



THE PERIOD OF PEDAGOGICAL AND PSYCHOLOGICAL GROWTH OF ADOLESCENTS

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Abstract: In this article, we consider the characteristics of adolescence, physical and psychological changes, as well as aspects of pedagogical development, independent growth, motivation to study, development of group work and psychological growth.

Key words: adolescence, development, physical changes, psychological development, pedagogy, independence, group work, role of parents.

This article shows the importance of pedagogical and psychological training in preparing adolescents for family issues and ensuring cooperation between society and families. It is important for adolescents to understand the role and responsibility of society in the development of family education. Family education contributes to the formation of basic skills necessary for personal development and social adaptation of adolescents. Such training helps adolescents understand their family responsibilities, relationships, and their place in society. Also, close cooperation between families and society contributes to the healthy and sustainable development of adolescents. Joint efforts of pedagogues, psychologists and parents are very important in this process. They should help prepare teenagers to make important decisions in life. Adolescence usually begins between the ages of 11-16 and lasts until the age of 18-19. Physical, emotional and psychological changes occur during this period. The following characteristics are observed during this period.

Psychological changes: Adolescents have difficulty understanding their emotions. They often experience internal conflicts, anxiety and stress and begin to form their personalities.

Social change: at this age, adolescents actively form social relationships, seek independence from parents, and establish new friendships. It is important to learn social roles and identity during adolescence. They test what role they play within different groups and this process helps in self-awareness. Also, the pedagogical development of adolescents includes:

- **Motivation to Study:** Teens are more engaged when they work with materials that match their interests and needs. Using interactive learning methods can increase motivation. When teenagers feel that they are actively participating, the learning process is more effective and interesting.
- **Independent growth:** It is important to develop independent thinking and learning skills in adolescents, they need to learn to express themselves, solve problems and make choices, which will contribute to their personal growth. Happy
- **Developing Group Work:** Participating in group projects helps teenagers develop social skills and learn to collaborate effectively, and learn to share ideas and manage teamwork. These skills will be very useful in future professional life as well.

Psychological Growth

Psychological growth of adolescents refers to their emotional and mental state. The following points should be taken into account in this process:

1. Identity formation: Adolescents try to define their identity. They seek to understand who they are, where they came from, and who they will become in the future.
2. Emotional development: Teenagers need to learn to understand and manage their emotions. This process helps to manage stress and behave appropriately in social situations.
3. Stress and anxiety: Stress and anxiety can increase during adolescence. Parents and teachers should take note of these situations and help them because they play an important role in overcoming these difficulties. The role of educators in the pedagogical growth of adolescents is very important. They greatly influence the personal and academic development of teenagers. The following aspects show the importance of teachers for adolescents, for example: mentoring, personal development, academic motivation, emotional support, self-awareness, etc.

Adolescence is a complex and interesting period in which pedagogical and psychological growth processes are closely related. In order to support the development of adolescents, teachers and parents need to understand their needs, increase their motivation and develop their social skills, to support their socialization and the formation of a healthy personality. By correctly managing these processes, the personality and level of knowledge of adolescents will be further strengthened.

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