

PAPER

The Essential Role of Psychologists in Enhancing Adolescent Behavior and Communication Skills in Modern Education

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Abstract

In this article, I have tried to explain why psychologists are necessary in our rapidly developing society and what role they play in improving the behavior and communication skills of adolescent students. I have also attempted to highlight the importance of psychologists conducting training sessions together with students in schools and technical colleges and maintaining close interaction with them. This interaction is not only beneficial for communication with others but also plays a significant role in personal development.

Key words: psychologist, behaviorism, self-confidence, vicious cycle, emotional energy, concentration.

Why we need psychologist?

When people hear the word psychologist, they often think of mental illness. Do only mentally ill people go to psychologists? Why do we need a therapist? If only mentally sick individuals feel the need of psychologist, why there is a staff unit in schools and colleges?

In order to find answers to these questions, first we understand the term of "psychologist". A psychologist is a professional who studies human behavior, emotions, and mental processes. They help individuals understand and manage their thoughts, feelings, and behaviors. Founder of behaviorism, Watson argued that psychology should focus on observable behavior rather than internal mental states. He defined psychology as the science of behavior. Psychologists work in various fields, including mental health, education, business, and research. Some psychologists provide therapy to help people cope with stress, anxiety, depression, or relationship issues, while others conduct research to understand how the mind works. Freud, the founder of psychoanalysis, viewed psychology as the study of the unconscious mind and its influence on human behavior. Unlike psychiatrists, psychologists usually do not prescribe medication but use counseling and therapy to support mental well-being.

In our Uzbek traditional culture has a different understanding

about this profession. According to most people's consideration, counseling with psychologists and receiving psychological therapy is only for serious mental illnesses. Although psychologists play a crucial role in diagnosing and treating mental disorders such as depression, anxiety and bipolar disorder, in reality, they can help people from all walks of life with a variety of concerns which have nothing to do with mental health problems.

Many people visit psychologists for personal growth, stress management, emotional support or improving relationships. The first thing we should take into consideration is that self-improvement. Individuals search professional help for understanding their emotions, setting goals and increasing self-confidence. Seeing a psychologist is like visiting a doctor for regular check-up-it helps maintain emotional well-being and improve life quality. As a humanistic psychologist, Rogers described psychology as a field that helps individuals achieve self-actualization and develop personal growth.

In our technologically advanced society people are addicted to their smart phones or busy with their job responsibilities to achieve higher career growth. So they give less attention to their offspring and they have no time or will to spend time with them. As a result of these circumstances a great number of teenagers tend to have behavioral issues, age crisis, low self-esteem and difficulty

with making relationship. From my own experience, I met some students who need psychological aid, but their parents or friends understand differently. If someone advice them to take some therapy, their relatives will be angry or show a strong disagreement. Why is it like that? It roots our cultural understanding. They say our grandparents did not go to the psychologist; great-grandparents also did so. But they do not want to understand our life is different from their period, they had no social media addiction or internet dependence.

Taking these conditions into consideration, our educational system gives more attention to the role of psychologists in educational institutions. School psychologists play a crucial role in creating a supportive and effective learning environment for students. They work with students, teachers, and parents to address academic, emotional, and behavioral challenges. Their key responsibilities include supporting teachers and parents and their mental health, academic guidance and learning support, behavior management. Helping students cope with anxiety, stress, depression, and trauma and providing counseling for emotional and behavioral issues help the students to develop emotional resilience which is useful during the whole life.

With the proliferation of individualism and materialism, teenagers put high standards to set friendship with someone like appearance, clothing and using luxury items which leads to bullying and peer pressure. It cannot be ignored the role of psychologists when it comes to assisting students facing bullying, peer pressure, or self-esteem problems. Addressing disruptive behavior in classrooms, teaching conflict resolution and social skills help students develop self-discipline and emotional control resulting in a positive school environment.

As I work with teenagers, I observe them carefully and I often come across students which have familial problems, low self-esteem, disagreement with peers turn into vicious cycle which in turn worsens the original issue. A vicious cycle in peer pressure occurs when a person, especially an adolescent, feels pressured to conform to a group's behaviors, which can lead to negative consequences that reinforce further pressure and unhealthy choices. This cycle continues unless the person recognizes the pattern and actively works to break free, such as by seeking support from positive role models or learning assertiveness skills. I sent one of them to the psychologist regularly during 15 days and she received some talk therapies and analyze her behavior. Then she had no problems with her course mates during three months. It is because of increasing self-confidence and discovering herself. After a few months it began appearing challenges in her studies with the relationship with others and I understand that for some people psychological therapies should be continual. It is like our smart phones, every some time it should be recharged. When it began decreasing our emotional energy like self-esteem, it is handful to fill by the assist of psychology.

In modern world learners also address to these professionals in order to boost their memories and strengthen their mental capacity. Psychological developing strategies to improve students' learning and concentration and working with teachers to create personalized learning plans can assist a good teaching and learning environment which is essential in education. American Psychological Association – The APA defines psychology as "the scientific study of behavior and mental processes", emphasizing both research and applied practice. To become a developed country, fostering a culture of communication among adolescents in schools and technical colleges, as well as ensuring scientific growth and personal development, is crucial. The role of psychologists in this process is invaluable. Therefore, I believe that increasing the number of psychological training sessions in educational programs would be beneficial. Overall, psychologists play a vital role in ensuring students' mental well-being, academic success, and personal growth. They also help people lead healthier and more fulfilling lives.

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