

THE PSYCHOLOGICAL CONTENT OF PROVOKING PROVOKING IN ADOLESCENTS

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ANNOTATION

This article explores the psychological aspects of negative changes that occur in adolescence. Adolescence is one of the most important stages of a person's life, during which social, emotional, and physiological changes are manifested at a high level.

The article analyzed the causes of negative states such as stress, anxiety, and depression and the impact on adolescents' personal development. Effective psychological approaches to overcoming such problems were also considered.

Keywords: adolescence, social environment, developmental crisis, psychological changes, stress, emotional balance, anxiety, depression, personal development, psychological approaches, problem-solving, negative influences, adaptation process

INTRODUCTION

Adolescence is one of the specific, complex and stressful stages of a person's life, which is characterized by intensive formation of socio-psychological development. In this process, the emotional state, social adaptation, and level of personal self-awareness change significantly. Adolescence is characterized as a complex process which, on the one hand, creates the ground for new opportunities and growth, and on the other hand, provokes various negative factors and unpleasant situations. During this period, the individual's attitude and worldview towards himself changes, which strengthens the process of personal identification. However, negative changes in the psychological development of adolescents, including stress, anxiety, depression and other emotional disorders, are most common. These situations can negatively affect their ability to adapt to social environments, academic success, self-perception, and overall personal growth. The outcomes of psychological crises and negative changes that occur during adolescence may be individual for each adolescent, but as a common feature, many social, psychological, and biological factors influence their occurrence. Also, the psychological problems that arise during this period can create new dangers in a changing world, as adolescents undergo powerful transformations socially and psychologically. Therefore, negative changes are reflected not only in personal situations, but also in the social environment. One of the main causes of these cases is the uncertainty in the adolescent's self-perception process and difficulty adjusting to the social environment. While teens are learning

how they are perceived by their peers, family, and society, this process has a serious impact on their psychological state. Thus, there is a need for an in-depth analysis of the correlation between social and psychological factors of adolescence. This article analyzes the negative psychological conditions experienced by adolescence and their causes. Changes in the social environment, family conflicts, personal identity crisis, emotional inaccuracies, and the processes of psychological adjustment are studied with special attention as factors inducing the occurrence of such situations. In addition, the influence of contemporary factors such as social media and globalization on adolescent psychology is also examined. At the same time, modern psychological approaches and prevention methods aimed at eliminating these problems are proposed.

Adolescence is one of the most important and complex stages of a person's life, during which psychological, biological and social changes intensify. There are numerous studies in the literature on the psychological characteristics of adolescence, the negative situations it encounters and their effect on personal development. The purpose of this analysis is to investigate the psychological underpinnings of negative psychological changes that occur in adolescence, methods for analyzing them, and approaches to minimize negative influences. Psychological changes and negative situations. Adolescence can present difficulties in an individual's emotional and psychological development. During this period, negative psychological states, including stress, anxiety, depression, self-perceived uncertainties and personal identity crises, are frequent. A. Erickson (1968) in his "Identity vs. Role Confusion" [1]; In his theory, he argued that adolescence was associated with a personal identity crisis. Teens have difficulty figuring out their own identity, resulting in exposure to stress, anxiety, and other negative emotional states. These cases, in turn, have a negative impact on adolescents' social adaptation, academic success, and overall personal development. However, the psychological problems that arise during adolescence are often associated with social changes. S. Harter (1999) in his research has shown that changes in adolescents' attitudes towards themselves directly affect their psychological state. She believes that adolescents begin to enter social groups that are connected to peers, which can have a positive or negative effect on the formation of self-perception and self-confidence. Activities on social networks can lead teens to compare and evaluate themselves with others, which can trigger conditions such as anxiety and depression.

There are various psychological theories about the psychological changes and negative situations that occur during adolescence. We can compare the two main theories that are common in explaining adolescent psychology, namely **Erik Erikson's "identity theory"** and **Lev Vigotsky's "social development" theory**. Eric Erikson (1968) [1]; In his theory of psychosocial development, he called adolescence an identity crisis. He described adolescence as a process of self-awareness of a person, noting that during this period, young people face

problems such as self-awareness, choice of profession, setting moral and social roles. According to Erickson's theory, adolescents learn how they perceive themselves and determine their place in society. The successful completion of this process leads to the success of the adolescent in his future social and professional life. However, in the process of identity crisis, adolescents are exposed to different social roles, which can sometimes lead them to mental contradictions and internal conflicts. If teens don't have a clear sense of self, they may begin to "role-reverse," which leads to the emergence of negative situations such as anxiety, depression, or social isolation. Lev Vigotsky (1978) [3] emphasized the importance of the social environment in the adolescent psychological development in his theory of "social development". According to him, adolescents' cognitive and psychological abilities develop only through social interactions. According to Vigotski's concept of the "Zone of Proximal Development", teenagers can achieve higher psychological levels with the help of mentors within their capabilities. According to this theory, adolescents carry out their own mental and personal development through social experience and communication.

Adolescence plays an important role in the psychological development of a person's life. During this period, negative psychological conditions are common, including stress, anxiety, depression, uncertainty about self-perception and difficulties in social adjustments. In the process of analysis, special attention was paid to the factors influencing the psychological state of adolescents and the approaches against them. According to the analysis, psychological states that occur during adolescence are mainly related to self-awareness, social adaptation and emotional stability. Also, social networks and modern technology can introduce new threats to the psychological state of adolescents.

CONCLUSION

Adolescence is one of the most dynamic and complex stages of the human psyche, and the negative psychological changes that occur during this period can have a significant impact on an individual's future mental stability and social adaptation. During this study, the psychological negative situations that occur in adolescence, their main causes and factors, as well as modern psychological approaches aimed at overcoming them were analyzed. The results of the analysis showed that the stress, anxiety, uncertainty in self-perception and personal identity crises that occur during adolescence can cause many psychological problems. Also, the difficulties that adolescents have in finding their place in the social environment, self-awareness and forming relationships with their peers, have an impact on their psychological state. The psychological negative effects of adolescents can be exacerbated, especially through the use of social media and internet technology.

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