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RIVOJLANISHDAGI KRIZISLAR: ULARNING SABAB VA OQIBATLARI.

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Annotatsiya: Mazkur maqolada rivojlanishdagi krizislarning sabablari, ularning rivojlanish jarayonidagi ahamiyati va oqibatlari o'rganilgan. Bolalik va o'smirlik davrlaridagi asosiy krizislar, ularning psixologik va ijtimoiy ko'rinishlari, shuningdek, ularni bartaraf etish usullari muhokama qilinadi. Maqola rivojlanishdagi krizislarning bola shaxsiyati va ijtimoiy moslashuviga ta'sirini yoritadi.

Kalit so'zlar: rivojlanish krizislari, bolalik davri, o'smirlik, psixologik rivojlanish, krizis sabablari, moslashuv, shaxs shakllanishi.

Kirish

Inson hayotining har bir bosqichi o'ziga xos rivojlanish jarayonlari va qiyinchiliklarni o'z ichiga oladi. Ushbu jarayonlarning muhim qismlaridan biri rivojlanishdagi krizislar bo'lib, ular yangi bosqichga o'tish davrlarida yuzaga keladi. Krizislar insonning psixologik, hissiy va ijtimoiy rivojlanishiga ta'sir etuvchi muhim omillardandir. Ushbu maqolada rivojlanishdagi krizislarning mohiyati, sabablari va ularning shaxs rivojlanishidagi ahamiyati ko'rib chiqiladi.

Asosiy qism

Rivojlanishdagi krizislarning tabiati

Rivojlanishdagi krizislar inson hayotida tabiiy jarayon hisoblanadi. Bu davrlar shaxsning yangi ko'nikmalarni o'zlashtirishi, yangi rol va mas'uliyatlarga moslashishi bilan tavsiflanadi. Krizislar odatda bolalik va o'smirlik davrlarida eng yaqqol namoyon bo'ladi, chunki ushbu bosqichlar inson hayotidagi eng tez o'zgarishlar davridir.

Krizislarning asosiy sabablari

1. Fiziologik o'zgarishlar:

Bolalik va o'smirlik davrida tezkor o'sish, gormonlar darajasidagi o'zgarishlar krizislarni keltirib chiqaradi.

Miya rivojlanishining turli bosqichlari inson xatti-harakatlariga va hissiy holatiga ta'sir qiladi.

2. Psixologik omillar:

Bola va o'smirlarning o'ziga xos ehtiyojlari va istaklari rivojlanish bosqichlarida o'zgaradi.

O'z-o'zini anglash jarayoni krizislarning asosiy sabablaridan biridir.

3. Ijtimoiy omillar:

Oila muhitidagi o'zgarishlar (masalan, yangi farzand tug'ilishi yoki ota-onalar o'rtasidagi nizolar) bolalarda krizislarni yuzaga keltirishi mumkin.

Maktabga borish, tengdoshlar bilan munosabatlar, yangi rollarni o'zlashtirish ijtimoiy krizislarning sabablari hisoblanadi.



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Rivojlanishdagi asosiy krizislar

1. Bolalikdagi krizislar:

1 yosh: Bola mustaqil harakat qilishni o'rganadi, bu esa ota-onalardan ajralish qo'rquvi va mustaqillik uchun kurashni keltirib chiqaradi.

3 yosh: Bola o'z qobiliyatlarini sinab ko'radi va bu davrda "Men o'zim" tamoyili rivojlanadi. Bu ota-onalar bilan ziddiyatli vaziyatlarni keltirib chiqarishi mumkin.

2. O'smirlilik davri krizislari:

O'smirlar mustaqillik va o'z shaxsiyatini izlash davriga kiradilar. Bu davrda ular ota-onalar va tengdoshlari bilan munosabatlarda qiyinchiliklarga duch kelishlari mumkin.

Gormonlar darajasidagi o'zgarishlar hissiy beqarorlikka olib keladi.

3. Ijtimoiy moslashuv krizislari:

Maktabdan ish faoliyatiga o'tish, yangi ijtimoiy vazifalarni bajarishga moslashish inson hayotida yangi krizislarni keltirib chiqarishi mumkin.

Krizislarning oqibatlari va ularni boshqarish

Krizislar odatda shaxs rivojlanishi uchun ijobiy o'zgarishlarni keltirib chiqaradi, ammo ular stress va hissiy qiyinchiliklar bilan ham kechishi mumkin. Quyida krizislarni bartaraf etish bo'yicha tavsiyalar keltirilgan:

1. Ota-onalar va pedagoglarning roli:

Bolaga krizis davrida sabr va tushunish bilan yondashish muhimdir.

Ota-onalar bolalarga qo'llab-quvvatlovchi muhit yaratishlari kerak.

2. Psixologik yordam:

Bolalar va o'smirlar bilan ishlaydigan psixologlar ularning hissiy ehtiyojlarini aniqlashda yordam berishi mumkin.

Stressni kamaytirish uchun muhim bo'lgan texnikalarni o'rgatish lozim.

3. Moslashuvchan ta'lim va tarbiya:

Ta'lim jarayoni bolalarning yosh va rivojlanish xususiyatlariga moslashtirilishi kerak.

O'yin va ijodiy faoliyat orqali bolalarning hissiy holatini barqarorlashtirish mumkin.

Xulosa

Rivojlanishdagi krizislar inson hayotining tabiiy qismi bo'lib, ular shaxsning yangi ko'nikma va fazilatlarini rivojlantirishiga yordam beradi. Ammo bu jarayonning stress va qiyinchiliklarsiz o'tishi uchun atrofdagilar tomonidan qo'llab-quvvatlash zarur. Ota-onalar, pedagoglar va jamiyat a'zolari bolalarning rivojlanishidagi krizislarni to'g'ri boshqarish orqali ularning kelajakdagi muvaffaqiyatli va barqaror rivojlanishiga hissa qo'shishlari mumkin.

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