



PSYCHOLOGICAL INFLUENCE OF ANTHROPOMETRIC SIGNS OF ADOLESCENCE ON THEIR RELATIONSHIP WITH THEMSELVES

Orziqulova Charoz Raxmatovna
Senior Lecturer at Renesang University

Abstract

In this article, it was proven that there are differential differences in the emotional feelings of adolescents and the peculiar manifestation of the formation of self-confidence in adolescence due to the strong influence of the factors of friendship, liking, and love.

Keywords: emotion, self-esteem, closeness, self-confidence, conflict

Introduction

In the new Uzbekistan, in recent years, the necessary legal and regulatory framework has been created for the upbringing of a comprehensively developed, perfect person, based on traditional values, which is required by our society:..."it is important to achieve social protection by directing a unified state policy towards the future of youth, supporting their potential, and increasing their self-confidence in the future..."¹. This creates the necessary opportunities for identifying sources that negatively affect the worldview of adolescents, finding new theoretical solutions aimed at deepening scientific research on improving this process, as well as scientific research of practical aspects serves as the basis for reaching.

In 1884, an international exhibition was held in London. There, F. Galton established an anthropometric laboratory (which saw 93,337 people over a year - the first large-scale study).

It measured: constitutional parameters (height, weight, proportions), and sensorimotor parameters (reaction times to visual and auditory stimuli, visual and auditory acuity). For each parameter, he obtained three indicators: low, medium,



and high.

Law of the Republic of Uzbekistan dated May 1, 2023 No. ZRU-837

The Law of the Republic of Uzbekistan "On the Constitution of the Republic of Uzbekistan," Decrees of the President of the Republic of Uzbekistan dated February 28, 2023 No. UP-27 "On the State Program for the Implementation of the Development Strategy of New Uzbekistan for 2022-2026 in the "Year of Caring for People and Quality Education," dated July 13, 2021 No. UP-6260 "On Additional Measures for Comprehensive Support of Youth and Further Enhancement of their Social Activity,"

"Further improvement of the system of training personnel in the field of psychology. This article serves to a certain extent in implementing the tasks defined in the Decree "On Measures to Prevent Offenses in Society" and other regulatory legal documents related to the field.

The pedagogical and psychological ideas of Eastern thinkers (Abu Rayhan Beruni, Abu Ali ibn Sina, Abu Nasr Farabi, Yusuf Khos Khojib, Alisher Navoi, and others), the scientific research of foreign and Uzbek researchers on the topic of the dissertation were analyzed, and the experience accumulated in psychological science was summarized. Based on the reviewed materials, in this part of the dissertation work, the state of scientific interpretation and study of the adolescent period in psychological science, the role of emotional feelings in the personality's attitude towards oneself in adolescence, and the psychological impact of anthropometric signs of adolescence on one's attitude towards oneself have not been the subject of separate comprehensive research.

Initially, within the framework of the research work, we focused on the study of adolescents' self-attitude. For this purpose, S.R. Panteleev's "Self-Attitude Study" methodology was used in adolescent students, and empirical data were collected, in which the results of the empirical analysis by region and sex are presented in the following tables (see Table 1, by region).

In this table, we can see the results of the methodology for studying one's attitude towards oneself (Methodology for studying one's attitude towards oneself), developed by S.R. Panteleev. In the table above, the influence of adolescents' emotional feelings and anthropometric characteristics on their attitude towards themselves was studied. 142 urban and 158 rural adolescent respondents participated in the experiment. Based on the methodology, the parameters of

intimacy, self-confidence, self-management, unique attitude, self-esteem, self-acceptance, self-binding, internal conflict, and self-blame of adolescent youth were studied.

According to the psychological analysis of the obtained results, we can see the effectiveness, self-confidence, and success-oriented initiative in typical situations.

