



# Hormonal Changes in Puberty

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## ABSTRACT

This article discusses hormonal changes, psychological and physiological conditions observed in individuals who have reached puberty and are on the verge of adolescence.

### Keywords:

hormonal change, adolescent, psychology, condition.

### Introduction

Due to the acceleration, the limit of the age of puberty is from 15-16 to 18 years. So, adolescence begins earlier. However, the concrete content of this period of development is primarily determined by social conditions. The role of young people in society, their position, the amount of knowledge they acquire and a number of other factors depend on social conditions.

### Literature Review

Russian psychologist L. I. Bojovich emphasizes the development of the motivational sphere of the individual during early adolescence: students' determination of their place and internal position in life, the formation of a worldview and its impact on cognitive activity, self-awareness and moral consciousness. secret is implied.

As the first teenagers have close prospects in the field of independent life, they strive to define their own life paths, to determine the specific prospects of their future work activities, and to choose their future specialties. In this regard, professional interests are formed and become more stable, young men

and women begin to think more seriously about their future. This is the result of hormonal changes in the body.

### Research Methodology and Empirical Analysis

A person's cognitive processes are related to his emotions. Strong emotional reactions in adolescence depend on hormonal and physiological processes. Bulgarian psychologists G.D. Pirov and others studied children from 5 to 17 years old using a cross-sectional method and found that the most excitable type of nervous activity is found among 5-year-olds. As the child grew older, excitability decreased, and the number of balanced ones increased. At the age of puberty (11-13 years in girls and 13-15 years in boys), the amount of excitability increases, and by the end of this period, excitability decreases again. Physiological sources of emotional stress are clearly observed in girls, in whom depression, irritability, anxiety and low self-esteem are associated with certain periods of menstruation. Sh. Buhler also paid attention to this in his time.

There is no obvious physiological connection in boys, but puberty is also difficult for them.

Russian psychologist P. M. Yakobson stated that negative reactions to adults and peers are most common at the age of 12.5-13.5. Emotional reactions in teenagers and young adults are not only dependent on hormonal changes, but also depends on social factors and educational conditions, individual-typological differences. The psychological difficulties of growing up, the emotional tension characteristic of a teenager, such as the conflict between the image of "I" and the level of aspirations, remain in the period of early adolescence.

Psychologist V.R. Kitlovskaya studied the age dynamics of anxiety with the help of projective tests and found that children of kindergarten age are most anxious when communicating with educators, and less anxious with parents. It is known that children of junior school age are less anxious with their peers and more anxious when interacting with strangers. As for teenagers, it was found that they are less anxious with strangers and teachers, and more anxious with their parents and peers. Early adolescents showed the highest anxiety in communication in all areas, especially in communication with parents and adults they depend on. A.E. Lichko says that at the age of 14-18, some character traits are overemphasized. Typological isolation in early adolescence leads to isolation, which is sometimes accompanied by feelings of incompleteness.

As the age increases, the factors that cause emotional arousal in a person increase. If an adult responded to every stimulus like a young child, he or she would experience a lot of agitation and emotional instability. A selective response to external influences and productive internal mechanisms of internal inhibition and self-control save adults from anxiety.

American scientist G. Jones compared the emotional reactions (skin-galvanic reactions) of 12-year-old teenagers and 17-year-old teenagers. He divided verbal stimuli into pleasant, unpleasant and indifferent. According to the results of the experiment, the general emotional reaction was higher in early adolescents than in adolescents. The main difference between them was observed at the

level of selection: early teenagers responded to indifferent and unpleasant words compared to teenagers. Thus, early adolescent emotions cannot be measured without taking into account the importance of a specific stimulus such as intelligence to the examinee. Emotional difficulties and problems during early adolescence should be carefully considered because of their causes. different. Adolescent dysmorphophobia is a concern about one's body and appearance that goes away in early adolescence. Symptoms of anxiety in early adolescence are not a reaction to special difficulties of the age, but a manifestation of previous trauma.

### Conclusion And Discussion

As it was shown above, one of the most important characteristics of a person in early adolescence is self-esteem, self-evaluation, and the level of self-recognition or not. Adolescents strive to form certain complex qualities of a person. They are interested in the formation of a whole spiritual and psychological image in terms of self-education. In this case, the existence of a personal ideal and a role model is of great importance. For example: if boys consider heroes, good fathers, entrepreneurs, teachers, doctors, or characters in works of art and movies to be ideal for them; our girls consider a hard-working woman, attractive public figure, feminine housewife or scientific worker, etc. to be the ideal. A teenager cannot solve the complex problems of defining his position in relationships and emotional life. This issue can be solved with the support of parents, peers, and teachers.

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