

EXPERIENCE OF SCIENTIFIC AND THEORETICAL INTERPRETATION OF SOCIO-PSYCHOLOGICAL ASPECTS OF INDUSTRIAL THINKING IN RUSSIA AND FOREIGN COUNTRIES

Abdurahmonova Zuhra - Tashkent State Pedagogical University, PhD in
Psychology, Associate Professor

АННОТАЦИЯ

Мақолада саноген тафаккурнинг ижтимоий-психологик таснифи ёритилган. Хориж олимларининг илғор тажрибаларида саноген тафаккурнинг ижтимоий-психологик жиҳатларини илмий-назарий ўрганиш анъаналари тахлили келтирилган.

КАЛИТ СЎЗЛАР

Шахс, тафаккур, саноген тафаккур, хулқ-атвор, эмпатия, эмоция, хусусият, таълим-тарбия.

АННОТАЦИЯ

В статье представлена социально-психологическая классификация саногенного мышления. Передовой опыт зарубежных ученых позволяет проанализировать традиции научно-теоретического изучения социально-психологических аспектов саногенового мышления.

КЛЮЧЕВЫЕ СЛОВА

Личность, мышление, саногенное мышление, поведение, эмпатия, эмоции, характер, образование.

ANNOTATION

The article presents a socio-psychological classification of sanogenic thinking. The advanced experience of foreign scientists makes it possible to analyze the traditions of the scientific and theoretical study of the socio-psychological aspects of Sanogen thinking.

KEYWORDS

Personality, thinking, sanogenic thinking, behavior, empathy, emotions, character, education.

INTRODUCTION

Creative, modular technologies to improve the socio-psychological mechanisms of development of sanogenic thinking in adolescents have been introduced in the world. Improving cognitive, creative, socio-psychological mechanisms of interpersonal relationships, compassion, tolerance, feelings of mutual loyalty, gratitude, development of philosophical-methodological, spiritual-moral aspects of the development of healthy thinking, development of socio-psychological features of sanogen thinking in adolescents systematic work is underway.

The world's educational institutions and research centers conduct research on the development of sanogen thinking in adolescents, prevention of various delinquency, suicide, protection from cybercrime and drugs, psychoprophylactic and psychocorrectional work to protect against alien destructive ideas. Special attention is paid to the study of socialization in adolescents, the development of communication, empathy, gratitude, motivation for success, the place of the individual in society in socio-economic changes, the development of social characteristics that reflect sanogen thinking.

COMMENTARY FOR REFERENCES

In psychology, sanogenic thinking - (Latin: "sanus" - healthy; and in Greek: "genesis" - development) - is recognized as a mindset that controls and heals emotions and emotions [1].¹ A person with developed sanogen thinking always bases his views positively, defends when necessary, draws the right conclusions, evaluates his duty fairly. A person with sanogenic thinking positively resolves internal conflict. Although the study of the problem of individual sanogen thinking in psychology does not have a long history, a number of psychologists have conducted scientific research on the problem of personality thinking, and several theories have been formed in this direction.

The problem of sanogenic thinking in foreign psychology has been studied by many scholars. G.Lebon, N.I. Povyakel, V.Rybak, D.Gelman, M.Reynolds, Kara-Murza, E.Aleksandrovskaya, R.Burns, K.Byutner, D.Djampolskiy, M. James, D. Dzhongvard, A.Dobrovich, I.Dubrovina, M.Tishkova, M.Ratter, V.Levi, V.Semke, D.Fontan, I.S.Kon, K.Horni and others. In their research, these scientists focused on specific

¹Badaleva A.A. Psychology of communication. Encyclopedic Dictionary / -M. Izd-va "Kogito-Center", Sanogenic thinking in communication., 2011.

forms of sanogenic thinking, its basic elements, and specific methods.

