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## THEORETICAL ANALYSIS OF THE PROBLEM OF PROCRASTINATION IN ADOLESCENCE

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### Abstract

This article, based on scientific research conducted by Uzbek psychologists, highlights the importance of family environment, peer relationships, volitional qualities, moral self-awareness, sanogenic thinking and ethnopsychological factors in the development of the adolescent personality. Also, as a result of the analysis of scientific sources, insufficiently studied aspects of procrastination related to the digital environment, social pressure, assessment-oriented educational environment and personal and professional self-awareness were identified.

**Keywords:** Adolescence, procrastination, volitional qualities, sanogenic thinking, personality development.

### Introduction

#### O‘SMIRLIK DAVRIDA PROKRASINATSIYA MUAMMOSINING NAZARIY TAHLILI

Akromova Nigora Ismatulla qizi

TOSHKENT KIMYO XALQARO UNIVERSITETI

1-kurs magistranti

### Annotatsiya:

Mazkur maqolada o‘zbek psixologlari tomonidan olib borilgan ilmiy tadqiqotlar asosida o‘smir shaxsining rivojlanishida oila muhiti, tengdoshlar bilan munosabatlar, irodaviy sifatlar, axloqiy o‘zini o‘zi anglash, sanogen tafakkur hamda etnopsixologik omillarning ahamiyati yoritib berilgan. Shuningdek,

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ilmiy manbalarni tahlil qilish natijasida prokrastinatsiyaning raqamli muhit, ijtimoiy bosim, baholashga yo‘naltirilgan ta’lim muhiti hamda shaxsiy va kasbiy o‘zini o‘zi anglash bilan bog‘liq yetarlicha o‘rganilmagan jihatlari aniqlangan.

**Kalit so‘zlar:** o‘smirlik davri, prokrastinatsiya, irodaviy sifatlar, sanogen tafakkur, shaxs rivojlanishi.

### Introduction

In the scientific research of Uzbek psychologists, the following are the main areas of interest: 19.00.05 - Social psychology. Among the psychologists who conducted their scientific research in the field of ethnopsychology, N.A. Gayibova, Z.A. Abdurakhmonova, H.N. Bekmurodova, N.G. Odilova, A.N. Sharipov, Sh.K. Mamajonova, etc., have scientifically studied the relationships of adolescents of different sibling status with their peers during adolescence, the development of healthy thinking in students, important factors that cause the choice of a profession, volitional qualities, and the influence of socio-psychological and ethnopsychological factors on the formation of addictive behavior.

In particular, N.A. Gayibova, in her dissertation for the degree of Candidate of Psychology on the topic “Socio-psychological characteristics of relationships with peers of adolescents with different sibling statuses”, uses scientific methods to determine the psychological characteristics of relationships with peers of sibling adolescents, and emphasizes issues such as the influence of the status of a sibling in a group, their socio-psychological position in the group and family. According to the data obtained within the framework of N.A. Gayibova's research, she observed that sibling relationships, which are dominant in the family environment, directly affect adolescents' relationships with peers, and that only children who are deprived of sibling relationships have problems in their relationships with peers due to their weak ability to adapt to changes in social conditions.

It is based on the fact that a teenager is the only child of the same sex in the family, which affects his position in the family and his relationships with peers,

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and that boys who do not have siblings in the family have higher dominance and leadership qualities than their peers.

It is also worth noting that recommendations have been developed for school psychologists on creating a healthy environment in the peer group of adolescents and paying attention to the characteristics inherent in different sibling statuses in psychological counseling.


A.N. Sharipov conducted research on the issue of forming the volitional qualities of adolescents. In particular, in his dissertation for the degree of Candidate of Psychology on the topic “The mechanism of ethnopsychological influence of Uzbek folk art on the formation of the volitional qualities of adolescents”, he noted that proverbs, which are Uzbek folk oral literature, are a factor influencing the formation of the volitional qualities of adolescents. He also studied the use of proverbs, which are folk oral works, as an educational system in the formation of volitional qualities of adolescents.

In his research, A.N. Sharipov determined the interrelation of ethnopsychological characteristics with the development of volitional qualities of adolescents based on the use of "Folk Oral Works" in the process of educational activities.

The ethnopsychological model of the formation of volitional qualities in adolescent students is based on the dynamic expression of willpower in behavior, and it has been empirically confirmed that the components of "development under the influence of ethnopsychological factors" and "development based on psychological aspects" can be combined.

He also substantiated the possibility of developing and systematizing an integrative block diagram of the formation of volitional qualities in adolescent students according to the stages of "physiological development", "formation under the influence of ethnopsychological factors", "psychological development".

N.G. Odilova, in her dissertation for the degree of Doctor of Philosophy in Psychology on the topic “Social interaction as a factor in the development of moral self-awareness of adolescents”, developed proposals and recommendations to determine the development of moral self-awareness of

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adolescents in the context of social psychological training as a result of social interaction. In particular, she emphasized the organization of the process of improving the socio-psychological conditions for the development of moral self-awareness in adolescents as a key factor.



We can see that N.G. Odilova, in studying adolescent behavior, scientifically substantiated the importance of developing the abilities of self-observation and analysis in accordance with the importance of a person's "social acceptance" of himself, and the importance of adolescents' moral self-awareness in understanding and feeling themselves in social relationships, and in forming their experiences of their strengths and weaknesses.

