

## The Essence of Foreign Psychologists and Eric Fromm and IBN Sina's "Theories in the Formation of the Person to Develop."

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### ABSTRACT

*This article describes the theories of foreign psychologists on which mental factors the forces that motivate a person are based. G. Allport. The essence of the theories of A. Maslow, Russian psychologists and Z. Freud is compared. Eric F. Rom's theory of "Escape from Freedom is Alienation" is inextricably linked with the idea of the Eastern thinker Ibn Sina that "humanity - the social interaction of people encourages one to live and strive."*

*According to Ibn Sina, human beings can help each other to acquire good manners by satisfying their material and spiritual needs through contact with others. It has been scientifically shown that*

**KEYWORDS:** *humanistic theory, behavior, motive, spiritual need, consciousness, unconsciousness, the principle of "high self", "enjoyment", "urbanization" - urbanization, loneliness, alienation, personality, needs, neurosis, communication, social relations, morality, humanity.*

As the world continues to evolve, as science progresses, great attention is always paid to the development of every person in society: as a perfect human being, because the basis of every discovery lies in the interests and perfection of the individual. In this regard, a lot of work is being done in this direction.

It is difficult to establish a healthy social relationship with an underdeveloped person in our society. It can affect not only an individual but also the people around him. Of course, the essence of any issue goes back to its roots. There are some reasons behind a person's good and bad behavior, worldview, and actions. The study of personality psychology has always been relevant. Because as the social environment changes, so does a person's development, psychology, interests, and needs.

Given the current social demand, I would like to approach the question of what are the problems of the individual today. Based on the opinions of our great scientists and foreign psychologists, the analysis of the needs, requirements, interests, worldviews of today's individual is the basis of our scientific articles.

Former Soviet psychology states that the source of a person's activity is his needs. It is this need that motivates a person to act in a certain way and in a certain direction. manifests itself in the assimilation of navi culture. One feels the need to talk to other people about one's feelings, to read newspapers, books, magazines, to watch movies, to listen to music, and so on. "[4, 110]

The need for compassion between people is one of the most important factors in human spiritual development at any time.

The study of the individual has been approached differently by each scientist in each period. These scientists have proved and explained this with their theories and knowledge.

According to one of the founders of humanistic psychology, the American psychologist A. Maslow (1908-1970), the driving force of the individual is his motives.

"The central feature of the individual is his generality and integrity. In good theory, there is no realism, such as a stomach ache or a headache. There is only an individual need." [1: 118]

He explains his point with these examples: "Suppose a person is hungry. He wants to eat something, not his stomach. If he eats something, he eats it himself. Not his stomach. That is, the person himself will be fully satisfied, not just the needs of the stomach.

In other words, according to Maslow, motivation affects the whole person, not his individual organism. [1: 118]

Representatives of humanistic psychology are well-known psychologists such as Eric Fromm, Gordon Allport, Carl Rogers, Victor Frankley and Rollo May. According to the representatives of humanistic psychology, man never freezes in one place, he always has the opportunity to develop.

According to G. Ollport, a well-known American psychologist, "every person has a unique personality. What is the character of a person? Allport argues that character is defined by a nitropsychic process in which volume is an expressive behavior. For example, when people do their work calmly, they are free in all situations. Allport argues that human behavior is the ability to control oneself in what one is doing. Individuals cited Ollport's behavior as a mechanism of action. [1: 116]

According to the theory of the Austrian psychologist Sigmund Freud (1856-1939), the founder of Freudianism, he interprets consciousness into three layers. I is the "Ego", the person, the mind, the "Supreme-I", the "Super Ego" - social morality, norms of behavior, social consciousness, behavior, "He" consists of the realm of unconsciousness, its dominant principle, the principle of "Pleasure", (3:23)

According to Freud's theory, the unconscious motivates man to action. The "High-Self" is located in the "I" and without a special analysis, the "I" does not understand it. : 12)

As culture develops, humanity becomes more and more neurotic in its environment, but the main problem is that man does not realize the contradiction within himself. [3; 14]

Freud believed that understanding one's inner specific inclinations was the basis for restoring mental health.