Territorial analysis of the results of the study of adolescent self-attitude statistics (comparison according to the Mann-Whitney U-test). (City and village)

Scales	Area	Number of subjects	Average color	He (Mann-Whitney value)	p (confidence level)
Closeness	City	142.	151.52	1,103,000	0.845 p>0.05
	Village	158.	149.58		
Self-confidence	City	142.	156.03	10,433,000	0.288 p>0.05.
	Village	158.	145.53		
Self-regulation	City	142.	155.52	10,504,500	0.338 p>0.05
	Village	158.	145.98		
Specific attitude	City	142.	155.85	10,459,000	0.304 p>0.05
	Village	158.	145.70		
Self-esteem	City	142.	148.59	10,947,000	0.715 p>0.05.
	Village	158.	152.22		
Self-acceptance	City	142.	148.50	10933,500	0.702 p>0.05
	Village	158.	152.30		
Self-binding	City	142.	153.08	10,852,000	0.621 p>0.05
	Village	158.	148.18		
Internal conflict	City	142.	133.77	8843,000** *	0.001 ***p<0.001
	Village	158.	165.53		
Self-blame	City	142.	138.23	9476,000*	0.019 *p<0.05
	Village	158.	161.53		

note: *p<0.05; **p<0.01; ***p<0.001; p>0.05;

On the self-regulation scale, no significant differences were observed in the quantitative analysis and level of reliability $r=0.338$; $r>0.05$. According to the scale results, depending on the degree of adaptation to the situation, it reveals the specific features of one's attitude towards oneself.

The next scale is the self-reflection scale, which describes the subject's ability to evoke respect and empathy in other people. When comparing the results of the numerical analysis on this scale, $r=0.304$; $r>0.05$, no significant difference was observed. The obtained results indicate that the subjects selectively perceive the attitude of others towards themselves.

The next scale is the self-esteem scale. According to this scale, as we can see from



the results, $r=0.715$; $r>0.05$, no significant difference was observed in them. According to this scale, self-esteem is characterized by self-confidence, correct acceptance and perception of one's merits and shortcomings.

The sixth scale is the scale of self-acceptance. This scale allows one to assess the feeling of empathy in people, agreement with their inner impulses, and the seriousness of self-acceptance despite shortcomings and weaknesses. According to the results of the comparative analysis and the reliability of the results $r=0.702$ $r>0.05$, no significant difference was observed in them.

The self-binding scale is a scale that reveals the degree of desire to change in relation to the current state, and their answers show the chosen attitude towards their personal characteristics and qualities, the desire to change only certain qualities. The results of comparison according to the Mann-Whitney U-test also show that there is no significant difference between them at $r=0.621$; $p>0.05$.

But on the internal conflict scale, we can see that the results differ somewhat from each other. Based on the results of this scale, urban subjects have a positive attitude towards themselves, a sense of their own capabilities and balance in the environment, as well as cases of negation of their problems and superficial self-perception. In rural subjects, the attitude towards oneself depends on the degree of adaptation to the situation. There is also a case of recognition of their merits and a high assessment of their achievements. According to the results of comparison according to the Mann-Whitney U-criterion, there are significant differences in the average ratio of urban and rural subjects: $8843,000^{***}$ $p=0.001$; $^{***}p<0.001$.

There are also significant differences between these subjects on the last scale of self-blame. According to the results of this scale, urban subjects show a chosen attitude towards themselves, blaming themselves for some actions is expressed in anger and anxiety towards others. In rural subjects, this is explained by the emergence of feelings of self-blame for their shortcomings, problematic situations, problems in the field of communication, internal conflicts arising on the basis of self-blame, and the inability to satisfy basic needs.

According to the results of comparison according to the Mann-Whitney U-criterion, the average significance level of differences in the ratio of urban and rural subjects was $9476,000^*$; $p=0.019$; $^*p<0.05$.

In conclusion, it can be said that in most cases, there were no significant differences in the attitude of urban and rural adolescent youth towards themselves, but we can

see that the results of rural adolescent youth on the scales of internal conflict and self-blame are somewhat higher. It has been proven that the manifestation of emotional feelings and anthropometric traits in adolescents influences the feeling of self-satisfaction due to the integration of the destructive and constructive result of "confidence," "courage," "constant attention," "starry" into their relationship with themselves, depending on personal characteristics.

