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**ТИББИЁТДА ЯНГИ КУН
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NEW DAY IN MEDICINE**

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PECULIARITIES OF SOCIAL LONELINESS IN ADOLESCENCE IN NAVOI CITY AND RURAL AREAS

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✓ Resume

Adolescence is a developmental period that includes changes in the dynamics of interpersonal relationships. During this period, the role of friendship changes from camaraderie in childhood to emotional support in adolescence; at the same time, adolescents seek autonomy from the parents who initially provided this emotional support. Adolescents require a higher level of intimacy from friendship than they did in childhood, and they meet these demands while struggling with exploring their own identity.

Key words: social loneliness, adolescence, urban, rural areas.

ОСОБЕННОСТИ СОЦИАЛЬНОГО ОДИНОЧЕСТВА В ПОДРОСТКОВОМ ВОЗРАСТЕ В УСЛОВИЯХ ГОРОДА НАВОИ И СЕЛЬСКОЙ МЕСТНОСТИ

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✓ Резюме

Подростковый возраст является периодом развития, который включает в себя изменения в динамике межличностных отношений. В этот период роль дружбы меняется от товарищеских отношений в детстве к эмоциональной поддержке в подростковом возрасте; в то же время подростки стремятся к автономии от родителей, которые изначально обеспечивали эту эмоциональную поддержку. Подросткам требуется более высокий уровень близости от дружбы, чем в детстве, и они удовлетворяют эти требования, борясь с исследованием собственной идентичности.

Ключевые слова: социальное одиночество, подростковый возраст, город, сельская местность.

NAVOI SHAHRI VA QISHLOQ O'SPIRINLARINING O'SMIRLIK DAVRIDA IJTIMOIIY YOLG'IZLIKNING O'ZIGA XOS XUSUSIYATLARI

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✓ Rezume

O'smirlik -bu shaxslararo munosabatlar dinamikasidagi o'zgarishlarni o'z ichiga olgan rivojlanish davri. Bu davrda do'stlikning roli bolalikdagi do'stlikdan o'smirlik davridagi hissiy yordamga o'zgaradi; shu bilan birga, o'smirlar dastlab bu hissiy yordamni ko'rsatgan ota-onalardan avtonomiya izlaydilar. O'smirlar do'stlikdan bolalikdagiga qaraganda yuqori darajadagi yaqinlikni talab qiladi va ular o'zlarining shaxsiyatini o'rganish bilan kurashayotganda bu talablarga javob berishadi.

Kalit so'zlar: ijtimoiy yolg'izlik, o'smirlik, shahar, qishloq.



Relevance

Loneliness is an emotional state of a person who is isolated from other people. Under conditions of loneliness, the need for communication is actualized. Impossibility to satisfy this need induces a person to personify objects, animals, create images in the imagination with which one starts to talk aloud [1,3].

The feeling of loneliness is caused by the lack of external stimulation of physical and social nature. In older adolescents (15-16 years old), the experience of loneliness can develop into a stable negative mental state that affects all other feelings and experiences and becomes an obstacle to personal development. Lack of understanding with peers and parents, unfavorable conditions of life and development, adolescent crisis of the meaning of life, all these are inherent in experience of loneliness by older teenagers[4]. According to S.V. Malysheva and N.A. Rozhdestvenskaya, there are four reasons for the occurrence of feelings of loneliness in older teenagers:

1. awareness of oneself as a unique, unlike anyone else personality;
2. lack of sufficient interpersonal contacts with peers. Only in the company of peers can a person assert himself, learn to interact in an informal group of peers, feel the support of friends;
3. the existential adolescent crisis of the "meaning of life";
4. Compulsory retention of teenagers in any groups. This phenomenon is often observed in orphanages: the unsatisfied need for privacy generates in them thoughts about misunderstanding of their personal features by others [6].

