



THE MATTER OF PSYCHOLOGY IN THE MODERN SOCIETY

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Annotation: *The influence of the science of psychology that is developing today on the way of life of people. Work with the subconscious mind, psychological techniques, practices, meditations and the effect of meditations in humans' life are discussed.*

Keywords: *life-coaches, modern practices, meditations and the effect of meditations*

As we all know, today the attention to this science is increasing day by day due to the increased need of people for the science of psychology. Because every person feels the need to work with the acquired traumas during their life, in their youth, and whereas in today's society, many people have a strong traumas. This, in turn, increases the demand for psychologists and life coaches. Life coaches are professionals whose work style is somewhat different from psychologists, but whose goal is to provide easy solutions to various problems in people's lives. There are many people in our society who are achieving results by changing their way of life and thoughts with the help of various psychological practices, techniques and meditations. At this point, it is worth noting that the dictionary meaning of the word psychology is Greek "psyuhe" - soul, soul; "logos" means science. At the origin of modern psychology, Aristotle, Ibn Sina, Rudolph Gocklenius were the first to use the concept of "psychology". Sigmund Freud was heard even by a person who had nothing to do with psychology. As a science, psychology emerged in the second half of the 19th century, separated from philosophy and physiology. Psychology studies the mechanisms of the psyche, unconsciously, and how it is carried out by the individual. Today, meditation has a great place and importance in psychology. Meditation is characterized by having certain features in its normal activity.

--A state of concentration on present reality

--The state experienced when the mind dissolves and is freed from its thoughts

--Concentration in which attention is freed from usual activities and focused on God (characteristic of theistic religions)

--Focusing the mind on a single object of perception, such as breathing or reading words continuously. As a science, psychology studies mental facts, their laws and mechanisms. In general, psychology helps people to understand



themselves, their relationships with society, family and life. A person goes through different stages throughout his life. It is psychology that studies the mechanisms of manifestation of general patterns of mental processes and individual psychological characteristics of a person. The psychological development process of people from birth to the end of their life is studied by the psychology of the formation of the personality. Also, during the 19th century, that

Also, by working with the subconscious, it is envisaged to understand the structures and blocks of the Consciousness, to study the methods of their transformation. Today, meditating for at least 10 minutes a day is known to significantly improve the quality of life.

--Psychological effects of meditation:

--Reduce stress

--Encouraging cognitive ability and academic intellectual ability.

--Improves mood, Meditation is associated with increased energy, quality, productivity, efficiency and job satisfaction.

- Improves social behavior, meditators improve their relationships with themselves and the people around them.

A new understanding of the way to perceive and relate to reality is achieved.

Physiological effects of meditation:

The metabolic rate decreases and there is a decrease in the heart and breathing rate.

The physiological state of meditation is the opposite of the state that results from anxiety or fear. Technical meditation seems to create the opposite state of "alarm protection" described by WB Cannon.

Lowering the rate of metabolism.

Reducing oxygen use and carbon dioxide production.

Decreased breathing rate and heart rate

Blood lactate, a decrease in lactate levels is associated with anxiety and tension.

Increases the resistance of the skin to a weak electric current. This resistance is associated with tension and anxiety levels.

- Methods of reproduction of alpha waves

Introspection is observing one's mental processes, knowing one's mental life without using any tools.

Observation is the study of specific features of the process without active participation in the process itself.

An experiment is the study of a certain process through experiments.



The experiment (<https://avitsenna.uz/psikhologik-mayers-briggs-testi/>) can be built on the basis of simulation of activity under specially defined conditions or conducted under conditions close to normal activity.

Developmental research is a study of the characteristics of the same children observed over several years.

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