

The Relationship Between the Level of Self-Awareness and Emotional Stability in Personality

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Abstract. This thesis analyzes the relationship between the level of self-awareness and emotional regulation and emotional stability in individuals. Self-awareness is considered as the ability of a person to understand their inner experiences, emotions, and cognitive processes, and its role in managing emotional states is highlighted. Research shows that a well-developed self-awareness enhances the effectiveness of emotional regulation and ensures psychological adaptability of the individual.

Key words: self-awareness, emotional regulation, emotional stability, self-regulation.

Shaxsda o'zini anglash darajasi va emotsional barqarorlik o'rtasidagi o'zaro bog'liqlik

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Annotatsiya. Ushbu tezisdagi shaxsda o‘zini anglash (self-awareness) darajasi va emotsional barqarorlik o‘rtasidagi o‘zaro bog‘liqlik masalalari tahlil qilinadi. O‘zini anglash shaxsning ichki kechinmalari, his-tuyg‘ulari va kognitiv jarayonlarini anglash qobiliyati sifatida ko‘rib chiqilib, uning emotsional holatlarni boshqarishdagi roli yoritiladi. Tadqiqotlar shuni ko‘rsatadiki, rivojlangan o‘zini anglash emotsional regulyatsiya samaradorligini oshiradi va shaxsning psixologik moslashuvchanligini ta’minlaydi.

Kalit so‘zlar: o‘zini anglash, emotsional regulyatsiya, emotsional barqarorlik, self-awareness, self-regulation.

Zamonaviy psixologiyada shaxsning emotsional barqarorligini ta’minlovchi muhim omillardan biri sifatida o‘zini anglash jarayoni alohida ahamiyat kasb etadi. O‘zini anglash shaxsning o‘zini idrok etishi, ichki kechinmalarini tahlil qilishi va o‘z xatti-harakatlarini ongli boshqarish imkonini beruvchi murakkab kognitiv-emotsional mexanizmdir [1]. Ushbu jarayon emotsional regulyatsiya bilan uzviy bog‘liq bo‘lib, shaxsning stressli vaziyatlarga moslashuvi va ruhiy salomatligini saqlashda muhim rol o‘ynaydi.

O‘zini anglash – bu shaxsning o‘z e’tiborining ob’ekti bo‘la olish qobiliyati bo‘lib, bunda inson o‘z his-tuyg‘ulari, fikrlari va sezgilarini faol ravishda kuzatadi, qayta ishlaydi va baholaydi [2]. Onglilik (consciousness) darajasidan farqli ravishda, o‘zini anglashda shaxs o‘z kechinmalarini tahlil qilish va ular haqida refleksiya yuritish imkoniyatiga ega bo‘ladi. Masalan, “Men hozir ko‘k rangni ko‘ryapman” yoki “Men taom yeyayapman va u menga yoqmoqda” kabi mulohazalar shaxsning o‘zini anglash holatiga kirganini ifodalaydi [3].

Tadqiqotchilarning ta'kidlashicha, o'zini anglash ko'p o'lchovli fenomen bo'lib, shaxsning o'tmishi (avtobiografik xotira), kelajakka yo'naltirilgan rejalari (prospektsiya), shaxsiy xususiyatlari, qadriyatlari va maqsadlari bilan bog'liq jarayonlarni o'z ichiga oladi [4]. Ushbu jarayonlar natijasida shaxsda o'z-o'zini baholash, o'ziga ishonch, o'zini tartibga solish va o'z-o'ziga gapirish kabi muhim psixologik mexanizmlar shakllanadi [5].

Emotsional regulyatsiya esa shaxsning yuzaga kelayotgan his-tuyg'ularni anglash, baholash va ularni mos ravishda boshqarish jarayonidir [6]. Samarali emotsional regulyatsiya emotsional barqarorlikni ta'minlab, impulsiv xatti-harakatlarning oldini oladi, ijtimoiy munosabatlarni yaxshilaydi hamda ruhiy salomatlikni mustahkamlaydi [7]. Aksincha, emotsional regulyatsiya yetarli darajada rivojlanmagan hollarda xavotir, depressiya va stressga bog'liq buzilishlar yuzaga kelishi mumkin [8].

O'zini anglash darajasi yuqori bo'lgan shaxslar o'z emotsiyalarini aniqroq tanib olishlari va ularga ongli tarzda munosabat bildirishlari bilan ajralib turadilar. Bu holat emotsional regulyatsiya strategiyalaridan samarali foydalanishga imkon yaratadi va shaxsning emotsional barqarorligini oshiradi [9]. Masalan, ishdagi muvaffaqiyatsizlikka duch kelgan shaxs o'z his-tuyg'ularini anglab, ularni konstruktiv yo'l bilan qayta ishlashi orqali vaziyatga moslashadi.

Xulosa qilib aytganda, o'zini anglash va emotsional regulyatsiya o'rtasida uzviy bog'liqlik mavjud bo'lib, bu bog'liqlik shaxsning emotsional barqarorligini ta'minlashda muhim ahamiyatga ega. Rivojlangan o'zini anglash emotsional holatlarni samarali boshqarish, stressga chidamlilikni oshirish va shaxsning psixologik

moslashuvchanligini kuchaytiradi. Shu bois, shaxsda o‘zini anglash ko‘nikmalarini rivojlantirish emotsional barqarorlikni mustahkamlashning muhim sharti hisoblanadi.

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