In the field of psychology, many scientists have studied the factors and mechanisms that shape thinking that contribute to human health, including:

-Representatives of psychiatry-studied the factors that lead to the formation of pathogenic thinking, believed that psychotherapeutic agents serve to prevent negative moods and the development of mental states;

-Representatives of psychology - emphasize that people with sanogenic thinking have a mental and emotional field as a healthy person;

- Representatives of social psychology - studying the importance of social institutions in the correction of personality traits, based on the results of which the structure of social activity is an important factor, develops the principles, methods and forms of teaching [2; p. 146].

The problems of sanogenic thinking have been studied primarily by foreign scholars. Cognitive psychologists A.Maslow, A.Ellis, A.Beckler, D.Gleman, M.Reynolds, Kara-Murza and others studied the basics and nature of emotional ability, various aspects of its formation and development, the factors affecting human success in activities. .

THEORY AND METHODOLOGY

Well-known American psychologist Abraham Maslow describes the hierarchy of needs in the theory of needs as follows - the lowest level of needs is composed of physiological needs (sleep, hunger, thirst, etc.) [3]. If they are not constantly satisfied, they cease to serve as determinants of active behavior, because only unmet needs motivate a person to take active action. Once the physiological needs are met, the need for safety, protection arises. It is followed by social needs, such as belonging to a particular social group and a stable place in it. The next need is to have a high level of self-esteem and to be respected by others. Finally, the ultimate need of a person who has achieved the satisfaction of all his needs is expressed in the pursuit of self-improvement, the pursuit of inner potential, the manifestation of his abilities as a person [3].

According to Maslow, if a person is not able to meet his basic needs, then he manifests unhealthy, ie pathogenic thinking actions that lead to the activation of compensatory, additional mechanisms. So, according to the scientist, the satisfaction of all needs serves the self-improvement of man, the realization of his inner potential.

Kara-Murza shows that in the manipulative management of the

individual, it is necessary first to theoretically and practically interpret the role, mechanism and laws of mental activity, and then to form anti-manipulative behavior. Therefore, it is important to study the mechanisms of psychological protection that characterize the youth, to improve the spiritual and educational work of educational institutions, to mobilize law enforcement and community activists, practicing psychologists, psychological services to develop sanogenic thinking in young people [4].

The study of pathogenic and sanogenic thinking is also reflected in the scientific research of A. Ellis and A. Beck (1950-1960). According to the analysis of scientific literature and developments, the concepts of emotion, mind and sanogen thinking have been distinguished and developed in foreign theories as an independent branch of psychology. Convinced that a person's emotions are controlled through "bad feelings," they need to be managed to eliminate them. "Sanogenic thinking therapy is an attempt to curb emotions, to get rid of negative stereotypes such as quick resentment, guilt, jealousy, shyness, shyness" [5].

A. Ellis and A. Becker developed a method of cognitive therapy, according to which the idea that a person's healthy thinking affects the restoration of his health, emotional reactions and cognitive knowledge serve to treat

pathogenic feelings left over from the past. The essence of this cognitive therapy is the study and teaching of a new way of thinking, in which the technology of development of sanogenic thinking regulates psychotherapeutic knowledge [6; 146-P.]. Therefore, the theory and practice of the development of sanogenic thinking can be recognized as an independent direction of psychology.

A. Beck explained stability as a product of personal thinking. Focusing on the role of learning processes in the development of sustainability serves as an important mechanism in the development of sanogenic thinking. "Lack of social skills in a person is explained as a result of mistakes in the learning process, ineffective behaviors, mistakes in activities" [7; 438 p].

K. Horne (2001-2009) studied the importance of the socio-cultural environment influencing the formation of neurosis in humans. In his research, Horne writes, "When a person takes his rightful place in society, he is satisfied with his life. To do this, they must realize and develop their abilities, potentials and needs [8].

According to Horne's theory, there must be a personal impulse for development, the conflicting feelings of the individual are not only the "main concern" but also the result of natural and social conditions. According to the scientist, there are two situations: the

first case, the social environment contributes to the development of a certain structure of needs in man, the second case - serves as a barrier to their realization in life. It develops anxiety-oriented behavior. As a result, the person develops aggression towards life. This is pathogenic behavior [8; pp. 98-102].

