



**The role and possibilities of psychodiagnostic methods in the formation
of socioemotional intelligence in adolescents**

Tulyaganova Robiyabonu

psychologist of school 243

Abstract: In this article, psychological conditions related to the psyche of adolescents, their stabilization through psychodiagnostic methods and improvement of mental health of adolescents are mentioned.

Key words: Human factor, social intelligence, emotional intelligence, adolescent psychology, method, psychodiagnostics.

In today's rapidly developing global world, the issue of a person's experiences and self-awareness is considered one of the most important central issues in psychology and related branches of science, as well as in all directions that study the human factor. As a person interacts throughout his life, he always receives information from the outside world, tries to use them in his practice, and returns his response to external influences. So, in this process, to what extent does the issue of emotional intelligence, which causes many reflections in today's modern branches of science, especially in psychology, have its own role? As we know, emotional intelligence is a product of a person's emotional intelligence, and it refers to the ability to control one's own emotional experiences and at the same time to accept the emotional experiences of others, to be able to accept others and oneself. Emotional intelligence helps a person, first of all, to be able to control his temper and increase his sense of empathy.



In today's rapidly developing global world, the issue of a person's experiences and self-awareness is considered one of the most important central issues in psychology and related branches of science, as well as in all directions that study the human factor. As a person interacts throughout his life, he always receives information from the outside world, tries to use them in his practice, and returns his response to external influences. So, in this process, to what extent does the issue of emotional intelligence, which causes many reflections in today's modern branches of science, especially in psychology, have its own role? As we know, emotional intelligence is a product of a person's emotional intelligence, and it refers to the ability to control one's own emotional experiences and at the same time to accept the emotional experiences of others, to be able to accept others and oneself. Emotional intelligence helps a person, first of all, to be able to control his temper and increase his sense of empathy.

We face many big and small problems in our domestic life and how we react to them is measured by the degree of emotional control and ability to direct it. Imagine that in your daily life, while moving around your destination, you may face various problems, "someone accidentally pushes you", "your car gets stuck in the lane", "unexpected noise", "conversation with a sick person" and so on. problems are encountered in our life almost every day. Have you observed yourself when you faced such problems? Of course, we can include aspects of self-observation and thereby increasing the level of emotional intelligence in the initial manifestations of emotional intelligence. How much can a person react to unexpected situations in a controlled manner? In our opinion, the EU is more important to us than the EC.

Western psychologist Daniel Goulman in his book "Emotional Intelligence" in his book "Emotional Intelligence" says that the active motor cortex and its branch are directly involved in the condition of quick feelings and their manifestation. Psychologists often express their opinions about the fact that in everyday life, very intelligent and highly



intelligent people have difficulties in self-control in relation to emotional volitional states. In our opinion, a person with a high level of intellectual competence may be well-versed in the laws of science and scientificity, therefore, we can say that they may have various deficiencies in controlling their emotional stability. However, we cannot say that a person who can use it in the right direction from any emotional and voluntary point of view will have a high tolerance ratio in relation to an unexpected situation in life.

In addition, in one of the various experiments conducted on this topic, Dolph Zillmann, a psychologist from the University of Alabama, states that a high level of emotional intelligence in family relationships means that parents are less likely to experience emotional stress and anger in various small problems with their children.

In our opinion, it is appropriate that the formation of emotional intelligence is carried out simultaneously with intellectual education in the family. In this regard, world psychologists such as John Gottman and Joan Dekler advise that in identifying a child's temperament, it is necessary to start with studying his mood. The sense of kindness and kindness formed in the child's heart is important for his later sympathy, playfulness, empathy and emotional self-awareness. Anger in children and its failure to suppress it with the right solution, suppression of constant emotional instability in the child motivates the increase of negative emotions such as hatred or resentment. In our opinion, in the upbringing of a child, it is necessary to emphasize not only his intellectual abilities, but also to try to form the most subtle feelings and altruistic ideas hidden in him.

In their research, S.J. Stein and Howard Buckler link emotional intelligence to stress tolerance and emotional attractiveness. According to them, emotional intelligence is fundamentally different from the usual concept of intelligence. According to them, "Emotional intelligence is the ability to correctly interpret the situation and influence it, to intuitively understand the desires and needs of other people. Such talented people have both strong and weak sides.



In conclusion, in our daily life, the high level of intellectual competence does not always fully help us to analyze the situation correctly. That's why modern scientific fields are conducting many researches and various experiments on emotions and their management. Early development of emotional intelligence and the ability to use it correctly can be the solution to many problems. Being able to properly direct the impulses of emotions in an unexpected situation is an emotional skill.

LIST OF REFERENCES:

1. Ushakov D.V. Sotsialnyi intellect kak vid intellekta (Russian) // Institut psichologii RAN. — 2004.
2. Thorndike E.L. Intelligence and its uses // Harper's Magazine.. — 1920. — No. 140. — S. 227-235.
3. Guilford Dj. Structural model of intelligence. — Psychology myshleniya, 1965. — 456 p.