

Research Methods and Networks of Psychology

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ABSTRACT

We all know that the history of the development of the science of psychology goes back a long way. This article discusses the origin of the science of psychology, methods of teaching it and the history of their development.

ARTICLE INFO

Article history:

Received 30 October 2021

Received in revised form

30 November 2021

Accepted 31 December 2021

Keywords: psychology, human psyche, method, emotions, analysis

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Observation method. In psychology, there are objective (external) and subjective (self) observations of this method. To monitor changes in the human psyche, the following was done:

The purpose and task of observation are defined;

1. The object to be tracked is selected;
2. The age, sex, profession of the examinee are determined;
3. Research time is planned;
4. Continued observation is tightened;
5. It is recommended to observe in which human activities (play, study, work and sports);
6. The form of observation (individual, group, group) is assigned;

The means of recording observations (diary, conversation book, observation sheet, tape recorder, video recorder, video camera, camera, etc.) will be installed.

Through observation, people's attention, emotions, external expressions of the nervous system, temperament features, gestures, sensitivity, mobility, activity, behavior, speech activity, etc. are studied. However, this method does not allow to study very complex internal psychological experiences, high emotions, thinking, logical memory and intelligence. For example, observing a baby reveals his or her actions, attitudes toward toys, emotions, aspirations, inclinations, and desires.

In external observation, sometimes it is also possible to obtain information on thinking: mood at work, focus on a specific object, inability to be influenced by external stimuli, anxiety and pain in the face, abnormalities in the eyes, it is also possible to detect changes in the course of thinking by observing mental states such as meticulousness, depth, timing. In addition, hand tremors, nervousness, speech disorders, and emotional instability also provide information on changes in the human psyche.

Psychology also uses introspection. Often an experienced psychologist or a skilled teacher, a potential leader can draw scientific conclusions through self-observation. For example, by observing one's own thinking, one learns about the emotional changes within oneself, as well as about the emergence and

departure of the internal mechanisms of thinking. As a result, the quality, content, and essence of thinking follow how, at what speed, and in what form it takes place.

Thus, along with the advantages and disadvantages of the observation method, there are also disadvantages. Therefore, the complex psyche of man is studied using other methods.

Conversation method. In this method of studying the human psyche, the purpose and task of the conversation is determined, its object and subject are selected, the topic, time is determined, it is planned to conduct with individuals, groups and communities, connected with what is being studied. a related question-and-answer procedure is prepared. The main purpose of the conversation is to study the changes in the human psyche in the process of solving a particular situation or problem. The conversation provides information about people's thinking, intelligence, behavior, interests, intelligence, level of knowledge, beliefs, worldview, will.

Method of activity product analysis. This method has been widely used in general psychology to determine a person's memory, thinking, abilities, and characteristics of a woman. Through the analysis of children's drawings, toys, models, summer poems, it is possible to collect materials on their logical memory, thinking, technical, artistic and literary abilities, creative imagination. In order to establish communication between the object and the subject, certain judgments and conclusions are drawn from the surface about the psyche of the person. Products of creative activity include diary, scheme, invention, diagram, discovery, device, instrument, technical model, device, national embroidery, handicrafts, jewelry, abstract, course and qualification graduation works, master's dissertation, scientific report, abstract, review, thesis, article, visual aids, project, concept, artist, artist and bakhshi creativity.

Test method. Test is an English word that means to test. A short task, task, example, puzzle, plot picture, or shape test used to examine a person's mental growth, mentality, abilities, willpower, and other mental characteristics is called a test. The test is especially widely used in the selection of people to determine what kind of profession a person can have, whether or not they are fit for the profession, whether they are talented, gifted, or mentally retarded. The value of test methods depends on the scientific level of the experiment, the skill and interest of the researcher, the objectivity of the psychological data collected and the ability to analyze them scientifically.

The test method has been used in psychology since 1905, when the French psychologist A. Bine and his student A. Siman promoted the idea that human beings have the ability to measure mental growth and talent levels. started.

Rare tests today include examples of the work of psychologists Rorschach, Rosensweig, Kettell, Bartegg, Rexler, Meyl, Eisenk, Anaztazi, Raven, and others.

In psychology, tests are used in the following categories: Among the most common tests are:

1. One of the diagnostic methods aimed at determining the level of knowledge, skills and abilities is called goal (achievement) tests or pedagogical tests; This type of movement tests (designed to use mechanisms, materials, instruments, etc.), written tests (aimed at finding the right one from the questions on special forms or separating the important part from the picture), oral tests (general system of questions lim and determines the level of training in Physical Education).
2. Tests designed to measure a person's intelligence, intelligence, mental ability, and level of thinking are called intelligence tests; they are structured in rebral and novebral forms and serve to determine the level of mental ability, readability, resourcefulness, intelligence, mental development; test assignments require a logical approach to analogy, generalization, concepts, and description.
3. Creativity tests are designed to study and evaluate a person's creative abilities; they focus on analyzing the life experience of the creative person and studying the individual characteristics of the creative person (creative thinking and its productivity; flexibility, agility, resourcefulness, argenality, demanding, constructive, etc.).
4. Criteria-oriented tests are taken by the examiner and are intended to determine whether they are sufficient to perform the Caspian tasks. The criterion is the presence or absence of a particular knowledge system. The creation of a criterion is based on the analysis of its logical psychological

structure. At the same time, the psychological relevance and relevance of the criteria to the methodology should be taken into account in advance.

5. Personality or personality tests: the establishment of the person helps to study, measure, identify attitudes to values, emotional states, motivation, qualities of interpersonal relationships, typical forms of behavior, etc. They will focus on measuring, evaluating, and self-assessing forms of personal study, questionnaires, and cognitive processes. It also captures the temptation system that reflects subjectivity.
6. Projective tests (Latin *prochestio* - means to show first and foremost) A set of methods aimed at the holistic study of the individual, based on the psychological interpretation of the results of projection, are called projective tests. Now let's give some examples for the test.

Remove the redundant word:

- a) Enisey, Dnieper, Syrdarya, Amur (answer: Dnieper - it is located in Europe);
- b) Petrozavodsk, Izhevsk, Stavropol, Abakan (answer: Abakan - it is located in Asia);

MAIN STAGES OF PSYCHOLOGICAL RESEARCH

Any research and studies are carried out differently depending on the purpose, direction, nature of the means used, practical or theoretical significance. However, they also have something in common. For example, any research is conducted in four stages.

The first stage is the preparatory stage. At this stage, the material is studied by various means, the initial materials about the studied events are collected. The collected materials are analyzed. At this stage, the researcher begins to develop a certain hypothesis. This hypothesis is either confirmed or denied in the research process. The effectiveness of any research, the choice of the right research path largely depends on the stage of preparation.

The second stage is the stage of direct research. At the same time, specific research methods are used. At this stage, the researcher uses one or more specific methods (experiments) depending on the purpose of his research. The necessary research (experimental) data is collected by conducting an experiment.

The third stage is the quantitative processing of data collected during the study. In psychology, at this stage, many effective mathematical methods, statistical methods are used.

The fourth stage of the study is to explain the results. At this stage, the data collected and developed using mathematical methods are interpreted from a psychological point of view, and the correctness or incorrectness of the research hypothesis is decided.

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