According to AN Faminova, the phenomenon of personality stability in socio-psychology plays an important role in the development of sanogenic thinking. Because the acquisition of social skills, the development of optimal behaviors, effective thinking styles and coping strategies, self-management methods and the adoption of an acceptable individual style, and the effective organization of personal life depend on the manifestation of a person's stable stability [9].

According to the definition of LV Kulikov, the sanogenic thinking of the person is reflected in this psychological stability. Sustainability is manifested in such qualities as resilience, perseverance, determination and perseverance. These features allow a person to cope with the difficulties of life, difficult situations, to maintain their health and performance in various trials [10; pp. 87-116].

According to A.N. Leontev, the stability of a person is determined by the manifestation of emotions based on behaviors and personal characteristics,

performed to engage in an activity on the basis of a certain motive [11; p. 304].

B.G. Ananiev wrote: "All known sensory actions are formed within the framework of individual life experience or education as a result of individual development. Therefore, perceptual actions are not determined by analyzers. "All of these factors (age, neurodynamic, personal characteristics) do not directly affect the operational mechanisms that develop in a particular human activity process (theoretical or practical)." The mechanisms of action are not in the brain itself, but in the substrate of consciousness, that is, education by the individual, which is assimilated in the processes of his general social environment and becomes a personal feature "[12; 384 p].

L.A. Kananchuk In the process of reading and socially useful activities, which are becoming more and more complex through the sanogenic thinking of the individual, not only the student's consciousness is enriched, but also his perceptual-reflective skills. Perception and observation, memory and thinking, imagination and speech, emotion and will develop. As a result, the student will see and understand life better, will understand it more deeply and deeply. Students not only develop the ability to consciously perceive the world around them, but also the ability to change it on

the basis of acquired knowledge. This in turn leads to the development of the psyche [13; p. 90].

S.V. Krivtsova assessed resilience from the characteristics of sanogenic thinking as a skill in the structure of personal stability. Endurance is a skill that helps an individual to be effective in various activities in social life. The inability to communicate in a social environment, barriers in interpersonal relationships, lack of thorough knowledge, ignorance of social values, lack of independent position and vital institutions are real obstacles to the development of individual thinking [14; p. 129].

G.A. Zuckerman proposed the development of communication skills from an early age by analyzing the factors and social skills that affect the development of a person's healthy thinking. A person who does not have certain social skills is helpless in the face of life situations, life seems difficult for a weak person as a result of not being able to live, work, communicate. Communication skills are a must for everyone. Communication plays an important role in interpersonal relationships, helping a person to reveal their abilities [15; 68–81-s.].

G.A. Tsukerman listed the following as key elements of communication: active listening skills, ability to control one's emotions,

understanding the feelings of others, ability to accept fair criticism, ability to respond appropriately, empathy, initiative, effective attitude.

According to V.P. Zinchenko and E.B. Morgunov in their article on sanogen thinking, "Sanogen thinking is a feeling integrated into a single system" It is important to note that the development of sanogenic thinking can be achieved through the development of skills such as education, training, interpersonal communication [16].

V.I. Morosanova's research focuses on accelerating the process of conscious self-management: goal planning, modeling conditions, programming, and regulation of activities. According to the author, it depends on the seriousness of regulation and personality traits (responsibility, flexibility, reliability, etc.) [17].

N.D. Tvorogova described the phenomenon of sanogenic thinking as follows: The word sanogen is interpreted as healthy, treated (therapeutic behavior), actions that support human health and well-being; is valued as an active way of developing the individual [18; p. 124].

Yu.M. Orlov (1928-2001) succeeded in the emergence of the theory of sanogenic thinking and the development of its theory. Yu.Orlov: "The healthier a person's mind is, the healthier his mind and body will be

focused on goodness. The purer a person's mind is, the more harmless he thinks, the more grateful, patient, and impartial he becomes. Today, a child who is brought up on the basis of good behavior, correct beliefs, careful, healthy thinking can act wisely in life. Faith is steadfast in faith, able to think freely and independently, does not succumb to various deceptions, and does not succumb to selfish propaganda. A person with such qualities is considered to have a sound mind. Therefore, it is important for a child to be engaged in useful knowledge and skills from an early age so that he or she can grow up healthy, confident, knowledgeable, polite and courageous.”[19]

Yu.M. Orlov expressed his opinion on the need to develop sanogenic thinking, not the person himself, but his thinking. A common feature of sanogenic thinking in the scientific research of the scientist is aimed at solving practical problems of correcting cognitive skills that negatively affect the mental and physical health of an individual [19; p. 289].

