



The Study Of Memory Characteristics Of Adolescents And Methods Of Its Development

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ABSTRACT

The article discusses the peculiarities of memory and its developmental features, the role of memory in human life, the variability of memory in adolescents, ways to strengthen memory, the relationship of thinking and perception with memory, reading and memory development.

KEYWORDS

Memory, methods and techniques, adolescent memory, memorization, knowledge and skills, practice and experience, information.

INTRODUCTION

Human memory is a very complex and perfect phenomenon. The role of a psychological process called memory in human life is invaluable. The main factors of the human life process and stages of development are also directly related to memory, recollection, memorization, and the control of these processes over the subconscious and subconscious. Memory is classified into different groups according to different characteristics. For example, according to the

nature of the mental activity: logical and action;

Activities are divided into voluntary and involuntary. Materials are divided into short-term, long-term, and operational, depending on how long they are remembered.

According to these classifications, different methods, techniques and ways of developing memory in people of different ages have been

developed [1]. Methods and techniques for developing memory are more and more diverse, mainly for use at an early age, especially in preschool. It is at this age that a child develops the ability to perceive and understand the environment, as well as the ability to memorize information. It is advisable to use different methods and techniques to make this process perfect. Developing and putting into practice ways and means of developing memory is important not only for preschoolers but also for school children, especially adolescents [2].

MATERIALS AND METHODS

It is important to note that a large blood supply to the brain is important in the development of age memory. This requires the child to have age-appropriate physical activity. That is, memory and its development depend on a person's physiological level. A child who is physically healthy and has enough physical strength develops perseverance and memory relatively well. Of course, the strength of memory should not be overlooked, as it is an innate gift, a genetic gift. In any case, exercises that develop memory should never be limited. Memory impairment is a problem for many teenage girls and boys today. We have already mentioned that the physiological state of a person affects memory. But this does not apply to the memory of adolescents. After all, during adolescence, the human body is relatively alert and healthy, as well as relatively good metabolism. This means that we cannot show physiological inactivity by causing memory loss in adolescents. First of all, to develop memory, it is advisable to study the factors that cause it to decline and to apply the methods and techniques, games and exercises related to this factor [3]. Many factors can cause memory loss:

- Mental stress
- Unhealthy lifestyle (drinking alcohol, smoking)
- A lot of unnecessary information

- Physical exertion
- Chronic insomnia
- Lack of persistence and frustration, and so on.

The main reason for the emergence of sluggishness and passivity in the memory of adolescents is the reception of a lot of redundant and unnecessary information; the factor that develops the best memory, logical thinking - the attitude to reading, the lack of interest. It can be concluded that, first of all, in the development and application of methods for the development of adolescent memory, it is necessary to take into account the same factors, namely, a positive psychological attitude to information retrieval and reading.

It should be noted that adolescents go through a huge process of physical and mental changes. It also affects their spirituality, thinking, speech culture, and memory. We have already talked about the factors that affect the memory of a teenager. We have noted that the most important of these is attention. If involuntary attention predominates during elementary school, the child will be able to control his or her attention during adolescence. Discipline during class is often determined by social reasons, not by students' inattention. Adolescents can focus entirely on activities that are important to them and that can lead to high results.

Adolescents' attention span can be well-developed and well-controlled. It is important that the child's developing voluntary attention is constantly supported by the teacher. In the pedagogical process, several methods have been developed to raise involuntary attention to the level of voluntary attention, and the creation of conditions for the adolescent to express himself among his peers in the classroom can also lead to involuntary attention in adolescence [3,4].

Adolescents, unlike primary school students, are the first to participate in scientific learning.

The first in front of him is used to understand the laws that are common to all things and events, not just some things and events. If the school-age is mainly the age of collecting images of things, natural and social phenomena, in adolescence, there is a systematic understanding of these natural and social phenomena.

RESULTS AND DISCUSSION

The development of adolescence is more influenced by labour activity. During adolescence, labour is more organized. Adolescence does not lose the importance of play in the composition of the individual. The game promotes the development of volitional character traits of high moral feelings in adolescence. The game teaches the teenager to be disciplined; the game encourages thinking, understanding, remembering, planning and being careful before doing anything. At the same time, the growth of the adolescent's nervous system is not yet born and is in the process of formation. It can not withstand a strong drive for a long time. Sometimes, because of this, it goes into a state of agitation much faster. This indicates a certain degree of the emptiness of the adolescent nervous system. The structural relationships of the adolescent's nervous system are strengthened and strengthened as a result of the structure.

It is necessary to teach a teenager to breathe properly and deeply during work and sports. This is important because, with the rapid growth of the body and the acceleration of metabolism in the body, the teenager needs a lot of oxygen. A teenager needs to be in the fresh air at this age. During adolescence, the heart grows more than twice, and the body grows one and a half times. The increase in the diameter of the arteries lags behind the growth of the heart. The vascular pathway decreases relative to the volume of the heart, which leads to an increase in blood pressure and an increase in cardiac activity, accompanied by a

strong acceleration of the activity of the thyroid gland.

CONCLUSION

As a result of changes in the vascular system, sometimes the blood supply to the brain may not be enough, which leads to rapid fatigue of the brain and dizziness. Occasionally there is a change in the appearance of a teenager. The teenager's hands and lips turn blue, and sometimes his face turns red or pale. It is necessary to protect the heart of a teenager from excessive stress and fatigue. These are the causes and factors mentioned above that, along with all other developments, have a natural and serious impact on the development and change of adolescent memory. Given these changes, working with the memory of a lifetime requires a separate and individual approach.

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