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PSYCHOLOGICAL CHARACTERISTICS OF THE SOCIAL PERCEPTION OF WORKS OF ART BY TEENAGERS

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ABSTRACT: *In this article, the nature of relationships related to teenagers, art and psychology is theoretically analyzed through the literature of foreign countries and nationals, and the negative changes that occur in the psychology of teenagers and their causes are studied. Attention was paid to the influence and connection aspects of psychology, including the psychology of adolescents.*

KEY WORDS: *adolescents, visual arts, psychology, immunity, morality, individual, illusion, motivation, optimism, psychodiagnostics, reproductive, reflection, temperament.*

As we all know, this studied topic is considered one of the important and urgent issues not only in Uzbekistan, but also in the whole world. Because, on the one hand, it affects the teaching and organizational system of schools and other educational institutions, on the other hand, it is closely related to the lifestyle and future of growing young people.

Now let's turn our attention directly to the object of the research. In particular, everyone has heard the word teenager and has a preliminary understanding of who they are. However, when asked, many of them said that they did not have any information about the age range included, and who exactly belongs to this category.

Adolescents are individuals in the transition stage between childhood and adulthood. Unique to humans, they go through a period called adolescence, which is characterized by various changes and dangers. At this stage, adolescents experience physical, psychological and social changes. They strive for autonomy, engage in risky behaviors, and undergo cognitive development. Adolescents are influenced by their social environment, including their peers and technological advances such as smartphones.

Statistically, one in seven 10-19-year-olds worldwide suffers from a mental illness, accounting for 13% of the global burden of disease in this age group. Depression, anxiety, and conduct disorders are among the leading causes of illness and disability among adolescents. Suicide is the fourth leading cause of death among 15-29 year olds. Neglecting mental health issues in teens can have consequences well into adulthood, damaging both physical and mental health and limiting their chances of living a happy adult life.

The World Health Organization defines mental health as "a state of well-being in which people recognize their own abilities, cope with the normal stresses of life, work effectively and efficiently, and contribute to their communities." Applying such adult-based definitions to adolescents and identifying mental health problems in youth can be difficult given the significant changes in behavior, thinking skills, and personality that occur during adolescence. The effects of changing youth subcultures on behaviors and priorities can also make it difficult to identify adolescent mental health and mental health problems. Although mental disorders reflect psychiatric disorders, adolescents can be affected by a wider range of mental health problems. Among them are various difficulties and burdens that hinder the development of the adolescent and negatively affect the quality of emotional, social and professional life.

Adolescence is a critical period for the development of social and emotional habits that are important for mental well-being. Among them, establishing a healthy sleep regime; exercise regularly; problem solving and interpersonal development; and learning to manage emotions. A protective and supportive environment in the family, school, and community is important.

Psychologist L.S. Vygotsky called the psychology of adolescence "crisis in mental development". Adolescent crisis-adolescent experiences are a permanent change and violation of its structure and content. He called the age of 13 the breaking point of the crisis. After the crisis, new psychological structures are formed, which are called subjectively more difficult by parents and teachers. The incompatibility of the needs and capabilities of teenagers creates conflicts between teenagers and their parents, teachers and other mentors. Vygotsky did not limit himself to the crisis in mental development, but distinguished two phases, i.e. negative and positive, depending on the change of interests during adolescence. The negative phase is associated with the fading of previous interests and the emergence of new initial sexual interests. In this case, the following negative behaviors are manifested; decrease in work ability, mastery, rudeness and high excitability of a teenager, his dissatisfaction

with himself and anxiety, etc. The positive phase is characterized by the emergence of broad, deep new interests¹.

Many factors affect mental health. The more risk factors adolescents are exposed to, the greater the impact on their mental health. Factors that may contribute to stress during adolescence include exposure to adversity, peer pressure to fit in, and identity learning. Media influence and gender norms can increase the gap between a teenager's lived reality and their visions or aspirations for the future. Other important factors include the quality of their home life and peer relationships. Violence, harsh parenting, and severe socioeconomic problems are recognized worldwide as threats to adolescent mental health.

