

# Scientific Analysis and Psychological Materials of The Rashk Penomen

**Ummatova Sitora**

Assistant of Samarkand State University

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## **Abstract:**

The article describes the psychological essence of jealousy and, based on scientific analysis, justifies the typology of the phenomenon of jealousy in psychology. Types of jealousy are given: short, long-term, active, passive; basics of jealousy: cognitive, behavioral, affective; psychological characteristics of jealousy as distrust.

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## **INTRODUCTION**

Human psychology and its essence are manifested not only in the nature of its activities, in the ability to think abstractly, or in self-love. There is a destructive and even destructive character in human nature: envy, jealousy, revenge, ambition and so on. Moreover, there are no fixed moral boundaries between virtues and values, on the one hand, between evil and evil, and on the other, fixed and once and for all. Often they are so intertwined that pride cannot be separated from idleness or jealousy. Psychology, ethics, as a rule, focuses on positive moral concepts: freedom, justice, responsibility, compassion. Except for rare occasions, the problem of the manifestation of moral evil is not the focus of research or is described as anything less than a moral norm, and thus often reflects the unilateral idealized image of a truly alienated person and his actions.

Despite the undeniable importance of this feeling in the real, daily life of a person, the obvious interest in the subject of jealousy is one of the underdeveloped problems. However, a holistic review of this phenomenon as one of the most characteristic ontological signs of human nature allows us to more fully and accurately describe the various spaces and relationships in the community. Thus, the

phenomenon of jealousy is primarily determined by its universal and cultural universal nature, which allows for a holistic understanding of the multifaceted and contradictory nature of man. The relevance of studying jealousy as a manifestation of human nature is complemented by its psychological justification for consideration in certain situations. Jealousy varies according to the circumstances of a person, changing his character according to the values, customs and circumstances of a given period. In this notion, a study of the types of jealousy and their attitudes - from complete rejection to recognition - allows us to characterize a particular period in terms of its basic human characteristics. The origin and development of the jealousy phenomenon deserves special attention from a psychological point of view.

## **Main part**

It is noteworthy that interest in various forms of jealousy, as a rule, is accompanied by various events. The holistic and objective picture of negative phenomena in human behavior, or vice versa, can be interpreted as all the negative aspects of human nature as unique and self-serving. Thus, it requires an understanding of the jealousy phenomenon, its causes and effects, its place in the

human system, and its impact on socialization and dehumanization. Society must understand the essence of jealousy, recognize its manifestation, and properly understand itself. The extent to which the problem has developed. The basic ideas of jealousy were formed in ancient times. Socrates sees jealousy as a complex and contradictory emotion, "a mixture of pain and pleasure" [1, p. 54]. This irreversible couple, the ambiguity of jealousy, and his genetic connection to evil and good, were later mentioned by Plato and Aristotle. There is a different tradition among Chinese theories of Zeno and Epictetus, who have declared the passions to be neglect, absurdity and interference. During the Middle Ages and the Renaissance, the first tradition developed and the jealousy was widely regarded as an uncertain phenomenon. Jealousy for St. Augustine, Thomas Aquinas and later J. Bruno, Erasmus of Rotterdam, M. Montaigne, and others, has been described primarily (in a broad sense) with regard to love, and has not been widely publicized. A wide range of different interpretations of jealousy in the works of Western European thinkers of the new century: F. de Laroshfuko, B. Pascal, R. Descartes, B. Spinoza, T. Hobbes, B. Mandevill, S. Montesquieu, K. Helvetius, Where D. Cum, I. Kant, and others give an analysis of this phenomenon, the forms of their manifestation and the possibility of their investigation are considered; It also highlights some of the features of the concept of jealousy. The main tendency of this stage is to interpret jealousy as an asian, irrational effect, and to call for the rest of the mind to be limited.

### Analyses

Representatives of Western European irrigation in the 19th and 20th centuries were particularly jealous, first of all, by Schopenhauer, who studied it in relation to the metaphysics of sexual love, and F. Nietzsche wrote extensively on aspects of such a complex socio-psychological phenomenon. Psychological mechanisms of jealousy have been studied in the philosophy of psychoanalysis 3. Freud, K.G. Jung, E. Fromm, and others. The existential

