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**PSYCHOLOGICAL CHARACTERISTICS OF THE PROCESS OF SELF-  
AWARENESS IN ADOLESCENCE**

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**Abstract:** This article explores the psychological characteristics of the process of self-awareness in adolescence, focusing on the internal mechanisms of identity formation, emotional regulation, and social interaction. Adolescence represents a transitional stage marked by profound cognitive, emotional, and behavioral changes that significantly influence self-concept development. The study emphasizes how environmental, familial, and cultural contexts shape the adolescent's ability to form a stable sense of self.

**Keywords:** adolescence, self-awareness, personality development, emotional regulation, identity formation

**Introduction**

Adolescence is one of the most dynamic stages in human psychological development. It is during this period that individuals begin to critically reflect on who they are, what their values represent, and what roles they intend to play in society. The process of self-awareness, therefore, becomes central to personality formation and emotional stability. From a psychological standpoint, this stage involves a heightened sensitivity to self-perception, peer evaluation, and moral understanding. The adolescent's need for autonomy and recognition often leads to internal conflicts that serve as catalysts for self-discovery and personal growth.

**Main Part**

Self-awareness in adolescence is a complex phenomenon influenced by biological, cognitive, and social changes. The onset of puberty introduces new physical sensations and emotions that require reinterpretation of self-identity. Cognitive development, as described by Piaget, enables abstract thinking, allowing adolescents to evaluate themselves through hypothetical reasoning and future-oriented perspectives. Erikson's psychosocial theory also identifies this stage as the crisis of "identity versus role confusion," emphasizing the struggle to achieve a coherent sense of self. The formation of self-awareness is not uniform; it depends largely on the quality of interpersonal relationships. Family serves as the primary context in which adolescents receive emotional validation or rejection. Supportive parenting, open communication, and warmth foster a secure sense of identity, while authoritarian or neglectful parenting may lead to self-doubt and emotional instability. Peers also play a critical role; adolescents increasingly compare themselves to others to define social standing, competence, and attractiveness. This comparison can promote self-understanding when guided by positive feedback but may also result in insecurity or conformity under social pressure.



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Emotional regulation is another vital component of adolescent self-awareness. The limbic system matures earlier than the prefrontal cortex, creating an imbalance between emotional impulse and rational control. As a result, adolescents often experience emotional turbulence. However, through self-reflection and social learning, they gradually acquire skills to manage emotions and express them constructively. Psychologists emphasize the role of empathy, mindfulness, and self-reflective practices in promoting healthy emotional awareness. Cultural and environmental factors further shape the adolescent's sense of self. In collectivist societies, identity tends to be interdependent and socially oriented, whereas in individualist cultures, autonomy and self-expression are emphasized. Media exposure and digital communication add another layer of complexity to self-perception, as adolescents navigate between real and virtual identities. The constant feedback from social networks can enhance self-awareness but also increase anxiety and dependence on external validation.

Educational institutions play an important role in guiding adolescents toward healthy self-perception. Teachers and school psychologists who apply person-centered approaches help students explore their interests, strengths, and emotional needs. Extracurricular activities, counseling, and mentorship programs provide constructive channels for self-expression and self-evaluation. Through these experiences, adolescents can internalize values that promote confidence, responsibility, and resilience.

### **Conclusion**

In conclusion, self-awareness during adolescence is a pivotal process that determines the trajectory of personal and social development. It is influenced by a combination of biological maturation, cognitive growth, emotional experience, and social interaction. Psychologists, educators, and parents must collaborate to create supportive environments that nurture authentic self-reflection and self-acceptance. By fostering positive identity formation, society ensures that adolescents transition into adulthood with confidence, empathy, and psychological stability.

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