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PSYCHOLOGICAL ASPECTS OF THE DEVELOPMENT OF LOGICAL THINKING IN ADULTS

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ABSTRACT

This article analyzes the psychological foundations, influencing factors, and effective methods of forming and developing logical thinking in adults. Logical thinking is an integral part of human activity and plays an important role in making informed decisions, solving problems, and critical thinking.

Keywords: *logical thinking, psychological development, cognitive processes, adults of school age, critical thinking.*

ПСИХОЛОГИЧЕСКИЕ АСПЕКТЫ РАЗВИТИЯ ЛОГИЧЕСКОГО МЫШЛЕНИЯ У ВЗРОСЛЫХ

АННОТАЦИЯ

В статье анализируются психологические основы, факторы влияния и эффективные методы формирования и развития логического мышления у взрослых. Логическое мышление является неотъемлемой частью деятельности человека и играет важную роль в принятии обоснованных решений, решении проблем и критическом мышлении.

Ключевые слова: *логическое мышление, психологическое развитие, когнитивные процессы, взрослые школьного возраста, критическое мышление.*

KATTALARDAGI MANTIQIY FIKRLASHNI RIVOJLANTIRISHNING PSIXOLOGIK JIHATLARI

ANNOTATSIYA

Ushbu maqolada kattalarda mantiqiy fikrlashni shakllantirish va rivojlantirishning psixologik asoslari, ta'sir etuvchi omillar hamda samarali metodlar tahlil qilinadi. Mantiqiy fikrlash inson faoliyatining ajralmas qismi bo'lib, ongli qarorlar qabul qilish, muammolarni hal etish va tanqidiy fikrlashda muhim rol o'ynaydi.

Kalit so‘zlar: mantiqiy fikrlash, psixologik rivojlanish, kognitiv jarayonlar, o‘quv yoshi kattalar, tanqidiy fikrlash.

INTRODUCTION

In today's rapidly changing, information-saturated society, people are increasingly required to think quickly and clearly, to approach problems analytically. In particular, the development of logical thinking skills in older people allows them to optimize not only their professional activities, but also decision-making processes in everyday life. Logical thinking is the ability to understand reality, determine cause-and-effect relationships, and draw reasonable conclusions. This article examines the stages of development of logical thinking in adults (over 18 years of age), the psychological factors affecting it, and methods for its development.

ANALYSIS OF THE LITERATURE ON THE SUBJECT.

Thinking, reasoning, logical analysis of surrounding phenomena is a cognitive process. Cognitive processes are the reception, storage, reproduction, analysis of information, etc. These include human abilities and talents. It is known that only humans are capable of conscious thinking and analysis. Only humans build consistent logical reasoning, observing cause-and-effect relationships. This ability is not given to humans from birth, but it is necessary, because without it development and learning are impossible. In this regard, the European scientist S.L. Rubinstein, putting forward the idea that it is impossible for us to understand the world without thinking, said: "Thinking connects sensations and perceptions: compares, contrasts them, reveals relationships, shows differences; attitude and understanding allow us to understand the essence of reality through them more deeply." The specific features of the development of logical thinking in humans and the issues of its formation have always been considered an urgent issue in education. Because if the people who make up a society think logically, then there will be a high rate of progress in that society. A number of psychologists and educators have studied the development of logical thinking, its specific features: L.S. Vygotsky, P.Ya. Galperin, V.V. Davydov, L.V. Zankov, N.B. Istomin, P.G. Lubochnikov, R.S. Nemov, L.Yu. Ogerchuk, S.L. Rubinstein, N.F. Talizina, O.K. Tikhomirov and others. Also, European scientists Zak, Yu.M. Kolyagin, L.M. Likhtarnikov, L.G. Peterson, D. Poya, G.I. Sarantsev, L.M. Friedman have proven through their scientific research that the use of non-standard tasks in the development of logical thinking is very effective. However, despite the studies conducted by the above scientists, the problem of developing logical thinking using non-standard tasks has not been sufficiently considered in practice. This, coupled with the rapid renewal of modern requirements and the

increasing demands on the quality of personnel, determines the urgency of the need to develop the creative and imaginative qualities of students studying in the higher education system by developing their logical thinking.

RESEARCH METHODOLOGY.

The concept of logical thinking and its psychological foundations. Logical thinking is psychologically closely related to cognitive processes - attention, memory, perception and thinking. According to scientists such as Lev Vygotsky, John Dewey, Jerome Bruner, logical thinking arises from external activity and gradually turns into internal conscious activity. As a person reaches adulthood, complex thinking models are formed based on life experience and knowledge, but this ability needs to be actively developed.

The following psychological and social factors influence logical thinking in adults as factors that shape logical thinking. Experience and knowledge level - wider knowledge and life experience allow for a faster understanding of logical relationships.

Motivation - the internal need for self-development activates logical thinking. Problem situations - logical thinking is activated precisely in problem situations. The environment - the social environment, the level of interlocutors, and professional activity also have a strong influence on logical thinking. Cognitive overload and stress - excessive intellectual overload or psychological stress can weaken the activity of logical thinking.

It is appropriate to list the following as methods for developing logical thinking. The following methods are effective in developing logical thinking for adults:

1). Problem solving - the formation of analytical thinking based on real-life problems.

3). Analysis of relationships and cause-and-effect - the development of a critical view of any phenomenon.

4). Mental training and intellectual games - for example, chess, mathematical logic exercises, debates.

5). Use of visual and illustrative materials - clarification of ideas using diagrams, tables, schemes.

6). Reflection - evaluation of one's own thoughts and decisions, self-analysis.

Psychological barriers to the development of logical thinking in adults can arise. For example, previous stereotyped thinking patterns, lack of self-confidence, decreased activity (depending on age), and emotional instability. To overcome these conditions, psychological support, motivational training, and a positive environment are necessary.

In conclusion, the development of logical thinking in adults is one of the important areas of personal and social development. Logical thinking serves not only to achieve success in the professional sphere, but also to make conscious and effective decisions in life. Therefore, it is necessary to form and develop logical thinking through methods developed on the basis of a psychological approach. In the future, it is important to conduct more comprehensive research in this area.

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