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PSYCHOLOGICAL BASES OF POSITIVE PSYCHOLOGY AND POSITIVITY IN PEDAGOGICAL ACTIVITY

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Abstract: The article discusses the socio-psychological problems of positive psychology and positive mood in teaching. Some psychological problems, focusing on the characteristics of a positive mood in education: everyday life, mood of people in society, the independence of teachers and spirituality is analyzed.

Key words: educators, high mood, adaptation, positive psychology, favorable conditions, happiness, values, compatibility, psychological problems.

Annotatsiya: Maqolada pedagoglarni ta'lim berishda ulardagi ijobiy psixologiya va pozitiv kayfiyat munosabatlarini ijtimoiy-psixologik muammolari xususida so'z boradi. Pedagoglarda pozitiv kayfiyatning o'ziga hos xususiyatlari: kundalik hayoti, jamiytdagi insonlar kayfiyati, pedagoglar mustaqilligi, ma'naviy - ruhiy kabi holatlarga to'htalib, ayrim psixologik muammolari tahlil qilinadi.

Kalit so'zlar: pedagoglar, ko'tarinki kayfiyat, adaptasiya, ijobiy psixologiya, qulay sharoit, bahtli bo'lish, qadriyatlar, o'zaro moslik, psixologik muammolar.

Аннотация: В статье рассматриваются социально-психологические проблемы позитивной психологии и позитивного настроения в педагогическом образовании. Анализируются особенности позитивного настроения педагогов, в частности, в контексте повседневной жизни, настроения людей в обществе, самостоятельности педагогов, духовно-психических и некоторых психологических проблем.

Ключевые слова: педагоги, позитивное настроение, адаптация, позитивная психология, благоприятные условия, счастье, ценности, взаимная совместимость, психологические проблемы.

In today's world, where there are intensive socio-economic changes, crises, changes in living conditions and other negative factors, the positive development of future teachers, one of the most important issues for today's educators is to be able to share a high mood in education and increase their interest in life in educating the next generation, to teach them to strive for a better life and to find strength in themselves. The study of the positive attitude of people, including educators, towards life began to be studied in the late 20th century by M. Seligman, M. Argyll, E. Diner, J. Veilant, M. Chikszentmihali in the field of positive psychology.

It was during that period that the president of the American Psychological Association, M.J. Based on a positive spirit, Seligman proposed a new approach that defines the psychological study of the psyche of educators in high spirits. Positive psychology in educators is based on three pillars: the first is to study the positive emotions in them, the second is to identify positive character traits and useful features such as mental and physical development, and the third is to study positive events and institutions in society (e.g. democracy and the family) is the development of the best human qualities. "Hope, love and trust are needed especially in difficult times," writes M. Seligman. - At such moments, it is invaluable to further create a positive mood among teachers, to support positive institutions - democracy, family, free press. During the test, a person demonstrates his highest qualities: courage, perseverance, will, love, trust, national pride, courage, sincerity, integrity of nature, justice, loyalty, and so on". Thus, it was suggested that future educators should have a positive mood and change the paradigm process in a positive direction, which leads to the formation of positive attitudes to life in psychology.

The need for high spirits in everyday life and in the process of positive psychology of future educators is one of the processes that occur in the lives of almost any person today, sooner or later in situations that require psychological support. In such processes, people in our society who are mentally depressed do not yet fully turn to professional psychologists. In such processes, people try to get out of trouble on their own, but also rely on the help of close relatives, elders in the neighborhood, and friends. This is one of the highest values in our country.

In such situations, strong will and high spirits are very important for educators to work independently, to help themselves in difficult psychological situations. Why do educators need positive psychology? What are the effective aspects of positive psychology? It is important to address such questions as: positive psychology explores what is effective, and it all depends on how we define the meaning of our lives, as well as our thinking and behavior.

Positive psychology based on scientific research shows which qualities and skills are most important and promotes self-awareness, health and well-being, peace of mind, happy living, interest in life, and it is not just a matter of the program which helps you to enrich your best aspects of “being happy” while at the same time revealing your positive behaviors.

In the minds and opinions of proponents of positive psychology, the most interesting and up-to-date research findings are that of compassionate gratitude for self-awareness and potential discovery, positive thinking, generosity, a detailed study of the many factors of choice and public well-being and success has proven to be a positive attitude in all areas of people’s lives.

Based on the above considerations, Positive Psychology answers the following questions in order for educators and people to be in a good mood:

- What do you need to feel motivated?
- Why it is true, optimism not limited to seeing the good in others?
- How to live longer and be less sick?
- How important the quality is for your relationship?
- Why do you like diversity and challenges?
- Why should you value what you have?
- Why is it important to accept yourself as you are?
- Why is it important to have purpose and meaning in life?
- Why is it important to understand and use your strengths, and what is your happiness?
- How can you find happiness and contentment in your life?

