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**MODERN PSYCHOLOGICAL INTERPRETATION OF THE  
INTERCONNECTION BETWEEN CONSCIOUSNESS AND BEHAVIOR**

**Kholmurotova Shokhista Mirzaliyeva**

*Termez University of Economics and Service Department  
of Pedagogy and Psychology PhD Senior Lecturer*

**Omonova Lola**

**Shaymardonov Ozodbek**

*Psychology Student*

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*This article discusses the psychological foundations of human behavior and the central role of consciousness in its formation. The biological and social determinants of behavior, the structural structure of consciousness, motivational, control, reflection and moral management functions are analyzed on a scientific basis. Also, the differences between conscious and unconscious behavior, the views of psychological theories on these processes, and the importance of consciousness in personal culture and social adaptation are shown.*

Human behavior is a complex psychological system that manifests itself in the process of behavior, organization of activity and adaptation to the social environment in society. The central role in the formation of behavior is played by the mind, which performs functions such as controlling, goal-directing, evaluating and managing actions. The study of behavior is one of the main areas of psychology, illuminating the individual characteristics of a person, his motivation, needs and social factors.

The concept of behavior and its psychological foundations Behavior is a system of decisions that a person makes in relation to external and internal factors, determined by mental processes. Its structural structure is closely related to needs, motives, goals, emotions, volitional qualities and individual temperamental characteristics of a person. In psychology, the motivational foundations of behavior are very important, and as the need is formed, behavior also develops in this direction. Behavior is determined by biological and

social factors. Biological factors depend on heredity, neurophysiological processes and temperament, while social factors are determined by upbringing, environment, culture, communication and education. Therefore, the formation of behavior is a complex integrative process, in which the control of consciousness is of particular importance. The essence and structural structure of consciousness Consciousness is the ability of a person to perceive, analyze, evaluate and control himself and his environment. It consists of several components: 1) Perception - the process of perceiving the external world through the senses. 2) Thinking - the process of generalizing, analyzing and drawing conclusions from events and phenomena. 3) Emotions - emotional states that directly affect behavior. 4) Will - a psychic quality that provides determination and stability in achieving goals. 5) Self-awareness - knowledge of a person's identity, values, capabilities and personal boundaries. The functional properties of consciousness include the processes of reflection, control, evaluation, planning, creating moral standards and a sense of responsibility. These factors make behavior conscious and purposeful. Functions of consciousness in controlling behavior Control of behavior through consciousness is one of the highest functions of the psyche. The main functions of consciousness in control are: Motivational function. Consciousness analyzes needs and forms goals corresponding to them. For example, the need to gain knowledge stimulates learning activity. This process is controlled by consciousness, because a person understands why he is studying. Goal setting and planning. Human behavior is consciously planned. A person foresees activity, makes a plan and forms a system of goal-oriented actions. Unplanned behavior is random. Control function. Consciousness monitors, analyzes a person's behavior and, if necessary, corrects them. The absence of control leads to deviations from social norms. Moral control. Human behavior is based on social and moral norms. These norms are formed in the mind and are reflected in the decisions of the individual. Conscious understanding of the rules of morality enriches behavior with spiritual content. Reflection. This is the ability of a person to analyze, evaluate his own actions and realize his mistakes. The behavior of a person with developed reflection is always directed towards self-improvement. The relationship between behavior and consciousness In psychology, the relationship between consciousness and behavior has been interpreted differently. Cognitive psychology sees consciousness as the main regulator of behavior. Behaviorism prefers to study the external manifestations of behavior, but the modern behavioral approach does not deny the importance of consciousness. According to the sociocultural approach, consciousness is formed in the process of communication with society. Therefore, behavior also develops on the basis of social experience. A person's behavior is consciously formed through the environment, communication, upbringing and education. Conscious and unconscious types of behavior Part of human behavior is conscious, and part is automatic. Conscious behavior is planned, controlled and purposeful. Unconscious behavior manifests itself in the form of habits, stereotypes, automatic reactions

and emotional responses. The predominance of conscious behavior allows a person to make responsible and stable decisions. Unconscious processes ensure rapid adaptation of a person. The role of consciousness as a criterion in behavior Consciousness allows a person to evaluate his actions, compare them with the requirements of society and correctly direct them. A person with a developed consciousness: adheres to social norms, acts purposefully, makes responsible decisions, and can control himself. These processes determine the cultural level of a person. Cultural behavior is the result of conscious management. In short, behavior is one of the main processes in a person's mental life, and the role of consciousness in its formation and development is incomparable.

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