

SELF-KNOWLEDGE AND SELF-DEVELOPMENT

Abdikalieva Ariukhan

*University of Innovation Technologies
Pedagogy Psychology 4th year student*

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ABSTRACT:

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This article analyzes the process of self-awareness of the individual and its role in self-development. The need for self-awareness in human consciousness is one of the main factors of personal development and social adaptation. The article also discusses the mechanisms of self-awareness through various theories in psychology, philosophy, and education, as well as the stages of self-development. Based on practical examples and scientific sources, factors that stimulate personal growth are revealed.

Input

Humans are always inclined to think about themselves, their capabilities, abilities, needs, and goals. This process is self-awareness, that is, the process of searching for answers to such questions as "who am I?," "which values do I believe in?," "what is my purpose in life?." This process plays an important role in a person's personal development, adaptation to social relations, and full self-expression.

Self-awareness is the process of understanding the reasons for a person's inner world, feelings, thoughts, and actions, which forms a person's self-confidence and serves to find direction in life. Self-awareness occupies a special place in such important areas as personality development, achieving effectiveness in educational processes, developing leadership abilities, and choosing a professional direction.

At the same time, self-development is the process of a person's constant work on themselves, striving for intellectual, emotional, spiritual, and physical growth. In this

process, a person improves not only knowledge and skills, but also worldview, goals, and personal values.

In this article, these two concepts are explained from a scientific point of view: the interdependence of self-awareness and self-development, their significance in society and personal life, as well as ways to implement these processes.

Theoretical foundations of the concept of self-awareness

Self-awareness is a person's conscious attitude towards themselves, the process of conscious awareness of their needs, abilities, feelings, thoughts, and actions. In psychology, this concept is explained on the basis of several theories:

From the point of view of humanistic psychology (C. Rogers, A. Maslow), the level of a person's self-awareness depends on the correspondence between their "true I" and "ideal I." If a person accepts themselves as they are and correctly assesses their capabilities, then they are on the path to personal development.

- Freudian psychoanalysis recommends achieving self-awareness through understanding feelings and aspirations in human consciousness. According to Freud, a person should strive to understand their unconscious (unconscious) aspirations.

In sociology and philosophy, the social aspects of self-awareness are raised. How society sees a person, what social roles they have entered - these factors influence how a person perceives themselves.

Psychological foundations of self-development:

Self-development is the active and conscious striving of a person to realize their potential. The following psychological mechanisms are involved in this process:

- Motivation is the inner driving force of a person. The highest level in Maslow's hierarchy of needs is self-actualization. To reach this stage, a person must understand and realize their potential.

- Reflection is the ability of a person to analyze their experience, learn from mistakes, and correctly evaluate themselves. This is the main condition for self-development.

- Development of abilities and interests - opportunities should be created for the realization of a person's natural potential. This is achieved through education, experience, and active social life.

Interdependence of self-awareness and self-development

Self-awareness and self-development are closely interconnected processes. Until a person understands their capabilities, strengths and weaknesses, they cannot work effectively on themselves. For example:

- Ability to set clear goals - a person can set clear and realistic goals only when they understand their abilities and goals.
- Drawing the right conclusions from failure - only when a person has a reflexive ability will they understand their mistakes and take an active step towards self-development.
- Depending on the age periods, the forms of self-awareness and the questions that arise at the stages of childhood, adolescence, youth, and adulthood are different. This requires different approaches to self-development.

Self-Development Methods and Practical Expressions

A person can carry out a number of activities for self-development. These are:

- Developing personal development plans - achieving change by setting specific goals, action plans, and deadlines.
- Keeping a self-assessment journal (reflection diary) - monitoring personal growth through daily or weekly analysis.
- Psychological counseling - through communication with specialists, a person correctly understands themselves and develops development strategies.
- Education and professional development - capacity building through new knowledge and skills.
- Meditation, dhikr, silence exercises - deepening self-awareness by maintaining inner stability and ensuring conscious living.

Conclusion

A person's self-awareness and self-development is not a random or automatic process. This is a complex, but very important life process, carried out through constant reflection, active internal search, and conscious actions. The higher a person's level of self-awareness, the higher their level of personal development, social success, and life satisfaction.

Self-awareness allows a person to fully realize their potential, correctly assess their strengths and weaknesses, and determine their goals and values. This is an important internal factor that stimulates self-development. Self-development creates the basis for growth, change, and progress in the personal, professional, and social spheres.

Analysis of the article shows that:

- Self-awareness and self-development are interconnected, complementary, and supportive processes.
- These processes affect not only a person's inner world, but also their social relationships, activity, decision-making ability, and level of happiness.

• Through self-awareness, a person can find their place in life, become spiritually enriched, and understand its meaning.

In modern educational, upbringing, and personal development programs, it is important to take these concepts into account and pay special attention to them.

Also, the creation of an environment that supports self-awareness in educational institutions, in the family, and in the wider community, the introduction of various psychological and personal development technologies serve as an effective means of achieving human perfection.

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