Studies have shown that money does not make us happy. If we can afford it, we can live in luxury, buy the latest fashions, use the latest cars, and enjoy a luxurious life; in fact, the higher the income above a certain level, there is a less happiness. Also, if you are grateful for what you have, if you are healthy and alive, if you can be thankful for what you have, if you can feel the love of your loved ones and feel happy that they are always with you, and even donate money for something specific, can really bring you happiness, luck and peace of mind!

Danish psychologist Sven Brinkman constantly believes that attempts like “positive thinking”, “positive mood” and “becoming your best version” can lead people out of an epidemic of depression. He argues “It’s time to start reading good science fiction novels instead of firing coaches and self-improvement literature”.

According to the psychologist, in order to get people out of depression, stress, of course, to be positive and positive in any activity has a positive effect on the productivity and efficiency of work. In 1998, when Martin Seligman became president of the American Psychological Association, he developed and became known to the public. Prior to that, he was known for his “theory of helplessness”, which was studied as a factor in depression. Explained helplessness is defined as a state of indifference or at least a lack of will to change a painful experience, even if it is a way to avoid pain. This theory was based on experiments that electrocuted dogs. In particular, it addresses the question of what happiness is, how to achieve it so that the mood is always be positive, and are there positive qualities of character? Seligman used his position as president of the association to promote positive psychology. It has been so successful that it now even has separate curricula, centers, and scientific journals dedicated to the subject. Concepts in psychology, although small - spread very quickly and widely to the masses. Positive psychology has become a part of its culture so quickly. Of course, it is important to study the factors that improve our lives and increase our efficiency. However, Rasmus Willig says

“In the hands of coaches - or enthusiastic leaders who have completed short courses on positive leadership - positive psychology is quickly becoming a convenient tool for suppressing criticism”. He even talks about positive fascism, which is reflected in his conception of positive thinking and a positive approach to change. This concept describes the form of consciousness management that occurs when a person is allowed to think only positively about life.

I can add from my own experience that the most negative experience in conducting scientific debates is undoubtedly related to positive psychology.

A few years ago, I criticized positive psychology in women’s magazines and newspapers, and the reaction was very fierce and unexpected.

Positive, constructive, receptive leadership educators, if you’ve been exposed to positive psychology in the past (e.g., while studying, at work, in staff development activities) and you’ve been asked to talk about

successes when you’re trying to discuss a boring problem, then you may feel uncomfortable. Who doesn’t want to be an effective and qualified professional and develop further? After all, today’s leaders willingly value and reward their subordinates. The modern leader no longer serves as a rigid and powerful authority that orders and decides. It engages in a kind of smooth power “Inviting” employees to talk about “Success” in order to “Maximize job satisfaction”.

Keep in mind that there is a clear asymmetry of power between management and subordinates, and some goals are more realistic than others.

But now everything has to be “World-class” or in the “Top-10,” and the way there is of course only for those who focus on opportunity and success. This can be called a mandatory positive. Only the best is good and to achieve it you should not be afraid of just dreaming and thinking positively.

Positive critics, including Barbara Held, mentioned above point out that over-emphasis on positive things can lead to the phenomenon of “blaming the victim”.

This means that any suffering or problem a person has is not optimistic and positive about life, or some psychologists, including Seligman’s lack of “positive imagination.” positive illusions - it is a person’s inner ideas about himself, a little distorted in a positive way. That is, man sees himself as a little smarter, more capable, and more productive than he really is.

Research on this topic shows that people who suffer from depression actually see themselves more than those who do not suffer from depression. However, there are concerns that because of a positive approach, society requires people to be positive and happy, and this leads to unnatural suffering, as many feel guilty if they are not always happy and fortunate. Yet another reason for the critique associated with the former is the underestimation of the contextual role inherent in some aspects of the positive approach.

If it is emphasized that a person’s happiness does not depend on external factors (socio-economic situation, etc.) that play a very insignificant role but on internal factors, unhappy people usually do not admit their guilt. Life is hard, but it’s not a problem in itself. The problem is that we think that life is hard. Although the science of psychology originally aimed to study the human mind, over time it has largely focused on identification and correction. That is why it is believed that living happily in life is a difficult process and broken life deviates from the norm hinders for

a happy life. “Positive” psychology is about bringing psychology back to its roots, so, it studies thinking focused on well-being and prosperity.

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