

THE CHALLENGES OF STUDYING PSYCHOLOGY

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Abstract: This article presents information about importance of psychology in human life. In addition to this, it explores difficulties in studying psychology, ways and methods of avoiding these challenges.

Key words: Psyche, inner world, psychological experiences, depression, extraversion, self-esteem, intelligence test, genetic factors.

It is known that psychology is one of the main concepts in the life of every person. Anyone with strong psychological knowledge can easily overcome life's difficulties. If we look at many professions, their work is closely related to psychology. In particular, we can include teachers, workers of internal affairs, doctors, drivers and so on. Based on this, we can say that psychology is a collection of knowledge that is necessary for everyone. When defined scientifically, psychology (Greek - soul; Greek - knowledge) is a science that studies the behavior and mental processes of people and animals through psychological methods. Psyche is the highest form of interaction of living beings with the objective world, which is manifested in their ability to realize their desires and act on the basis of information about it. Through the psyche, a person reflects the laws of the surrounding world. Psychology is a complex science because it studies concepts related to a person and his inner world. That is why we have some difficulties in learning it. We will explore these difficulties in this article.

Understanding and attempting to alleviate the costs of psychological disorders such as depression is not easy, because psychological experiences are extremely complex. The questions psychologists pose are as difficult as those posed by doctors, biologists, chemists, physicists, and other scientists, if not more so [1]. A major goal of psychology is to predict behavior by understanding its causes. Making predictions

is difficult in part because people vary and respond differently in different situations. Individual differences are the variations among people on physical or psychological dimensions. For instance, although many people experience at least some symptoms of depression at some times in their lives, the experience varies dramatically among people. Some people experience major negative events, such as severe physical injuries or the loss of significant others, without experiencing much depression, whereas other people experience severe depression for no apparent reason. Other important individual differences that we will discuss in the chapters to come include differences in extraversion, intelligence, self-esteem, anxiety, aggression, and conformity. Because of the many individual difference variables that influence behavior, we cannot always predict who will become aggressive or who will perform best in graduate school or on the job. The predictions made by psychologists (and most other scientists) are only probabilistic. We can say, for instance, that people who score higher on an intelligence test will, on average, do better than people who score lower on the same test, but we cannot make very accurate predictions about exactly how any one person will perform. Another reason that it is difficult to predict behavior is that almost all behavior is multiply determined, or produced by many factors. And these factors occur at different levels of explanation[2]. We have seen, for instance, that depression is caused by lower-level genetic factors, by medium-level personal factors, and by higher-level social and cultural factors. You should always be skeptical about people who attempt to explain important human behaviors, such as violence, child abuse, poverty, anxiety, or depression, in terms of a single cause. Furthermore, these multiple causes are not independent of one another; they are associated such that when one cause is present other causes tend to be present as well. This overlap makes it difficult to pinpoint which cause or causes are operating. For instance, some people may be depressed because of biological imbalances in neurotransmitters in their brain[3]. The resulting depression may lead them to act more negatively toward other people around them, which then leads those other people to respond more negatively to them, which then increases their depression. As a result, the biological determinants of depression become intertwined

with the social responses of other people, making it difficult to disentangle the effects of each cause. Another difficulty in studying psychology is that much human behavior is caused by factors that are outside our conscious awareness, making it impossible for us, as individuals, to really understand them.

There are some approaches in psychology. Science is always influenced by the technology that surrounds it, and psychology is no exception. Thus it is no surprise that beginning in the 1960s, growing numbers of psychologists began to think about the brain and about human behavior in terms of the computer, which was being developed and becoming publicly available at that time. The analogy between the brain and the computer, although by no means perfect, provided part of the impetus for a new school of psychology called cognitive psychology. Cognitive psychology is a field of psychology that studies mental processes, including perception, thinking, memory, and judgment. These actions correspond well to the processes that computers perform. In its argument that our thinking has a powerful influence on behavior, the cognitive approach provided a distinct alternative to behaviorism. According to cognitive psychologists, ignoring the mind itself will never be sufficient because people interpret the stimuli that they experience. For instance, when a boy turns to a girl on a date and says, "You are so beautiful," a behaviorist would probably see that as a reinforcing (positive) stimulus. And yet the girl might not be so easily fooled. She might try to understand why the boy is making this particular statement at this particular time and wonder if he might be attempting to influence her through the comment. Cognitive psychologists maintain that when we take into consideration how stimuli are evaluated and interpreted, we understand behavior more deeply.

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