

Psychological Significance Of The Concept Of Loneliness

Kamolova Majnuniso Ulugbek qizi

1st year doctoral student at

Karshi State University, Uzbekistan.

Abstract

The study attempts to reveal the general and socio-psychological content of the concept of Loneliness. The study is based on the theories of some researchers. The article also highlights the philosophical and psychological aspects of the concept of Loneliness and draws a general conclusion. Not only the concept of Loneliness, but also some social concepts corresponding to it are taken into account, and their etymology is briefly discussed. The study effectively used theoretical and etymological methods. As a result, the psychological aspects of the concept of Loneliness are revealed.

From a psychological point of view, Loneliness is a condition that occurs at a certain stage of every person's life. Understanding and properly managing this condition is an important factor in ensuring psychological health. Based on personal experiences and scientific approaches, it can be said that although voluntary loneliness is sometimes a means of spiritual recovery, the chronic nature of social loneliness can lead to dangerous consequences. Therefore, each person needs to learn to analyze their own situation, identify their needs, and ask for help when necessary. The study draws general conclusions based on these theories.

Keywords: Loneliness, solitude, individuality, psychology, isolation, theory, psyche, essence, content.

INTRODUCTION

We still have a wrong and one-sided idea about the concept of solitude. Religion and mysticism have never advocated living a life in complete solitude. Solitude is not an escape from life, separation from life, or the need to be away from people, but rather a return to activity with spiritual maturity after a certain period of “professional perfection and beauty of life.” [1.227]

To explain the concept of solitude in more depth, it is impossible not to turn to Solitude and Solitude. If we pay attention to the lexical meaning of the word Solitude, it comes in a number of meanings, such as an empty, empty place, a deserted place, solitude, not being attached to anything, and freedom from the various worries of the world. The mystical meaning of solitude is as follows: to overcome the spiritual obstacles created by worldly ties and to steady the soul on the path of divine enlightenment, to engage in worship and meditation under the guidance of a pir. Solitude is directly related in meaning and

content to the following concepts: uzlat, tafrid, tajrid, inzivo, i'tikaf, abandoning mixing with the people, leaving the world, tawhid, and Wahdat.

LITERATURE ANALYSIS AND METHODOLOGY

This article studies the psychological foundations of loneliness based on theoretical and analytical methods. Also, based on practical observations and experiences of people of different ages, the impact of social isolation on mental health was assessed.

Also, the explanatory dictionary of the Uzbek language, dictionaries of psychological concepts, and the dictionary of researcher Odiljon Avaznazarov entitled “Navoiy timsollari so'zligi” were used effectively. At the same time, in terms of the psychological approach, scientific research and dissertations of a number of scientists such as Klementyeva, Sadler, Jones, Tikhonov, Mateyev were used.

RESULTS

First of all, let's pay attention to the meaning and content of the concept of Loneliness in general psychology. The explanatory dictionary of the Uzbek language gives a brief definition: "loneliness - not having a single partner, alone, alone, secluded". [2.632] In the psychological dictionary, we can find a broader description: "Loneliness is one of the psychogenic factors, an emotional state that manifests itself in unusual conditions only in a person's isolation from others." These definitions allow us to consider the phenomenon of loneliness from the perspective of social psychology, to understand the causes and essence of the various occurrences of human emotional states, and to distinguish the tradition of analyzing the phenomenon of loneliness in positive and negative aspects. In addition, the definition recognizes that the words "solitude" and "isolation" should be used along with the word "solitude".

The word "isolation" comes from the French verb "isolation", "isoler", which means to isolate, from the Italian "isolato" meaning "separate, alone", isola meaning "island", from the Latin insula meaning "island". It is clear from this that isolation is exactly the same in terms of content and origin as the words "solitude" and "isolation". [3.66-68]

Trubnikova believes that the concepts of solitude, solitude and isolation are not synonymous. He explains: "Isolation is a physical, spatial, and enduring position of a person in relation to social existence" [4], an externally manifested phenomenon, not an internal psychological experience. As W. Sadler and T. Jones emphasize: to determine physical isolation, it is enough to see with the eyes, but to understand loneliness, it is necessary to feel it."

The concept of loneliness is not used in the same sense as the concept of isolation, as some people think. Isolation is a process that leads to withdrawal from the external

environment in social life, as a result of which there is a series of negative emotional colors such as stress, depression, dissatisfaction, suffering, self-equalization. For this reason, it is not permissible to study loneliness along with these terms that express a series of negative meanings. Loneliness also resembles isolation in a certain sense and leads to isolation in the social environment. In the structure of loneliness, such negative goals do not dominate, on the contrary, if we consider it as a process of avoiding certain negative vices in order to educate oneself while living alongside the external environment in social life, that is, by being left alone, Loneliness does not pursue such negative goals.

A number of scientists such as Trubnikova, Klimentyeva, Tikhonov, Sadler, Jones, who aimed to study the etymology of the origin and different aspects of such concepts as Loneliness, Solitude, Solitude, tried to reveal the place of each of them separately. One of the modern researchers, G. M. Tikhonov, analyzed the pair of concepts "loneliness-solitude" in a phenomenological way, in a polar context. The term "loneliness" denotes a state of being humiliated, abandoned, separated from each other, communicative weakness, that is, it is a sign of subjective experiences in conditions of exclusion from society. The term loneliness is defined as a subjective feeling of physical distancing from others, as defined by the scientist. [5.354-360]

DISCUSSION

D. A. Mateev calls the two pairs of concepts "isolation-loneliness" and "loneliness-loneliness" a contradiction and an opposition between two states that are considered correct [3]. According to the scientist, isolation is a forced separation of the subject from the surrounding environment, physical distancing from others. If isolation is an obligation that

manifests itself externally, then loneliness is an internal subjective experience. Loneliness is a temporary interruption of communication and determines the success of the individual as part of society in achieving certain goals. Loneliness is a permanent breakdown of communication, a painful disconnection of a person from the environment, an awareness of his own dissimilarity to his world. Many researchers include in the concept of loneliness descriptions that also apply to the concept of loneliness. The positions of voluntary or forced loneliness have a purely social orientation and are antinomic in structure. Voluntary loneliness represents the term loneliness with a positive orientation. Goleman [7] calls the typology of the structure of the concept of loneliness 1) forced physical or social isolation of a socially significant category of people; 2) a conscious limitation of external contacts for the purpose of spiritual improvement; 3) a feeling of unsatisfied and misunderstood need for communication, a painful experience of mental and spiritual isolation.

CONCLUSION

Loneliness is an important psychological condition that is widespread in modern society and directly affects human mental health. Identifying its causes, developing its positive aspects and preventing its negative consequences is an urgent task of today's psychology. Taking into account the individual needs of each person, a systematic and psychological approach to combating loneliness is important.

From a psychological point of view, Loneliness is a condition that occurs at a certain stage of every person's life. Understanding and managing this condition is an important factor in ensuring psychological health. Based on personal experiences and scientific approaches, it can be said that while voluntary solitude is sometimes a means of spiritual recovery,

chronic social loneliness can lead to dangerous consequences. Therefore, each person must learn to analyze their situation, identify their needs, and ask for help when necessary.

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