According to the concept of Yu.M. Orlov, emotion is an important mental state in human life, it is the behavior of another person, the correct understanding of others and the manifestation of personal values. As a result of a person's inner feelings not being able to adapt to the current

situation in life, they experience negative feelings such as guilt, fear, hatred. In this case, a sense of protection emerges in the human brain. Such mental actions temporarily dominate the brain. As a result, behavior and performance efficiency change in terms of quality. This is confirmed by the results of empirical research [19; p. 263]. From this it can be concluded that when sanogenic thinking is given to a person's emotions, his mental state controls, regulates, systematizes his behavior.

It is used under different names in Yu.M. Orlov's researches devoted to the study of sanogenic thinking. For example: words such as positive thinking, sanogenic thinking, optimistic thinking, constructive thinking, rational and appropriate thinking are used. It should be noted that the essence of positive thinking and the issues of its development have long been a concern of researchers in science and practice. A person's smile in a social society depends primarily on his or her good mood. If a person is in a good mood, the world will open the door to great opportunities for him. When a person thinks positively, the intensity of his brain increases, serving new ways of solving problems and creative approaches. It helps to make wise decisions through positive thinking in different stressful situations and to find ways to get out of stress [19; p. 47].

Yu.M. Orlov in his manual "Sanogennoe (ozdoravlivayushchee) myshlenie": Sanogen thinking allows a person to identify and regulate mental states. A common feature of sanogenic thinking is that it focuses on solving practical problems of cognitive processes that negatively affect mental and physical health [19; p. 96].

In her research, T.N.Vasileva studied the common features of sanogenic thinking, such as the impact on the student's personal development and learning activities. Referring to Yu. Orlov's definition of sanogen thinking in his textbook, the scientist explains: is to do "[20].

"The main role of Sanogen thinking is to create conditions for self-improvement, to ensure harmony with himself and the world in the development of personal qualities and characteristics, to get along with others, to eliminate bad habits, to control their emotions," he said. gave the definition of [20].

A.L. Rudakov's research work is aimed at studying the sanogen reflection of the person, and on the basis of the analyzed scientific views, he described sanogen thinking as follows: "The means of achieving sanogen thinking is sanogen behavior. Controlling one's own health even in situations of negative emotions, maintaining emotional stability even in the event of an accident, and achieving

recovery from depression are defined as sanogenic behaviors. If in such a situation, on the contrary, that is, depression, inability to cope with stress, fear of the future, dissatisfaction with fate, inability to get rid of negative feelings, he called pathogenic behavior [21].

According to SN Morozyuk, reflection plays an important role in the development of personality. In expressing this idea, the scientist highlights the importance of socio-psychological training in this area. "Any reflection does not affect the positive development of a person, only sanogenic reflection should be considered as a phenomenon that initiates a person, developing positive motives in him," he writes. The increase in young people's interest in learning based on sanogenic reflection, as well as the formation of learning motivation in them, are mental actions of different views that respond to the uncertainty of the situation and lead to the description of the situation and the choice of optimal solutions "[22].

G. Abramova: - "This is an opportunity to demonstrate the concept of life, that is, the individual psychological formations that try to describe life as a separate phenomenon, as a whole, valuable view. This serves as a basis for understanding many functions of mental activity - the inner picture of health, the inner picture of

disease (behavior that allows us to distinguish between “beneficial” and “harmful” aspects of mental life) ”[23].