Given the specificity of social interaction as a process of implementing social relationships, it can be noted that empathic abilities synergistically serve as the basis for moral values, when introducing the resources of will and management processes to overcome difficulties in managing adolescent behavior.

In particular, it is revealed that the pursuit of success in ensuring the ability to perform moral actions, achieving psychological stability in adverse situations, and developing the qualities of optimal and effective analysis of situations can serve as important structural components of the model for the formation of moral and ethical responsibility in adolescents.

Sh.K. Mamajonova in her research work substantiated the formation of adolescent behavior from a socio-psychological perspective. In particular, in her dissertation work for the degree of Doctor of Philosophy in Psychology on the topic "Socio-psychological factors of the formation of addictive behavior in adolescents", she emphasized that addictive behavior in adolescent boys and girls constitutes the psychological essence of the relationship between behavior. According to the data obtained within the framework of Sh.K. Mamajonova's research, we can see that resistance to peer pressure in adolescents leads to a decrease in the tendency to any addictions, and the decrease in addictions in adolescents is a psychological aspect of the development of value autonomy, which is substantiated by clear evidence.

The reasons for the formation of addictive behavior, such as the observation of a tendency to loneliness in adolescents, the increased need to find like-minded

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people, the difficulties adolescents encounter in social relationships, and their inability to convey their emotional states, have been empirically substantiated.

Also, based on the program of psychocorrection of social behavior of adolescents prone to addictive behavior, it emphasizes the issues of correcting addictive behavior by influencing such factors as "tendency to loneliness", "emotional benevolence", "adolescent autonomy" in adolescents.

In her dissertation for the degree of Doctor of Philosophy in Psychology on the topic "Social Psychological Factors Causing Adolescents to Choose a Profession", H.N. Bekmurodova revealed the social psychological factors that cause adolescents to choose a profession and the specifics of the importance of the "personal decision" factor in choosing a profession. She also identified the factors that cause adolescents to choose a profession.

H.N. Bekmurodova found that, as a result of social psychological factors affecting the choice of a profession during adolescence, social factors such as "material interest", "personal decision-making", "family values" are associated with the level of self-orientation of the individual, which leads to the formation of a priority of professional self-awareness in adolescents.

Considering adolescents, we can see that in choosing a profession, the formation of the image of the professional "I" in accordance with the personality types of students is primarily developed due to the representation of family values. In addition, it is necessary to note the presence of differential differences in the choice of professional activity of adolescents due to the degree of expression of the qualities of stability and endurance from the volitional components of personality traits, depending on socio-ethnic factors.

In her dissertation for the degree of Doctor of Philosophy in Psychology on the topic "Social Psychological Features of the Development of Sanogenic Thinking in Adolescent Students", Z.A. Abdurakhmonova emphasized that the goal of the research is to improve the methods of developing the social psychological features of sanogenic thinking that affect the behavior of adolescent students. In particular, she developed several practical recommendations for the development of sanogenic thinking in adolescent students.

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According to the data obtained as part of Z.A. Abdurakhmonova’s research, it can be noted that the development of sanogenic thinking in adolescent students depends on the behavior of the individual, and that acquiring theoretical knowledge about sanogenic thinking, correction and development of social behavior of students can be carried out through training.

In particular, the development of healthy thinking in adolescents, indicators affecting personality traits and behavior were scientifically studied, as well as the relationship between social factors such as the educational process, interpersonal relationships, and professional maturity.

In addition, important factors (healthy environment, honesty, human dignity, patience) and components (reflexive, regulatory, goal-oriented, conscious activity of the individual, emotional will, and control of emotions) of healthy thinking in adolescents were revealed.

## CONCLUSION

Adolescence is an important stage in the socio-psychological formation of a person, and the social and psychological factors that arise during this period have a significant impact on the formation of behavioral conditions such as procrastination in adolescents. Scientific research conducted by Uzbek psychologists has examined the interrelationships of family environment, peer relationships, volitional qualities, moral self-awareness, sanogenic thinking, and ethnopsychological factors in the development of the adolescent personality. Although existing scientific research has shed light on many socio-psychological factors affecting personality development during adolescence, it shows that some aspects of the formation of procrastination in adolescents have not been studied in a comprehensive manner. Also, the role of social expectations, high demands from parents and teachers, and the psychological pressure of an evaluation-oriented educational environment in the development of procrastination in adolescents require in-depth empirical analysis. These factors can increase the fear of failure, internal conflict, and avoidance of decision-making in adolescents, forming procrastination as a defense mechanism.

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It is also worth noting that the digital environment and social networks cannot but affect adolescents' time planning, attention management, and procrastination. The imbalance between the need for self-expression in virtual communication and the difficulties in real social relationships can be considered a psychological factor leading to increased procrastination.

In conclusion, procrastination in adolescence is not only an individual-psychological, but also a complex social-psychological phenomenon, and in order to better understand the mechanisms of its formation, comprehensive studies are necessary that include family, educational environment, peer group, digital space and cultural factors. Scientific research in this area serves as a theoretical and practical basis for the development of effective programs aimed at preventing procrastination and psychological correction in adolescents.

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