



CONTEMPORARY PSYCHOLOGY AND ITS TYPES

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Annotation: *This article provides an understanding of modern psychology for school, university, and vocational school students. You will learn about the structure of modern psychology, its main branches, and the methods of scientific research in psychology.*

Keywords: *Psychology, activity, method, individual, problem, solution, effectiveness, pedagogical psychology, object, subject.*

Аннотация: *Статья предназначена для изучения современной психологии школьниками, студентами вузов и профессиональными учебными заведениями. Вы узнаете о структуре современной психологии, её основных направлениях и методах научного исследования в психологии.*

Ключевые слова: *Психология, деятельность, метод, личность, проблема, решение, эффективность, педагогическая психология, объект, субъект.*

Annotatsiya: *Ushbu maqolada maktab, universitet, kasb – hunar maktabi o'quvchi va talabalariga hozirgi zamon psixologiyasi haqida tushuncha berib o'tilgan. Hozirgi zamon psixologiyasi fanining tuzilishi, uning asosiy tarmoqlari. Psixologiya fanining ilmiy tekshirish metodlari haqida ma'lumotlarga ega bo'lasiz.*

Kalit so'zlar: *Psixologiya, faoliyat, metod, individual, muammo, yechim, samaradorlik, pedagogika psixologiya, obekt, subyekt.*

INTRODUCTION. In recent years, a number of works have been carried out in the country to train pedagogical personnel in the field of psychology and support the activities of practicing psychologists. Taking into account the need for practicing psychologists in remote regions of the republic, targeted admission of students in the field of psychology education on the basis of a state grant starting from the 2019/2020 academic year. Starting from the 2019/2020 academic year, the duration of qualification practice in the curricula of psychology education in higher educational institutions has been changed from 8 weeks to 15 weeks. The subject of pedagogical psychology is the study of the laws of educational and upbringing processes. This field studies the problems of managing the formation of thinking in students, the development of intellectual activity and methods, psychological factors affecting the effectiveness of education, the relationship between teachers and students, individual contradictions in students and their consideration, problems such as mental development and upbringing. There are the following branches of pedagogical psychology. These are divided into educational psychology, educational psychology, and the psychology of educating children with abnormal development. Several of the following principles of modern psychology can be highlighted: the principle of determinism, the principle of the development of the psyche in activity, the principles of the unity of consciousness and activity. According to the principle of determinism, the psyche changes with changes in living conditions. For example, the development of the human psyche is affected by production methods and social factors. In animals, the development of the psyche occurs on the basis of biological laws. According to the principle of the development of the psyche in activity, the psyche is considered a product of development,

the result of activity. In the process of activity, as a result of play, study, and labor, a person acquires social experience, which forms a form of psychic development that is unique to humans. According to the principle of the unity of consciousness and activity, consciousness and activity are not contradictory realities, the unity of consciousness and activity is the mechanism of their dominance, consciousness and activity are not exactly similar to each other. Consciousness reflects the internal plan of activity, its programmatic aspect. For example, when a person interacts with the environment, he takes a goal from it, as a result of which he does not allow defects. Activity is characterized by reflecting its external expression of reality. Activity improves in this process with the help of consciousness.

LITERATURE ANALYSIS AND METHODOLOGY. Methods of modern psychology. Like all sciences, psychology has its own object of research and its own research methods. Despite the great diversity of psychological research methods, they are all subject to common requirements and rules. These are the objective conduct of research using the dialectical method and the application of the genetic principle. According to the dialectical method, it includes such principles as the general interconnection of all phenomena, the universality of development and action, the development and resolution of contradictions of the source of development, development through negation, the negation of negation as a form of direction of developmental processes. In the study of the psyche, the objective conditions for the emergence of psychic phenomena and their objective manifestation are examined. If these requirements are not met, even a psychologist with special training cannot collect scientifically sound data. The essence of

applying the genetic principle is that any psychic phenomenon under study is viewed as a process. It consists in studying the moments of development, history, and changes in the positions of these moments of the studied psychic fact. Modern psychology has a number of clearly verified, tested, and effective methods. Method-(Greek-methodos- a method of examining natural phenomena). The observation method is one of the methods that has been widely used in psychology since ancient times. According to B.G. Anan'ev, psychological observation methods are a system of operations with psychological objects and are the object of knowledge of science. The observation method, as a scientific empirical method, has been widely used in social, pedagogical, clinical psychology, and developmental psychology since the end of the 19th century. Since the beginning of the 20th century, it has been widely used in labor psychology. The most important aspect of observation is the preservation of external validity. The main advantage of this method is that observation is carried out in natural conditions, and observation does not change the usual behavior of the observed individuals. Observation can be carried out both on a single habit and on a group of individuals. This method is convenient for studying children in kindergarten groups or in a school classroom. The disadvantage of the observation method is that it requires a lot of work. The research psychologist is interested in the manifestation of behavior not in any arbitrary form, but in relation to specific research tasks. Therefore, the observer must wait for the individual's characteristics and mental states to manifest themselves in the way they need. In addition, it is not enough to observe and record the manifestation of mental characteristics in isolation. The research psychologist must be confident in the character and typicality of this or

