

VIEWS OF WESTERN PSYCHOLOGISTS ON THE SITUATION

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Annotatsiya: this article talks about extreme situations, the emergence and emergence of situations, the concept of the situation, the psychological views of the western scientists about the situation, the classification of situations.

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We can see that the concept of "situation" is interpreted differently in different scientific theories. For example, when talking about basic scientific views, there are several directions that consider the ratio of subjective and objective factors that are structural elements of the situation.

The first researchers of the concept of "situation" were behaviorists. It is known that the representatives of this direction created experimental situations from the outside and studied the real behavior of people. The main idea of these experiments was to prove that the form of behavior that once appeared in a person has a great impact on his whole life. Such behaviors are called habits. D. B. Watson was the first theorist to study human behavior in different situations. "The situation is a group of factors that cause action in social life," wrote D. B. Watson, who believed that the situation can be divided into a group of incentives.

K. Hull, another representative of behaviorism, considers the situation to be "a series of events or conditions that result from an initial event or condition over time." This author has shown two causes of behavior: incentives coming from the outside world, and internal stimuli and requirements. In this case, instead of the classic "S→R" formula, the "S→organism→R" scheme is proposed, in this case, the organism means the mechanisms of the nervous system. It is the need that requires the organism to be active in situations, and Hull says that the strength of the need depends on the strength of the reaction, which is defined as "reaction potential". Thus, Hull's new view for behaviorism that a person can control himself in any situation, that is, that "Man is a self-regulating mechanism", is a truly adaptive (adaptive) action. emphasized the need for both a certain state of the organism and a corresponding effect, the environment.

It should be noted that the term "self-regulating mechanism" was explained by Hull as the dynamic processes of the nervous system. The situational problem is also studied in psychoanalysis. For example, everyone knows Z. Freud's ideas of the so-called common sense, the need to refrain from explaining human activity with the

immediate demands of reality. He called for "caution" in interpreting the behavior of a person that looks normal from the outside. Freud also put forward ideas that a person is always in a certain situation and is a part of the situation. In his famous hypnotic experiments, Freud was often convinced that the client's speech was different, and that what was driving him was completely different. Freud said that a person can be so obsessed that he often cannot understand how he feels in situations and how important the situation is for him. On the other hand, the situation is perceived as a "distorted reality" and this distortion is defined by redundant needs or deep personal conflicts. It is known that, from the point of view of psychoanalysis, human needs that have a significant impact on a person's relationship with the world mean a certain amount of energy aimed at their realization.

K. Jaspers, one of the representatives of existential psychology, who put forward the theory of the situation opposite to behaviorism and classical psychoanalysis, gave a description of the situation. According to him: "The situation of any human being is such that he lives in the world as a complete and indivisible person, but with the ability to act, even if he is limited to a certain space that is always changing".

Jaspers was the first in psychology to introduce the concept of "borderline situations:" and by this means "struggle in the form of death, guilt, inevitability, that is, situations that determine our existence". The discussion of the issue of the influence of the situation on a person was continued by K. Levin, a representative of the field of cognitive psychology, who put forward the theory that perception affects human actions. In his first work, K. Levin showed a significant impact on the evaluation of the environment of human perception, including the identification of not only the subject who perceives the situation, but also the environment.

The introduction of statistical methods into psychology gave psychologists the opportunity to try to solve the problem of human behavior from the position of individual-personal analysis. Such a variant of solving the problem of the situation was called the dispositional approach. It is known that temperament is the main indicator that determines the individual characteristics of a person. In Western psychology, temperament is understood as a "tendency to certain types of reactions" that includes three factors. The first is associated with a tendency to high activity, intensive stimulation and risk-taking. The second factor is determined by the presence or absence of the disposition to show negative reactions, for example, fear, anger in the case of frustration. The third factor is related to the ability to manage behavior and attention.

After that, G. Eysenck proposed three factors, and Costa and Mc-Cray emphasized the existence of five basic factors.

1) extroversion (also called positive emotion in this approach) is characterized by sociability, demandingness, and a tendency to seek sources of excitement.

2) neurotization (in this approach it is also called negative emotion) - it is determined by anxiety, prejudice and depression.

3) it is characterized by warmth, goodwill and sympathy, as opposed to pleasantness, criticism, suspicion.

4) Consciousness - adherence to moral standards and responsibility, as opposed to giving in to one's weaknesses and not accepting delayed rewards.

5) openness to new experiences - (also called intelligence) as the presence of various experiences, the ability to appreciate intellectual activities, aesthetic sensitivity (as opposed to following gender stereotypes, maintaining conservative impressions and not being able to find ways out of difficult situations).