According to G. Abramov, “Sanogen can use the mind to control all its qualities, because all mental processes of a person are mediated by the intellect, depending on the level of his intellectual development, which is manifested depending on the level of mental processes or different levels of intellect, such as “I want Thinking like “I can do it”, “I feel it”, “I think” means they have a positive attitude towards life. Thinking, if it is strong and healthy, if it is objective, helps the human mind to strive for success, to establish positive communication in interpersonal relationships. Sanogenic thinking can be assessed as a criterion for health within the personality traits ”[23].

I.M. Spivak also studied the problem of sanogen thinking and analyzed several foreign sources: “Sanogen thinking protects against negative experiences such as fear, failure, guilt, hatred and shame in negative situations that happen by chance. In such cases, he defends his feelings and encourages himself to draw mental conclusions. But this can only have a temporary effect, so in order to prevent negative events, it is necessary to get rid of thoughts and thoughts that affect the emotional balance, that is, negative emotions ”[24; pp. 113-117].

AV Kolevatov's research studies the problem of sanogenic behavior: “Every person's behavior can have a negative or positive effect on his well-being, mood, health and other aspects of life. Behaviors performed under sanogenic thinking are interpreted as actions that ensure human health and well-being. As an active way of personal development, sanogenic thinking brings people closer to a healthy lifestyle and a prosperous life in various spheres of life ”[25].

AL Rudakov's dissertation acknowledges the idea that sanogenic thinking prevents the manifestation of aggressive, aggressive behavior against the person and those around him. In doing so, the scientist analyzed the search for the causes of the event, the impact of the situation on other individuals, as well as efforts to get out of a stressful situation and get rid of mental suffering. Thus, sanogenic reflection is a universal mechanism of healthy thinking and behavioral strategies [25].

In S.F. Marchukova's research, sanogenic thinking is studied as a healthy way of thinking. In his dissertation, the scientist described: “Sanogenic thinking is a way of thinking that leads to health - it is the complete physical, psychological and social well-being of the individual.” It also serves as a school of sanogenic thinking health. To carry out this

process, it is necessary to develop sanogen thinking as a result of psychological training, health, social work involvement, the creation of an integrated model of education and its application in practice. [26].

Yu.M. Orlov "Emotions are like computer programs: at some point they are turned on and controlled. Our culture is a "programmer," that is, our thoughts and emotions control our actions. For health, it is necessary not only to manage emotions, but also to ensure that you do not get sick. One must learn to think positively, not to give up thinking.

O.A. Chernikova also pays attention to this issue in her research: "Great difficulties arise from the inability to control personal emotional processes, emotions are a person's attitude to events and his own activities, reactions do not always allow full self-control and control. "Sometimes we can't subdue them, even if we understand them." "The main reason for the difficulty of consciously controlling one's emotions is in the direct nature of human behavior, such as aimlessness, indifference, instability, and the difficulty in understanding them," he points out. However, the existing difficulties do not mean that emotions are generally impossible to control consciously, but rather the importance of self-control in their passage [27; p. 65].

According to V.G. Afanasev: "...only in the world a person has the ability to control emotional states, if he thinks, thinks, is alert, can look at himself through the eyes of others, can see his mistakes and shortcomings, if not, that is if emotion is dominated by emotion, if one loves oneself too much, then one cannot control oneself and as a result affective states occur. Often emotionally charged individuals, unable to control their emotions, manifest themselves in frivolous, quarrelsome, jealous, impulsive, erratic behavior. A person of light nature is often reprimanded for a thoughtless act or an inappropriate word spoken, and lives in regret [28].

F. Palon (1856-1931) divides people into 2 main types. The first is that the intelligent, that is, those who act intelligently, can behave, wherever they are, in any situation, they think and act thoughtfully. The second is that the work is done until he moves, the work of others is done until he thinks, they are always blaming those around them and being upset with others [29; 88-s.].