that trait. The research process through the observation method consists of the following stages: 1. The subject of observation (behavior) is determined, the object (individual or group) is determined, the situation is determined. 2. 3. 4. 5. The method of observation and recording data is selected. An observation plan is drawn up. The method of processing the results is selected. The data obtained are processed and interpreted. Two types of observation methods are distinguished: self-observation and external observation. Self-observation is one of the most basic methods of psychology. Because, according to the supporters of this point of view, the person himself knows and understands his true mental state. Another person cannot fully understand these phenomena. In reality, self-observation is subjective. Therefore, self-observation cannot be the only reliable method of psychology. External observation is the observation of one person by another. This type of observation is used with the help of various means (camera, movie camera, chronometer) and other sophisticated means of observation and data recording. Observation can be a true psychological research method only if it is not limited to describing the external symptoms of mental phenomena, but also explains the psychological nature of these phenomena. The main advantage of the experimental method is that in it the researcher psychologist can create any mental process or property at his own will and check the dependence of the mental phenomenon on external conditions. One of the advantages of the experimental method is that the experimenter controls and directs the course of the experiment during the experiment, and can repeat it several times. However, the experiment cannot be applied to all research tasks. For example, complex types of character and abilities cannot yet be studied experimentally.

DISCUSSION AND RESULTS. Two main types of experimental methods are distinguished: 1. Laboratory experiment 2. Natural experiment Laboratory experiment is conducted in laboratory conditions using special psychological equipment. The essence of the natural experiment (recommended to science by A.F. Lazursky in 1910) is aimed at not informing the investigator that an experiment is being conducted on him, transferring the research to the usual natural conditions. In addition, comparative, longitudinal, complex, mathematical statistical, granular, genetic, questionnaire, interview, archive, projective, test, biographical methods are widely used in psychology. The method of studying the product of activity is widespread in the history of psychology, anthropopsychology, creative psychology. Analysis of the product of activity provides important material for clinical psychologists. In certain diseases (schizophrenia, depressive psychosis), the nature of the effectiveness changes rapidly (in texts, in pictures). Let's consider the four main stages of conducting psychological research. The first stage is the preparatory stage. At this stage, the material is studied using various means, primary materials about the phenomena being studied are collected. The collected materials are analyzed. The effectiveness of any research, the choice of the right research path largely depends on the preparatory stage. The second stage is the stage of conducting the research itself. In this, specific research methods are used. An experiment is conducted and the necessary research (experimental) data are collected. The third stage is the quantitative development of the data collected during the research. The fourth stage is the interpretation and consolidation of the results obtained. At this stage, the data developed using many mathematical methods are interpreted from a psychological

point of view and the correctness or incorrectness of the research hypothesis is conclusively resolved.

CONCLUSION. Modern psychology consists of multidisciplinary psychological systems, is considered a science and consists of many areas that have their own research subject. These include: general psychology, aviation psychology, military psychology, psychophysiology, differential psychology, space psychology, engineering psychology, medical psychology, legal psychology, pedagogical psychology, neuropsychology, pathopsychology, sports psychology, labor psychology, creativity psychology, special psychology, management psychology, social psychology, marketing psychology, youth psychology, religious psychology, organizational psychology, family psychology, genetic psychology, experimental psychology, applied psychology, professional psychology, political psychology, psycholinguistics and other branches of psychology. The main reason for the division of psychology into branches is the emergence of applied areas within it. Psychology is used to solve important issues in public administration, the education system, healthcare, sports, culture, television and other structures. In modern psychology, effective results are achieved by systematically organizing and implementing work such as helping young people to realize their potential, enriching their cognitive activity and interests, forming a wide range of ways of perceiving the world, maintaining the level of happiness and health of our people, especially mental health, and protecting them from stress. In modern psychology, electronic computing techniques, electrical and chemical means are widely used in the in-depth study of the psyche.

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