The theory of dispositional regulation of social behavior was developed by VA Yadov. The principle of the formation of the system of the personality structure, from the point of view of this author, the variety of relations of the individual's activity is determined by his reaction to various situations and events.

Yadov offers the formula of personal disposition, which determines the regulation of a person's behavior in a situation:

Here P is human needs; D - disposition; S—activity situation or condition.

The concept of "disposition" is understood as a person's tendency to evaluate a certain type of behavior, in other words, disposition means the interaction of human needs and specific conditions that can satisfy them. Dispositions are human needs, and the situations in which these needs are satisfied are a unique product of "conflict", Yadov writes. Social environments or dispositions that differ from elementary ready-made behaviors constitute complex constructs. Dispositions consist of cognitive, emotional, and behavioral aspects. Cognitive aspects of dispositions help a person to find the right way in the directions of social activity, emotional aspects are characterized by stress characteristics or, as Yadov says, their centrality in relation to the individual's basic needs, behavioral aspects help a person to socially approved social activity directs to types.

Depending on the goal of the person and the specific situation, certain dispositional education comes to the fore and becomes an actual issue, acting as a behavioral motive. Yadov suggests modifying the following formula: $S \rightarrow D \rightarrow P$, S—situation; D—disposition; P—behavior and explains it as follows. The mechanism of a person's behavior in a specific situation includes several processes:

- 1) Extracting the necessary elements from the general set of knowledge;
- 2) Formation of cognitive-emotional ties as a special raw material of activity;
- 3) Formation of ready behavior in accordance with the level of activity.

Thus, the behavior of a person in a local situation is determined by a whole system of personal disposition that precedes the situation, as well as by the individual-psychological features of the subject. At the current stage of the development of psychology, the concept of "situation" is described as a comprehensive phenomenon that cannot be discussed one-sidedly.

Modern psychology relies on three main ideas about the relationship between a person and a situation. Famous social psychologists L. Ross and R. Nisbett describe these ideas in the preface to the classic "Man and Situation" as follows:

The first idea is the strong determining influence of the immediate social situation in which a person exists, and the influence that often arises from the influence of the situation, which is often imperceptible or insignificant at first glance (for example, the contribution to the manifestation of this activity presence of some "channels" to add)

The second idea refers to the subjective interpretation of the situation and its impact on human behavior. In this, the subjective review is not considered as a reflection of the external appearance, in other words, the explanation of what is done by a person is not objective, and it cannot be considered only as a personal experience, i.e. not inherently subjective. The subjective review shows the result of the interaction between the person and the situation.

The third idea refers to the distribution or configuration of forces in the social systems that operate within the psychological system of a person, as well as in the social systems of which a person is a component. Any system seems calm and peaceful at first glance, but in reality there is internal tension in it. Any systems - from physical to social - can be an example of this. The stability of any system is maintained by a complex balance of many countervailing forces. This balance is sufficiently strong and can withstand external influences for a certain period of time. But if it is broken, the changes will intensify, because the hard forces that have been in the system until now will be released.

V. Michel, analyzing the relationship between the situation and personal changes, emphasizes that, on the one hand, a person's behavior can be appropriate to the situation, in other words, in certain situations, a person controls situational factors. On the other hand, personal factors can play an important role in the situation. Such two interpretations of the situation allowed this author to distinguish two different versions of situations: "strong" and "weak"

In "strong" situations, there are fewer individual options for behavior, and the main role is given to changing situations. Therefore, a person's attention to such situations depends on the situation itself. "Weak situations" allow a person's individual-personal characteristics to emerge, therefore, a person's reaction largely depends on

his characteristics. Thus, it is possible to talk about stability and instability of situations.

Based on this approach, A.M. Stolyarenko proposes a classification of situations, emphasizing the degree of extremity as a criterion. In this classification, 4 types of different situations are given:

Type 1 (normal situations) - simple, does not cause difficulties for a person, is far from danger, requires simple activity and usually ends with a good result. Usually these situations are neither emergency nor extreme.

Type 2 (paraextreme) - close to an extreme situation, can lead to failure and strong internal stress.

3rd type (extreme) is determined by the stress of the last state occurring in a person and strong internal tension. There is a strong possibility of a decrease in success, interruption of actions, unpleasant consequences.

4th type (hyperextreme) - the type that is often higher than human capabilities, that many people cannot bear, that impairs normal behavior and actions, and often creates internal tensions that lead to dangerous consequences.

Thus, a situation or an object of perception includes different elements of the individual and the environment with a unit of time and place and different connections (causal, genetic, structural, etc.). At the same time, by situation we understand the interaction and interrelation of subjective-objective situations characteristic of a concrete person's life and a certain moment in his life.

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