L.P. Grimak, studying the issues of communication, came to the conclusion that loneliness is a negative experience resulting from the unsatisfied need to share feelings, to communicate and to be understood by significant others. He also believes that loneliness is a special form of experience and awareness of oneself as abandoned, cut off, forgotten, deprived, lost, unnecessary. It is a splitting of relationships and connections with the outside world. This is the most difficult and dangerous period for the teenager. The timely help of surrounding people, in particular, parents, teachers, etc., can prevent reckless actions of teenagers and considerably weaken the negative influence of this condition on the personality [7,9]. The relationship with parents is the first most influential model of communication. During this period, parents can lose contact with their children and enter into unproductive conflicts. Adolescents need to be talked to, even when their communication style is unacceptable to their parents. In good families, teenage children are spoken to warmly, calmly and in a businesslike manner as adults. It is important to be close and emotionally support the adolescent, to help navigate his or her problems [1, 3].

Purpose of the study: To study the peculiarities of social loneliness in adolescence in the conditions of Navoi city and rural location

Materials and methods

In our work we conducted a practical study of the problem of loneliness of older adolescents. Students of 9th and 10th grades of secondary general education schools of Navoi took part in the study. A total of 40 students, including 20 girls and 20 boys. The diagnostics was conducted according to the D. Russell and M. Ferguson Method of subjective feeling of loneliness. The respondents were asked to evaluate twenty statements. A high degree of loneliness corresponds to the result of 40-60 points, an average degree - 20-40 points and a low degree corresponds to the result from 0 to 20 points.

The average level of subjective feeling of loneliness was revealed in 30% (6) of older adolescent girls, and 25% (5) of older adolescent boys. This level is characterized by the authors of the methodology as adequate as it reveals the peculiarities of experiencing loneliness as a natural normal state. Such adolescents may only occasionally experience a feeling of loneliness due to the lack of attention from their immediate social environment.

A high degree of subjective feeling of loneliness was revealed in 25% (5) of the group of girls and in 20% (4) of the group of boys. Acute experience of the feeling of loneliness is peculiar to this group of older teenagers. This condition can greatly burden children's lives, and being alone proves intolerable for them. Such adolescents experience a lack of communication from others, have difficulties in establishing contacts with people, and their social connections are superficial in nature. It is possible to imagine the situation of such children for whom communication is the main type of activity. However, it is encouraging, based on the answers of this group, that in case of acute feelings of loneliness,

adolescents have someone to turn to for help. Still, it is rare for them to have no one close to them to share common interests and ideas with. Other children did not identify the problem of loneliness, and they made up the group with a low degree of anxiety. The high level of loneliness of older adolescents confirms the fact that loss of peer relationships is experienced very strongly, especially by girls. They are more emotional, expressive and therefore more in need of establishing trusting and close relationships than boys. For boys, self-disclosure is suppressed by socially accepted social stereotypes about masculine behavior, and any expression of emotion can be considered a sign of weakness. The main thing for boys at this age is the content of joint activity rather than individual sympathy for the partner.

Methods of secondary statistics showed that the hypothesis that the sample averages, equal in our case to 22.3 (boys) and 26.8 (girls), were significantly different from each other, was not confirmed. The t value (Student's t-test) was found to be 0.25. For a sample with a total of 40 respondents, the t-value should not be less than 2.02. Consequently, the feeling of loneliness is peculiar to the same degree for boys and girls, although at first glance it seemed that such differences existed.

Conclusions

Thus, every fifth test subject, older adolescent, regardless of gender differences, experiences the state of loneliness, and the state of loneliness is not only present in the personality, but also dominates, thus determining the characterological features of the personality dependent on this state: reticence, stubbornness, shyness, modesty, dissatisfaction with oneself. Special work with these children needs to be done by the school psychologist with the participation of the class teacher and parents. In the absence of a specialist, which is not uncommon in rural schools, the psychological competence of the teacher can have a serious impact on the effectiveness of his teaching activity [4,7].

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