features of this perception are described by S. Kierkegaard, J.P. Sartre, A. Camus, H. Ortega y Gasset, K. Jaspers, Explained some paradoxical and ambivalent meanings of jealousy by J. Baudrillard, J. Derrida, J. Deleuze, and F. Guattari. Separate observations on jealousy can be found in the works of J. Rawls, V. Frankl, and A. Maslow, C. Rogers. Even the problems of jealousy in Russian philosophical works include F. Dostoevsky, JL Tolstoy, I. Ilyin, VL. Soloviev, S. Bulgakov. They have noted the positive nature of this feeling. The phenomenon of jealousy in modern psychology can also be explained in the context of the works of A. Huseinov, R. Apresyan, O. Drobnitsky, A. Sogomonov, and M. Epstein. The form of jealousy is defined by methodological and theoretical conditions. It is noteworthy that for all of these thinkers, the problem of jealousy is of little importance, and it is related only to other problems - feelings, love, badness, relationships and so on.

Foreign studies of jealousy by G. Klanton, C. Christianson, A. Pine, and others also have a psychological and socio-anthropological focus [1, 2, 3,4]. In general, we must recognize that jealousy is associated with analysis as a particular form of manifestation of the inner evil of man. The jealousy phenomenon has traditionally led to contradictions in its theoretical approach to understanding. The diversity of theoretical approaches is explained by the uncertainty of the jealousy phenomenon. Nevertheless, these methodologies and approaches as the methodological basis of the study are: an analysis of the views of thinkers on the nature of jealousy; identifying the psychological characteristics of jealousy in the context of different traditions; to determine the origin, dynamics and peculiarities of the jealousy phenomenon; one can determine the internal nature of the jealousy and the evolutionary stages.

### Discussions

The theoretical foundations of our research are widely used in the ideas of A. Huseinov, R. Apresyan, O. Drobnitsky, A. Sogomonov, M.

Epstein, A. Skrypnik and take into account sociological and psychological factors to understand the peculiarities of their variations. It is necessary to know. The psychological study of jealousy in the study, the first comprehensive psychological and scientific analysis of the jealousy phenomenon in human relations, can certainly be considered as a contribution to the research of emotional relations in psychology. Thus, when we observe the social origins of the jealousy phenomenon in ancient history based on scientific literature, it was discovered that it emerged as a form of evil; From a scientific point of view, the role of jealousy is examined and its implications for a person's morals, social relationships, and family relationships are evident; knowledge of the basic types and manifestations of the jealousy phenomenon, detailed typology of jealousy. Jealousy as an emotional category in our study is a reflection of fear about one's insecurity, as a basis for relationship disorders, inferior self-esteem and distorted feelings of personality, with intra-personal and socio-communicative communication at the level of interpersonal relationships. and the psychological state that leads to the condemned actions. Jealousy is an ambivalent phenomenon that is closely linked and intertwined with other psychological and social phenomena. The concept of jealousy is inextricably linked to a person's social role, system of social relations, especially in the context of his activities and family characteristics. Disruptive communication in jealousy affects the basic human principles such as dignity. True love is not jealous. Thus, genuine love can be a key factor in overcoming jealousy. Considering the specific manifestation of jealousy allows us to classify its species. It is recognized as two main types of erotic and socio-cultural jealousy. It is a proud form of jealousy with its peculiar intensity of erotic jealousy, and the whole story becomes relevant and revealing. From the philosophical, social and socio-psychological literature on the problem of jealousy, it is clear that explaining this problem to people in psychology, philosophy, ethics and other social

sciences can help prevent many conflicts and resolve conflicts. , thus helping the community to improve the environment of the families. Especially important are the impacts of social relationships and the problem that contributes to the fatal manifestation of jealousy. Jealousy's scientific and practical analysis can help to understand the causes of this problem and constructively direct this phenomenon to the individual's spiritual growth and social adaptation. Jealousy is a multifaceted phenomenon of the emotional sphere that represents a number of roles. We conclude that jealousy can be considered both in the role of emotion, as in the short-term and acute experience, in the emotional role, and in the long-term relationship, and in the role of passion that fully engages the human mind. With the lack of adequate intellectual functions and behavior of the individual, jealousy can reach uncontrolled levels of harmful and dangerous minds. Jealousy as a psychological and emotional category is based on cognitive, behavioral, and affective aspects: impaired personality, low levels of subject and subject-matter interactions, and social or communicative impairment or constructive position. represents the behavior of a subject in a particular situation. So the concept of jealousy has not changed. The manifestation of jealousy is not limited to erotic fields, but in the areas where marriage and sexuality are concerned, but the social diversity of all human aspirations: from profession, hobbies, sex to family and friendship, to science. , arts and politics, and so on. But we see the biggest act of jealousy in marriage and family relationships, that is, the most characteristic aspect is sexual (erotic) jealousy. This is because it causes so much pain and is accompanied by one of the most vivid feelings of man - love. The topic of the study is characterized by an individual approach to key social concepts such as emotional changes, marriage, and parental feelings and responsibilities. Therefore, the universal thing for society is that people can treat relationships with their opponents as a threat to their interpersonal relationships. Emotions are associated with certain situations of social nature. People come