P. Levin (1890-1947) explains the role of emotional emotions in the prevention of various difficulties in life, as well as the importance of controlling them in human life: and we must try to manage them. There will come moments when we get too deep and feel like we can't control ourselves. As a

general rule, the earlier we think about it, the better the result.”[30;]

According to A.L. Rudakov's research, M.Yu. Stucheva also evaluates the control and management of emotional states as the highest level of emotional states and describes in her research: The conclusion to be drawn from this is that a particular mental process in a person directly affects a second mental process. Self-control and control are the most important positive qualities of a person. In this process, a person strives for activity, motivates himself to work, moves according to a certain order, demonstrates his abilities [31; p. 41].

In adolescents, sanogenic thinking-cognitive processes provide an optimal level of motivation and motivation for the formation of positive mental abilities.

CONCLUSION

Based on the scientific-theoretical analysis of Sanogen thinking as a subject of scientific research, the following conclusions were drawn:

1. While the word sanogen means psychological, physiological well-being, in some cases sanogenic thinking is considered as a mental control of human behavior, the function of which is assessed as a positive management of human life by building socially necessary human qualities.

3. Optimization of cognitive processes of sanogenic thinking (attention, imagination, memory, feeling) and the positive qualities of the mind create internal conditions for intelligence, flexibility, independence, critical thinking, the ability to follow the mind. If knowledge is formed in the heart, the state of the heart will change. As the state of the heart changes, so does the activity of the organs. Sanogenic thinking is the foundation and key to all goodness. There are great opportunities in common sense, which help to prevent and correct negative behavior, to form a perfect person.

4. This approach to understanding and treating the emotions of sanogenic thinking has a positive effect on the individual and raises daily life to the level of scientific philosophy. For health, it is necessary not only to manage emotions, but also to ensure that you do not get sick. One should learn to think positively, not to give up thinking.

5. The phenomenon of globalization in the formation of social, political, cultural environment, the spread of scientific achievements, the harmonization of different values on a universal basis, the state of deviation as a means of ideological influence, the development of immunity against spiritual threats is important.

The study of the socio-psychological features of the

development of sanogen thinking in adolescents, who are the future of society, is also a social requirement, as human security, the national interests of states, has become a serious threat to the sustainable future of future generations.

REFERENCES:

1. Badaleva A.A. Entsiklopediklug'at / - M. Izd-va "Kogito-Markaz", Muloqotdasanogenifikrlash. 2011. - B.321.
2. Andreeva G.M. Ijtimoiybilishpsixologiyasi: Darslik. M., "MODEK", 1997. S. 342.
3. Maslou A. Borliqpsixologiyasi / A. Maslou. - M.: Relf-book, 1997. -- B.288.
4. Kara-Murza S.G. Ongnimanipulyatsiyaqilish.-M.: Eksmonashriyoti, 2007.-B. 864.
5. Ellis A. Gumanistikpsixoterapiya: ratsional-emotsionalyondashuv / Inglizcha-SPb dan tarjimaqilingan: SOVA nashriyoti; M.: EKSMO-.Press nashriyoti, 2002. - B.272.
6. Ellis, A. Nohaqetibordanchetdaqolgandepressiy aningkognitivelementi / Moskva psixoterapevtikjurnali / tahririyatkengashi: M., 1994. - No 1. - P.7-47.
7. Bek A., Rush A., Sho B., Emeri G. Depressiyauchunkognitivterapiya. 1979. S. 438.
8. Horney K. Bizningichkiziddiyatlarimiz. Nevrozningkonstruktivnazariyasi. SPb.: Lan, 1997. -- S.-145.
9. Fominova A.N. Shaxsningchidamliligi. MSPU monografiyasi, "Prometey", M.; 2012. ISBN 9785426301108.
10. L.V. Kulikov Shaxsningpsixogigienasi: psixologikbarqarorlikvapsixoprofilaktik amasalari: darslik. - SPb., 2004. - S. 87-115.
11. Leontiev A.N. Faoliyat. Ong. Shaxsiyat. - M.: Politizdat, 1975. -- P.304.
12. Ananiev B.G. Psixologiyavainsonbilimlarimuammolari / Ed. A. Bodaleva. - M.: Voronej: NPO MODEK, 1996. --S.384.
13. Kananchuk LA "Sanogenaksettirishuniversitetningko'p millatlimuhitidatalabalarningmoslashuv omilisifatida" nomzodlikdissertatsiyasi Moskva - 2010. - B.35.
14. Krivtsova S.V. Hayotiyko'nikmalar: o'zivadunyobilanuyg'unlikda. - M.: Ibtido, 2002. -- S. 129.
15. Tsukerman GA. Yosh'oquvchilarning'oquvfaoliyatini marivojlantiradivanimarivojlantirmaydi // Psixologiyasavollari, 1998. - No 5. - P. 68-81.
16. Zinchenko V.P., Morgunov E. B. Rivojlanayotganodam. - M.: Trivola, 1994. -- S. 304.
17. V.I. Morosanova Shaxsningongliravishd ao'zinio'ziboshqarishigadifferentsialyon dashuv // Individuallikpsixologiyasi: III Butunrossiyamateriallari. ilmiy. konf., Moskva 2 soatda / teshiklarda. A. B. Orlov; DavlatUnt -Ros. insoniylashtiradi. ilmiy. fond. - M.: Ed. Davlatuyi., 2010. - 2-qism. - B. 59.

