

Factors of Change and Adaptability in Young People's Beliefs

Umurzakov Ahmadjon Makhamadovich

Doctoral student of Fergana State University

Annotation.

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Annotation

The need to analyze the beliefs of young people and their unstable character from the point of view of the current issue facing the education system is to train the youth of new Uzbekistan as useful personnel for the society at the level of the times. This scientific article describes the views on the aspects of variability and flexibility in the beliefs of young people, and their psychological and epistemological foundations are cited....

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It can be said that raising the youth of our time to be the owners of strict discipline and strong faith, and thereby raising the morale of the nation and the well-being of the society, is one of the urgent issues at the level of state policy. In his speech at the Youth Forum of Uzbekistan, President Sh.M. Mirziyoyev said, "Recent social surveys have shown that most of our youth lack positive motivation, necessary knowledge and skills in the field of business and entrepreneurship. Therefore, it is necessary to strengthen the work aimed at forming entrepreneurship skills in them." In this matter, the need to change the beliefs of our youth, to form and strengthen them in a positive sense, shows the need for a scientific and practical analysis of the concept of belief.

Belief is a firm, conscious, and intentional belief system that guides a person. It controls behavior and will in a person and does not need motivation. This power is so great that it can completely control a person. But our beliefs are not always correct, otherwise we would never be wrong. Also, the ability to change one's beliefs is one of the characteristics of a mature, developed person.

When it comes to changing beliefs, it is very important to first understand how they are formed and what they are. Not everything in a person can be changed, some forms of belief are fixed and unchangeable. If they are objected to, it may lead to some religious disputes. At the same time, there are beliefs that are open to challenge. This does not mean that they are based on bad or confusing assumptions, but rather that they have the ability to reject and analyze large amounts of data and have a flexible mind. It happens that it is not the core of faith that changes, but a part of it becomes richer or, on the contrary, shallower depending on new life experiences.

There is no more difficult problem in life practice than changing one's beliefs. Because when you try to

change someone's belief, you will definitely face strong resistance from that person. After all, any thought takes a strong place after being absorbed into the human mind. However, gradually changing it in practice is difficult, but possible. In a conversation with such a person, you need to understand that all situations are relative and that there may be exceptions.

Flexible beliefs are like plasticine - they can be changed over the years, simplified and complicated, filled with new concepts or removed from old ones. They are closely related to the process of cognition: if you change or cancel some of your beliefs, you will understand the matter more deeply and understand the practical importance.

For example, some flexible beliefs, such as cults or religions, are so broad that they even become a whole rigid belief system. When trying to convince someone, it is important to try to distinguish between fixed and flexible beliefs. Then it's time to think about additional influences and what to add or take away from that belief.

Beliefs, in a certain sense, limit us in some of our actions, prevent us from excessive actions. As a result, we don't do something, say something, or believe that we can achieve a goal. They are epistemological properties that apply to ourselves as well as to other people.

Some firm beliefs of people even prevent a person from other actions or form a mood of insecurity. For example, you can say "I'm an accountant" and thus decide "I don't do marketing and I shouldn't think about it."

Another negative belief that prevents young people from success is the firm belief that a person cannot do something. If we think "I can't sing", then our whole life will be like this and we won't even try to change the situation. Because the strong belief in our mind about not being able to sing makes us not do this work for a lifetime. This means that, in fact, many people believe that we are incapable of learning new things. Such a situation serves as one of the motivations that encourage a person to live passively. We are bound by values, norms, laws, and other rules that dictate what we should and shouldn't do. If we think "I have to do this", we first compare it with the requirement of these stated norms and then we start to implement it or vice versa.

We are limited not only by ourselves, but also by our thoughts about other people. If we believe that the opponent is smarter, and we firmly believe and doubt it, we will never challenge him. If we think that a person is selfish, we do not ask him for help.

We believe there are several reasons why limiting beliefs arise:

First, personal experience. The main factor that shapes our beliefs is direct life experience. We act, something happens as a result, and we draw conclusions from it. Such beliefs are often helpful, but they can hinder personal development.

Second is the social environment factor, we learn from our peers or parents to understand how the world works and how to behave in it. But the teachers we study may sometimes have wrong beliefs, and there is a possibility that we will form the same limiting beliefs that they have.

Third, logical fallacies. People make many mistakes when making decisions, for example, due to incorrect assessment of probabilities. Sometimes in life, it is more likely to form beliefs based on unconscious hopes and fears than reality. The word "because" can be very dangerous. When we use it, we think we have good reasons for making some decision, but we may not. Sometimes we confuse cause and effect.

Fourth, the hope of forgiveness of our mistakes. We often look for excuses for our failures. Unfortunately, sometimes our beliefs are formed only on the basis of these reasons and excuses.

The feeling of fear from the fifth. Limiting beliefs are often based on fear. In order to avoid hurting

ourselves, we do not start practical actions until we are sure that there is no room for danger and that we do not leave the safety zone.

It's also worth noting that you need to use affirmations to create beliefs. These are useful little phrases; you should repeat them to yourself several times a day for months, years, or even a lifetime.

"A common limiting belief is "I can't," so you don't even try. So encourage your curiosity. Yes, you may not be a writer or win a Nobel Prize, but why not try? That way you don't burden yourself with the responsibility of achieving success, but start enjoying the process itself. Even if something doesn't fit your needs, it's good to repeat the motivational affirmation until it becomes a belief. In other words, to learn to swim, it is necessary to get into the water.

Believing yourself to be smart is good for strengthening your beliefs. Thinking that you are not smart enough to do something can be an excuse for inaction and lead to apathy. If you think you are smart and capable then you want to take another step. This, in turn, guarantees your continued activity. If you believe that you are strong, intelligent, confident, you will begin to act as if this is true. And over time, you will come to believe it. Therefore, it is important to understand that it is possible to change a belief, but it is not something that seems easy at first glance, but it is also not impossible.

Accepting people for who they are allows you to make many friends. Most of us take defensive actions when dealing with people, believing that everyone is capable of harm. By respecting ourselves and loving people, we become open and outgoing, which has a positive effect on social life.

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