to a certain degree in different relationships. However, the way in which people interact with each other is determined by their socialization, which depends on the level of self-awareness, moral improvement, moral attitudes, and values. It has been established that the essence of jealousy is defined as an egotistical sense of ownership, combined with a desire to preserve and maintain goodness, love, friendship, or fear of losing any important good, or despair of losing priority. . In this respect, jealousy can trigger antisocial behavior. Psychologically, the negative effects of a relationship are the breakdown of communication, as well as the lack of reflective moments, unwillingness to develop and improve. A communicative strategy based on the principle of using jealousy as a means of achieving their own goals will result in the relationship being presented as an object that can be manipulated, manipulated, oppressed, and more. Jealousy submits to the other, depriving it of the right to freedom and originality. At the same time, it destroys the human mind, turning love into a struggle for dominance and possession. Such relationships are possible only in true love, where there is a spiritual core of intimacy, where love is manifested as a repetition of high values. The ability to reconcile with others, emotions and actions, emotions and words, and to build relationships with other people, allows a person to find the best way out of “conflict, crisis situations,” of course. including the earlier state of jealousy.

## Results

Jealousy is equated with the understanding that other people are not his property, that is, by recognizing and accepting that their freedom of choice, actions, thoughts, feelings and actions belong to independent individuals. First of all, it requires self-importance, self-development, self-development, acceptance of one's identity, love and respect. By having the right attitude towards oneself, a person can develop relationships with the world around him and those around him. Thus, jealousy is manifested in the concept of human dignity, identity, understanding.

It is necessary to determine the jealousy of love, family relationships, and loyalty. Consideration of the sociocultural manifestations of jealousy is not relevant to ethical analysis, as it permits the reflection of social morality at different levels and under different conditions and in relation to other emotions. High or low levels of human upbringing affect the level of self-awareness, as well as the specific effect of jealousy. In this regard, a number of thinkers argue that people with a high level of upbringing and self-control may dominate their passions. Respect for people and confidence in the ability to find good qualities in everyone, ability to be responsible for your own actions, sufficient self-esteem, generosity, gratitude are the qualities that enable you to manage jealousy. In the generalized form, jealousy can be categorized as a behavioral orientation. In this regard, personal jealousy is considered in terms of its social role. That is, he can act as a spouse, a loved one, as well as a father or mother, sister or brother, partner or employee, and so on. In a similar context, jealousy can be explored and highlighted by its variation in the nature of the risky relationship itself. Obviously, there are psychological regulators for different types of relationships reflected in family and marriage, professional ethics, business ethics and more. In each case, when making recommendations for minimizing jealousy, the scope of the relationship should be considered.

## Conclusions

It is also possible to distinguish socio-demographic characteristics for classification based on jealousy: age (childhood jealousy, adulthood and jealousy have some characteristics) and gender. It is also suggested that the types of jealousy should be distinguished by the direction of its destructive foundations - by itself. In this regard, there are active, passive, painful forms of jealousy. In the first case, jealousy is considered from the point of view of aggression, tendency to violence, hatred; secondly, self-destructive feelings related to cowardice, lack of internal strength to overcome

external conditions, self-worth and so on. In extreme forms, jealousy can be denied social norms. Accordingly, jealousy is divided into these types: normal and pathological. Normal reactions are characterized by an adequate assessment of the situation, which is understandable to most people, often driven by personality, and should be interpreted as excessive in the pathological jealousy, an excessive indication of the emotional nature of the individual. Obviously, pathological jealousy is at a high social risk. The form of jealousy can be distinguished by emotional, activity reactions. Emotional, emotional, affective reactions occur. Such feelings as depression, anger, hatred, love and hope can be devastating to an individual. Often, the ability to analyze the situation also refers to the ability to control emotions and get rid of the negative. Active reactions are manifested in the form of certain actions, actions. This could be a scandal or denial, for example. Generally, any true jealousy situation, to some extent or another, includes specific views. Thus, jealousy manifests itself at all levels of interpersonal relationships in society, influences human relationships, and contributes to the specific representation of personal activities.

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