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INSONNING HISSIY TAJRIBALARI VA ULARNI BOSHQARISH

Mahzuna Maqsud qizi Fattullayeva

Osiyo xalqaro universiteti

Annatasiya: Insonning hissiy tajribalari - bu uning ichki holatlarini, ruhiy ahvolini, tashqi muhit va boshqa odamlar bilan bo'lgan munosabatlarini ifodalaydigan psixologik voqealardir. Hissiy tajribalar har bir insonning hayotidagi muhim element bo'lib, ularning boshqarilishi va tushunilishi nafaqat shaxsiy farovonlikka, balki ijtimoiy muhitda muvaffaqiyatli aloqalar o'rnatishga ham ta'sir qiladi. Bu maqolada insonning hissiy tajribalari va ularni boshqarishning ahamiyati, turli metodlar va usullar haqida so'z yuritiladi.

Kalit so'zlar: hissiy tajriba, hissiy holat, hissiy boshqaruv, stress, emotsiyalar, psixologik farovonlik, ijtimoiy munosabatlar.

Kirish:

Hissiy tajriba — insonning ruhiy va psixologik holatini ifodalovchi murakkab bir tizimdir. Ular nafaqat shaxsiy hayotimizda, balki atrofdagi insonlar bilan o'zaro munosabatlarimizda ham katta rol o'ynaydi. Hissiyotlar — bu insonning ichki reaksiya va tashqi dunyo bilan bo'lgan o'zaro ta'sirini aks ettiruvchi psixologik hodisalardir. Bunday hissiy tajribalarning boshqarilishi zarurati har bir kishi uchun muhimdir, chunki bu, bir tomondan, shaxsning o'zini tanishi va ruhiy holatini yaxshilashga yordam beradi, ikkinchi tomondan esa, ijtimoiy aloqalar va professional faoliyatda muvaffaqiyatga erishish uchun zarurdir.

Asosiy qism:

Insonning hissiy tajribalari bir qator turli his-tuyg'ularni o'z ichiga oladi, masalan, baxt, xafa bo'lish, g'azab, qo'rquv, hayajon va boshqalar. Bu hissiyotlar insonning atrofdagi dunyo va o'z-o'ziga qanday munosabatda bo'lishini belgilaydi. Ularni boshqarish esa insonning psixologik barqarorligini saqlab qolish va to'g'ri qarorlar qabul qilishda muhim ahamiyatga ega.

Birinchidan, hissiyotlarni boshqarishning eng keng tarqalgan usullaridan biri bu *meditatsiya* va *nafas olish texnikalaridir*. Meditatsiya, xususan, ongni tinchlantirish va ichki dunyo bilan bog'lanishning samarali usulidir. Nafas olish texnikalari esa stressni kamaytirishga, hamda g'azab va xavotirni boshqarishga yordam beradi.

Ikkinchidan, *kognitiv-xulq-atvor terapiyasi* (KXAT) hissiy boshqaruvni o'rganishning samarali yo'llaridan biridir. KXAT, odamning salbiy fikrlarini o'zgartirish va ularni konstruktiv xulq-atvor bilan almashtirishga yordam beradi. Bu metod, ayniqsa, depressiya va bezovtalik holatlarida samarali bo'lishi mumkin. Bunda, inson o'zining xatti-harakatlari va fikrlariga tahlil qilish orqali, ularga yangicha nuqtai nazar bilan qarashni o'rganadi.



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Hissiy boshqaruvning yana bir muhim usuli - *emotsional intellekt*ni rivojlantirishdir. Emotsional intellekt, insonning o‘z hissiyotlarini aniqlash, ularni boshqarish va boshqalar bilan samarali muloqot qilish qobiliyatidir. Ushbu qobiliyat, shaxsiy va professional muvaffaqiyatni oshirishga yordam beradi. Emotsional intellektni rivojlantirish uchun, odam o‘z his-tuyg‘ularini tanib olish, ularni boshqarish va to‘g‘ri vaqtda ifodalashni o‘rganishi zarur.

Stressni boshqarish hissiy tajribalarni nazorat qilishda katta rol o‘ynaydi. Stress insonning fizik va ruhiy holatiga jiddiy ta’sir ko‘rsatadi va uni boshqarish qiyin bo‘lishi mumkin. Biroq, stressni boshqarishning samarali metodlari mavjud. Masalan, muntazam jismoniy mashqlar, sport va sog‘lom turmush tarziga rioya qilish stressni kamaytirishga yordam beradi. Bundan tashqari, ijtimoiy qo‘llab-quvvatlash tizimi, ya’ni yaqin do‘stlar va oila bilan vaqt o‘tkazish, hissiy farovonlikni oshiradi va stressni kamaytiradi.

Bundan tashqari, hissiyotlarni boshqarish faqat individual muammo emas, balki ijtimoiy muloqotda ham muhim ahamiyatga ega. Ijtimoiy munosabatlar insonning hissiy tajribalarini shakllantiradi. Aksincha, odamning hissiy holati uning ijtimoiy munosabatlarini ham ta’sir qiladi. To‘g‘ri hissiy boshqaruv, jamiyatda o‘zaro hurmatni, ishonchni va yaxshi aloqalarni o‘rnatishda yordam beradi.

Xulosa:

Hissiy tajribalar va ularni boshqarish insonning ruhiy holati, ijtimoiy munosabatlari va professional muvaffaqiyatlari uchun muhim omillardir. Hissiyotlarni boshqarish insonning hayotini yanada sifatli qilishga yordam beradi, uning farovonligini oshiradi va jamiyatda ijobiy aloqalarni rivojlantiradi. Meditatsiya, kognitiv-xulq-atvor terapiyasi, emotsional intellektni rivojlantirish va stressni boshqarish kabi metodlar insonning hissiy tajribalarini yaxshilash va boshqarishda samarali vositalardir. Shaxsiy va ijtimoiy muvaffaqiyatlar uchun hissiy boshqaruvni o‘rganish, har bir insonning hayotida muhim ahamiyatga ega bo‘lishi kerak.

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