

FEATURES OF THE FORMATION OF PERSONAL REFLEXES IN ADOLESCENCE

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Abstract: the article is devoted to the analysis of scientific sources in understanding reflection as the basis of personal, communicative, intellectual knowledge and its impact on the individual's self-attitude and self-awareness.

Keywords: adolescent, "transitional period", "difficult period", "crisis period" meditation, reflection, self-awareness, self-awareness, self-esteem, acceptance, self-expression

Adolescence is a period that changes a person from childhood to youth and, in turn, differs from other periods in its relatively sharper, more complex course. This period roughly corresponds to the time of children's studies in grades 5-8 and is between the ages of 11-12 and 14-15. In some children, this period can also be observed earlier or later than 1-2 years. Adolescence is also referred to in some special psychological literature by names such as "transitional age", "difficult period", "crisis period". What is the "weight", "sharpness", "complexity" of this period justified by? The fact that adolescence is a difficult, complex period is associated with many psychological, physiological, social factors. During this period, the meaning and essence of all aspects of development: physical, mental, moral, social, etc. also changes. During this period, serious changes occur in the life of a teenager, in his psyche, in the physiological states of his organism, in his social state. In most cases, different traditions are observed in them, which are opposite to each other. y this period, the child is no longer a "child", and at the same time not yet a "Adult". His attitudes towards himself and those around him are discovered by a completely different character. The system of his interests, social orientation is formed again, self-awareness, assessment, values change. For him, the importance of his "I" and that "I" increases.

Adolescence is a special period in a person's life, during which adolescents increase their "me". The world of reflection in adolescence is colorful, rich and individual. It is the ability to reflexion that gives him the opportunity to form active images, meanings of life and actions, and block those that are not so effective. Reflection helps to know and determine the way a person lives. Thanks to the mechanism of reflection, a person has the opportunity to study the impulses that arise in him, observe his own path and set the limits of movement. Reflection contributes to the formation of the consciousness and self-awareness of a teenager. Reflection (also from Reflex Latin reflexio "reverse") is a concept that encompasses various phenomena and concepts related to the transformation of the mind, spirit, contemplative body of man.

Psychological scientists have also covered the development of reflex in adolescence, adolescent self - awareness in their research work. Domestic and foreign psychologists have defined refraction as follows:

- the basis of mental activity, the process of thinking (V.V. Davydov, A.Z. Zak).;
- knowledge of the external (environmental) and internal (self) World; determination of its (specific, subjective) way of life and existence; the basis (basis) of the relationship between the world and oneself (V. N. Myasishchev, V. F. Vasilyuk);
- specificity of the development of consciousness and self-awareness(V. V. Stalin).;
- the basis of self-knowledge and all definitions of self-awareness and its derived manifestations (V. G. Maralov).;
- the factor of development of subjectivity and the basis of self-development (G. P. Shchedrovitsky, V. V. Stolin, W. I. Slobodchikov, A. I. Abulkhanova-Slavskaya);
- stimulant to relieve tension and motivation to increase the activity of a person in meeting his needs (N. F. Dorofeeva).;
- the ability to define the boundaries of one's own capabilities, to determine the source of one-sided (I. P. Istomina).

Modern approaches to the study of the peculiarities of adolescence, despite the versatility of conceptual views in theoretical schools, make it possible to confidently emphasize that one of the new age-related forms of this period of life is reflection. So, the German psychologist of E. Spranger, In the cultural and psychological concept one of the new formations of adolescence - reflection-is directly identified. L.S.In Vygotsky's cultural-historical concept, too, he described reflection as one of the new formations of this century. At the same time, as Lev Semenovitch Vygotsky noted, the development of reflection in a teenager is not limited not only to an internal change in personality, but in connection with the rebirth of a teenager's self-realization, it will be possible to understand other people more deeply and broadly. D.I.Feldstein's concept of adolescence (1996) argues that one of the important mechanisms of reflection is the adolescent's form of awareness of his inner world and the form of awareness of the inner world of other people. V. I. Slobodchikov and G. A. Zuckerman the specificity of adolescence, described by in terms of the integral periodicity of general mental development, is determined by the formation of a new type of cognitive interest that leads to the emergence of internal reflex.

Reflexivity is characterized as a certain emphasis on the internal foundations of one's own actions and actions, creating the necessary conditions for changing the attitude of a teenager to the surrounding reality.

So, reflection is the basis of self-realization, self-realization, self-development of all important human forces, self-realization, self-expression, taking into account the combination of internal and external conditions aimed at self-development of the individual, and finding the meaning of being. Thus, the attitude itself, which serves as the basis for self-study and implementation, is associated with human consciousness and self-awareness, striving for perfection, achieving the highest level of self-development: biological, social, intellectual,

psychological.

Reflection is a bridge through which the formation and development of a person's relationship with the world and himself is carried out.

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