

Psychological Characteristics Of The Manifestation Of Fear In A Person

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ANNOTATION: This article talks about the concept of fear, its types, causes and various recommendations for overcoming fear, psychological characteristics of the manifestation of fear in a person. Fear is a familiar feeling for everyone. He is to us has more impact than meets the eye. Strong fear "perception creates the effect of "tunnel", that is, it sharply limits the individual's perception, moral norms, thinking and freedom of choice. In addition, fear limits the freedom of behavior of a person.

KEY WORDS: Fear, phobia, stress, social phobia, prohibition, symptom, adrenaline.

INTRODUCTION

In order to ensure the implementation of the Resolution of the President of the Republic of Uzbekistan No. PQ-3907 dated August 14, 2018 "On measures to raise the spiritual, moral and physical well-being of young people, to raise their education to a qualitatively new level", as well as to further improve the system of psychological and pedagogical support for students in general secondary and secondary specialized state educational institutions, we conducted an analysis to identify and find solutions to emotional states observed in students during the educational process.[1]

Fears are a psychological trait, a person's tendency to experience a state of anxiety. Often, anxiety is associated with the expectation of the social consequences of his failure or success. Fear is closely related to stress. [2]

Let's look at some surprising facts and statistics about phobias and our biggest fears, including social phobias. [3]

Social Phobia Facts and Statistics:

- Social phobia is defined as an excessive fear of social situations, in which the individual fears being judged or embarrassed in front of other people.
- These are the most common phobias, affecting about 3% of the world's population. More Social Phobia Statistics:
- Social phobias are often cultural, but they affect all races and social classes.
- An interesting fact about all social phobia facts is that they affect more women than men. People often confuse social phobias with shyness, which is usually more common in women.
- Phobia statistics show that only 23% of all people with phobias seek treatment for their anxiety.

-Social phobias affect people of all ages, although they usually begin during adolescence. If statistics and facts about phobias are to be believed, almost 40% of them begin before the age of 10, and 95% before the age of 20.[4]

Research objective: To identify the psychological characteristics of children in adolescence, as well as to analyze the problem of fear in them, especially the methods of correcting these situations, and to develop appropriate recommendations.

Materials and methods: We used observation, interview methods, and the Mann-Whitney and Spearman criteria for determining the level of anxiety. This study was conducted among 7th grade students and 8th grade students studying at secondary school No. 16 in Urgench city.

Analysis results:

Analysis of the results of the Ch.D. Spielberg and L.Yu. Khanin anxiety test for gender differences (according to the Mann-Whitney criterion, n=80)

Scales	Gender	N	Medium color	U	P
Situational anxiety	Boys	40	38,61	724.500	0,467
	Girls	40	42,39		
	Total	80			
Personal concern	Boys	40	48,73	471,000	0,002*
	Girls	40	32,28		
	Total	80			

Note: **p<0.01

According to the analysis of the results of our study, no significant differences were observed between boys and girls in adolescence on the situational anxiety scale (u=724.500; p>0.05). In

explaining this situation, we can explain it by the fact that boys and girls in adolescence react differently to different life situations.

On the personal anxiety scale, significant differences were observed between boys and girls. (u=471.000; p<0.01) According to this situation, personal anxiety is higher in boys than in girls. This may be due to their growing up in adolescence, the characteristics of their self-awareness, or their desire to find their place in society.

Conclusion:

1. Personal anxiety is higher in boys than in girls.
2. It may also be related to the adolescent's growing up situation, his/her identity or his/her desire to find his/her place in society.
3. Boys and girls in adolescence may react differently to different life situations.

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