18. Tvorogova N.D. Sanogenikxulq // Millat salomatliginimustahkamlashfalsafasi / jami. ed. A.I. Vyalkova, Yu.M. Xrustalevva V.D. Jirnova. M. S. 2008.– B.124-139.
- 19.Orlov Yu.M. Sanogenikfikrlash / Comp. A.V. Bola, O.Yu. Orlova. Seriya: Xulq-atvorniboshqarish, 1-kitob. - M.: Sliding, 2003. -- S. 96-118.
- 20.Vasilyeva T.N. nafaqa. Kaliningrad: KDU nashriyoti, 1997. - B.43-54.
- 21.Rudakov A.L. "Sanogenikaksettirishshaxsiystressgachidamlilikomilisifatida (erkinkurashsportchilarimisolidida)".
- 22.Morozyuk S.N. Sanogenikaksettirishxarakterug'ularini optimallashtirishvao'quvfaoliyatissamara dorliginioshirishomilisifatida: doktorlikdissertatsiyasi. psixolog. fanlar. Moskva - 2001 yil. B.280.
23. Abramova G. S. Psixologikmaslahat. Nazariyavaamaliyot / G.S.Abramova - "Prometey", 2018. - B.216.
- 24.Spivak I.M. Kattalarnisanogenikxulq-atvorgao'rgatishningpsixologik-pedagogikkontseptsiyasi // Vestnik MGOU. Seriya: Psixologiyafanlari. - 2011. - No 1. - B.113-117.
- 25.A.V. Kolevatov "Rossiya Federal Jazoniijroetishxizmatiningyuridikmaktablarikursantlarishaxsiningsanogenikyo'nalishinikasbiytayyorgarlikjarayonidashakllantirish" fan nomzodiavtoreferati. M. -2014.
- 26.Marchukova S.F. "Sanogenikaksettirish (sanogenikfikrlashnazariyasivaamaliyotivasanogenikaksettirish)" OPPLningSharqiy-Sibirmintaqaviybo'limi 2010. B.215.
- 27.Chernikova, O.A. Raqobat, xavf, sportdao'zinio'ziboshqarish / O. V. Chernikova. - M.: FiS, 1980. - S. 55-62.
- 28.Afanasyev V.G. Jamiyatniboshqarishdainson. - M., 1998. -- 434-bet.
29. Palon F. Xarakterpsixologiyasi / Fransuztilidantarjima. Vaso'zboshibilan. R.I. Sementovskiy. SPb. Topografiya, 1896.-B.208.
- 30.Levin P. Ijtimoiyfanlardadalanzariyasi / Per. ingliztilidan -SPb.: Sensor, 2000. - P.368.
31. Rudakov A.L. "Sanogenikaksettirisherkinurashsportchilarimisolidashaxsiystressgachidamlilikomilisifatida". Psixologiyafanlarinomzodiuchundissertatsiya.: - Moskva, 2009. –B.160.