and radical changes in lifestyle. At this time, men often look back on their past years, question their achievements and start looking for luck and happiness elsewhere.

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