References

1. Орзикулова Ч.Р. Рол эмоциональных переживаний в улучшении самоотношения подростка // Вестник интегративной психологии. – Бухара-Ярославль, 2023. – С. 263-267. (№ 27 от 05. 07.2023г.)
2. Orziqulova Ch.R. O'smir emotsional hislari o'z-o'ziga munosabatini takomillashtirishda tutgan o'rni. // Pedagogik mahorat. – Buxoro, 2023. – №3. – В. 24-28. (19.00.00; №11).
3. Орзикулова Ч.Р. О'смирлик ёш даврида шахслиликни шаклланишини ижтимоий психологик қирралари // Та'лим va innovatsion tadqiqotlar. – Buxoro, 2023. – №5. – В. 351-357. (19.00.00; №5).
4. Орзикулова Ch.P. Pedagogical-psychological characteristics of the impact of work-life balance on the turnover of professor-teachers of higher education institutions // Та'лим va innovatsion tadqiqotlar. – Buxoro, 2023. – №7. – В. 330-333. (19.00.00; №5).
5. Orziqulova Ch.R. O'smirlikni o'z-o'ziga munosabatini inklyuziv ta'limda inobatga olish. // "Tafakkur va talqin" mavzusidagi respublika ilmiy-amaliy anjuman materiallari. Buxoro, 2021. – В. 766-770.
6. Orziqulova.Ch.R. O'smirlik davridagi antropometrik holatlarning menlikni takomillashuviga ta'siri. // "Psixologiya fani va yoshlarning rivochlanishi" mavzusidagi xalqaro ilmiy-amaliy onlayn konferensiyasi. Toshkent, 2020. – В. 312-316.
7. Akramova F. A. The divorce factors of families and psychological service to the family // International Scientific Journal ISJ Theoretical & Applied Science Philadelphia, USA. – 2020. – Т. 81. – №. 01.
8. Akramova, F. A. "The divorce factors of families and psychological service to the family." International Scientific Journal ISJ Theoretical & Applied Science Philadelphia, USA 81.01 (2020).



9. Akramova, F. A. (2020). The divorce factors of families and psychological service to the family. *International Scientific Journal ISJ Theoretical & Applied Science Philadelphia, USA*, 81(01).
10. Orzukulova C. Theoretical significance of factors determining mental health // *Science and innovation*. – 2023. – Т. 2. – №. B11. – С. 62-68.
11. Orzukulova, Ch. "Theoretical significance of factors determining mental health." *Science and innovation* 2.B11 (2023): 62-68.
12. Orzukulova, C. (2023). Theoretical significance of factors determining mental health. *Science and innovation*, 2(B11), 62-68.
13. Khayotjonovna D. N. Studying ethnic stereotypes and psychological standards in preparing girls for a family // *EduVision: Journal of Innovations in Pedagogy and Educational Advancements*. – 2025. – Т. 1. – №. 3. – С. 831-837.
14. Akmalovna A. F. Oilada sog ‘lom psixologik muhit yaratish–dolzarb muammo sifatida // *Fan va ta’lim yangiliklari*. – С. 23.
- 1 Akramova F. et al. Life cycle of *Bilharziella polonica* (Trematoda, Schistosomatidae) parasite of semi-aquatic birds in Uzbekistan // *Biosystems Diversity*. – 2022. – Т. 30. – №. 2. – С. 137-142.
16. Akramova F. et al. Schistosomatidae from the trematode fauna of aquatic and semi-aquatic birds in Uzbekistan // *Biosystems Diversity*. – 2023. – Т. 31. – №. 1. – С. 3-9.
17. Akramova F. et al. *Diversity*.
18. Хосият Азаматовна Тиллашайхова Изучение Индивидуально-Типологических Особенности Личностных Менеджера // *Research Journal of Trauma and Disability Studies*. 2023/1/20. 33-39 с.
19. Кадилова Х. А., Кадилова Н. А. Формирование национального взгляда у будущих учителей (на основе народного фольклора) // *Вестник науки и образования*. – 2020. – №. 5-2 (83). – С. 42-45.
20. Кадилова, Хуршида Абдихалиловна, and Надира Абдихалиловна Кадилова. "Формирование национального взгляда у будущих учителей (на основе народного фольклора)." *Вестник науки и образования* 5-2 (83) (2020): 42-45.
21. Кадилова, Х. А., & Кадилова, Н. А. (2020). Формирование национального взгляда у будущих учителей (на основе народного фольклора). *Вестник науки и образования*, (5-2 (83)), 42-45.



22. Sultonova X., Davlatov D. Green architecture: ways to use natural resources wisely //SYNAPSES: Insights across the disciplines. – 2025. – Т. 2. – №. 3. – С. 261-272.
23. ХА Тиллашайхова Социально-психологическое благополучие личности в современном мире// Journal of Universal Science Research. 2023. 270-275-с.