Conduct disorders are more common in younger teens than in older teens. Attention deficit hyperactivity disorder (ADHD), characterized by difficulty concentrating, overactivity, and inattention, occurs in 3.1% of 10-14-year-olds and 2.4% of 15-19-year-olds. Behavioral disorders can affect the education of adolescents and lead to criminal behavior.

Suicide is the second leading cause of death of young people aged 15-24, 13.9 people commit suicide per day in this population; The rate of suicide attempts is 100-200 times higher than completed ones. Also, those with symptoms of anxiety or mood disorders should be especially cautious about the possibility of depression and suicidal ideation. Adolescents at risk include low school grades, chronic distress, family dysfunction, problems with sexual orientation, gender identity, physical or sexual violence, alcohol or drug abuse, family includes those with a history of suicide or a previous suicide attempt.

Over the past 20 to 30 years, mental illness and mental health problems among teenagers have increased significantly. The increase is driven by social changes, including the breakdown of families, rising youth unemployment, and increased educational and occupational pressures. The prevalence of mental disorders among 11- to 15-year-olds in the UK is 11%, with conduct problems more common in boys and depression and anxiety more common in girls².

At this point, we would like to quote Abdulla Avlani's opinion about education: "Education is Pedagogy, that is, the science of child education. For the health and happiness of the child, it is to raise him well, to keep his body clean, to correct his profession from a young age, to teach him good manners, and to protect him from bad manners³.

¹ Madgafurova Dilfuza Ahunovna, Important aspects of the psychological characteristics of adolescence NOVATEUR PUBLICATIONS JournalNX- A Multidisciplinary Peer Reviewed Journal ISSN No: 2581 – 4230 VOLUME 7, ISSUE 2, Feb. -2021

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC556080/>

³ Abdulla Avloniy..Turkiy guliston yoxud axloq - Toshkent: Yoshlar nashriyot uyi, 2019. - 96 6et.

Therefore, certain moral qualities offered in the context of spiritual education occupy one of the main places in the correct formation of young people's sense of confidence in the future and their development. Since the problem of forming the spiritual education of a growing person is multifaceted, this concept is studied by various branches of psychology, such as psychology of religion, pedagogical psychology, psychology of youth, and differential psychology.

Arts education can serve as a powerful preventive tool to mitigate the potential negative consequences of mental health among adolescents. Consistent engagement with the arts can improve academic performance, relationships, and the overall well-being of young individuals, all the more impactful during such a vulnerable time.

Research consistently shows that arts education has a positive impact on academic performance among teenagers. It has been determined that art students outperform their peers in almost all indicators.

In addition, low-income students, who often face additional barriers, benefit most from the arts because it narrows the achievement gap. This suggests that art education can be an effective tool for improving cognitive skills, critical thinking, problem solving, and general academic engagement among adolescents.

Doing art is related to the development of positive relationships between adolescents and adults. Through collaborative projects, group performances, and shared experiences, teens involved in arts programs develop social skills, solidarity, and teamwork. Art provides a platform for self-expression that allows young people to effectively express their thoughts and feelings. Arts education can serve as a protective factor - a method of building resilience - for at-risk adolescents who face a variety of challenges.

The arts also create a supportive environment that helps prevent the ill effects of mental health by fostering a sense of belonging and community.

Art education plays a decisive role in the formation of self-awareness and emotional well-being of adolescents. Olivia Cosio, an education researcher and arts advocate, says:

"Adolescence is characterized by identity development, and while it may seem like a personal journey of self-discovery, teens actually learn who they are from how others treat them. We also know that students who have historically been marginalized can face individualized violence and discrimination both in and out of school. Art acts as a buffer against self-doubt, allowing students to reflect and define themselves rather than offering a single right or wrong answer. Art, allows them to feel successful in different ways".

By engaging in artistic activities, young people develop a sense of self-awareness, explore their talents and interests. The process of artistic creation allows teenagers to express their feelings, thoughts and experiences, helps self-reflection and personal growth. Creative arts interventions, including music and visual arts, have been shown to be effective for adolescents. According to researcher Shirley Riley, "Teenagers are especially interested in creating symbols and graphic images. Therefore, they should be more involved in using art as a language than in verbal questioning."