Existential motives are very strong in the theories of Eric Fromm, K. Horne, S.L. Rubinstein. Representatives of this direction:

- 1) problems of death, life and time;
- 2) issues of freedom of choice and responsibility;
- 3) Problems of loneliness, love and communication;
- 4) the problems of searching for the content of existence. [1; 122]

Existential psychology mainly studies and analyzes the meaning of human life, the conditions for its loss, change and achievement.

According to Eric Fromm's theory of alienation, the results of labor are not alien to the feudal system. Therefore, it does not appear in human relationships.

"Capitalism not only liberated man from traditional ties, but also contributed greatly to the development of positive freedom, to the development of an active, critical thinker and responsible

person. But this is only one aspect of the impact of capitalism on the development of freedom. On the other hand, capitalism has condemned the individual to a sense of loneliness, helplessness, and powerlessness. ... It also helped to destroy all ties between individuals while allowing freedom to flourish." {6; 136-137}

In a developed society, alienation is manifested not only in the economic and social spheres, but in all spheres, even in morals and ethics. According to Fromm, this is due to the scientific and technological revolution, which saves people a lot of worries, creates favorable conditions for work, and as a result, people move to work alone.

Urbanization also leads to the alienation of people from each other. Man becomes alienated from everything in the world, alienated, freed from everything. He distances himself from the world, from people, from friends who work and study together. There is alienation, which Fromm calls "negative freedom." This condition crushes a person and causes neurosis. Fromm calls his book "Escape from Freedom," which means "alienation." It is said that a person suffers from the burden of freedom.

She wants to be "free," she wants to be in a relationship, to interact with people. The world around him doesn't allow it, and as a result, he is left alone.

"Unless a person goes from negative to positive, the doubts will not go away."

"Unless man eliminates his loneliness, his doubts will not disappear unless his condition in the world has a meaning and significance that satisfies his human needs." {6; 103}

Fromm concludes that the introduction of a "humanistic" relationship as a measure against such alienation means that people should be treated humanely. Here it replaces social concepts with psychological concepts. These ideas were applied by E. Fromm in the twentieth century, and our great thinker Ibn Sina (980-1037) in the Middle Ages in his work "The Science of Morality".

What are human problems?

What is lacking in a person to develop good morals? In order to acquire these qualities, Ibn Sina advises that they should be nurtured and that others should be helped in this endeavor. In this regard, it shows the role of human friendship and coexistence.

Only by communicating with others can one help one another to satisfy one's material and spiritual needs and change one's morals.

"Because man needs to communicate with each other," says Ibn Sina, "he tries to live in the neighborhood with others, exchanges his products with others to satisfy his needs, and unites with others to avoid enemies." On this basis, people develop a sense of unity, love for others and a common moral foundation."

This means that both our great thinkers and foreign psychologists of the twentieth century have advanced the same idea that human beings should be treated humanely.

Dear President Sh. M. Mirziyoyev's words: "Our ancestors once taught the whole world with their high spirituality, rich scientific heritage and creativity. I repeat, they are the ones who follow others who are not like them. '{1}

A harmoniously developed generation is the basis for the development of society. The mature upbringing of the person, the development of their positive qualities has always continued.

A person acquires social characteristics in order to be sufficiently formed in the social environment. Commenting on the social characteristics of individuals, Eric Fromm said, "It is a sense of satisfaction to be able to act in a way that is appropriate and to act in accordance with the requirements of the culture."

As a result of socio-cultural changes in society, certain traits of behavior also change - a new social character emerges.

We are all witnessing the same change today.

A number issued by our government

Decisions form the inner motivation of our youth to reach the level of perfection, the development of high human qualities in their behavior, as well as the strength and enthusiasm for their spiritual, national identity and spiritual aspirations.

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