This, combined with self-exploration, positive feedback and recognition from teachers and peers, can increase self-esteem and self-confidence. These factors contribute to improved mental health outcomes and act as protective factors against the development of psychological distress.

Teens, especially those from low-income families, can benefit greatly from arts education. Studies show that engaging in arts education increases the likelihood of engaging in civic activities such as higher education, volunteering, and voting. Art education enriches young people's worldview by introducing them to a variety of artistic expressions, cultures, and perspectives, and instills a lasting fascination for creative pursuits.

In addition, arts education provides a platform for adolescents to explore potential career paths and develop practical skills in creative fields. By fostering creativity, encouraging innovation, and encouraging critical thinking, arts education equips young individuals with the tools they need to navigate an ever-changing world.

Admittedly, there is still progress to be made in aligning the arts with other important components of the education curriculum.

Arts education is a powerful preventive tool that can significantly contribute to positive mental health outcomes among adolescents. Supporting students through the arts and the arts is not a distraction from student health and achievement—they are an important solution.

Through its impact on academic performance, relationships, self-awareness, and long-term opportunities, arts education provides a holistic approach to enhancing the well-being of young people. Arts engagement has a positive impact on at-risk youth.

Art, in its various forms, can be a powerful tool for improving the mental well-being of adolescents. Engaging in artistic activities through the visual arts, music, dance, or theater can help teens express themselves, reduce stress, and develop a sense of accomplishment. This article examines the benefits of the arts for the mental health of adolescents and provides insight into how they can incorporate them into their lives.

Art gives teenagers a creative outlet to express their feelings, thoughts and experiences. Through art, music, or dance, teens can communicate complex feelings that may be difficult to express verbally, helping them process and overcome difficult feelings. This form of expression allows them to explore their inner world and find ways to convey feelings that sometimes cannot be expressed in words.

Engaging in artistic activities can also help you relax and reduce stress. The act of creating art can be meditative and therapeutic, helping teens release tension. This can be especially helpful for teens dealing with academic pressures or social problems. Art can serve as a form of mindfulness, allowing teens to focus on the present moment and channel their energy into positive and productive activities.

Art can increase self-esteem and confidence in teenagers. Creating something meaningful and seeing the tangible results of their efforts can instill a sense of accomplishment and pride in teens. This sense of accomplishment can spill over into other areas of their lives, giving them the confidence to overcome challenges and pursue their goals with determination.

Art activities often involve collaboration and social interaction, which help teens connect with others. By joining a group, attending theater productions, or taking art classes, teens can build friendships and support networks that contribute to their mental well-being. The arts provide a common ground for teens to connect with others with similar interests and values, and can foster a sense of belonging and acceptance.

There are several ways to incorporate art into the lives of teenagers. Encouraging creative hobbies such as painting, drawing, playing a musical instrument or writing gives them a meaningful opportunity to express themselves. Supporting arts-related education in schools can help teenagers develop their artistic skills, while also benefiting their mental health. Creating spaces in homes or communities where teens can engage in artistic activities can encourage regular art and provide a sense of ownership of their creative pursuits.

Based on the above information, art gives teenagers a creative opportunity to express their feelings and reduce stress. Engaging in artistic activities can boost self-esteem, develop social connections, and improve cognitive skills. Incorporating artistic expression into teens' lives supports their mental well-being and overall happiness. Art can be a valuable tool for adolescents to improve their mental well-being, express themselves, reduce stress, and offer a creative outlet for social connection. By incorporating artistic activities into their lives, we can help teenagers develop a deeper self-awareness, strengthen their mental health, and cultivate a sense of contentment and joy. The arts allow teens to explore their creativity, express their feelings, and connect meaningfully with others, providing them with a holistic approach to mental well-

being. By incorporating arts programs into the curriculum, policymakers, educators, and parents can create an environment that supports the emotional and psychological growth of adolescents, setting them on the path to a healthy and fulfilling future and can help support their well-being.

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