

THE IMPORTANCE OF CONFLICT IN HUMAN LIFE

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Abstract: The history of human development is characterized by the manifestation of different, but at the same time, mutually beneficial relationships, individuals, groups, strata, and various approaches to events that do not repeat each other in form or content. From this perspective, our article discusses the laws of the origin of conflicts, the roots of conflicts, and conflictogens.

Keywords: conflictogens, aggressor, psychology, egoism, conflict, social relations, society, clash, idea, sources of conflict.

Conflicts are a fairly common phenomenon in adult life. Because adults enter into various types of communication very widely. For example, in the lives of people working in management bodies, 70-80% of their activities are spent in conditions of various open or hidden conflicts, and their disregard and indifference serve as the basis for the deepening of conflicts.

Therefore, the issues of what are the laws of conflict occurrence, what are the ways to analyze the roots and causes of the conflict that has arisen, are becoming relevant. Studying the laws of conflict occurrence makes it possible to recognize them at the very beginning of their emergence and take measures to prevent them. Being able to analyze the causes of conflict occurrence helps to find the right solution to the conflict that has arisen.

According to analyzes, 80% of conflict participants are prone to conflict by old age. This is a specific psychological concept in people, and conflictogens play an important role in the emergence of conflict. Conflictogen - means the ability to conflict, that is, a tendency to conflict. The meaning of conflictogen is that we do not pay so much attention to what we are saying, but we pay so much attention to other things that we try to give it a more serious tone.

The personal psychology of a person is such that he involuntarily, without knowing it, enters into defense against external unpleasant psychological influences. At the initial stage of the conflict, this feeling is activated involuntarily, not obeying the desires and inclinations of a person. During the period of entering into a conflict, as a result of self-defense, an escalation of conflictogens is observed, that is, the spread of the conflict to a wider scope. Due to ignorance of the causes of the conflict and failure to resolve it, its scope expands, and the psychological belief that "the best defense is an attack" prevails. As a result:

A conflict is a response, a conflictogen-conflictogen "conflictogen scheme" is formed.

This scheme shows the causes of conflict, and the main factor is the dominance of the "I" in people.

Conflictogens can be classified into one of the following forms according to their content:

1. The desire to be superior to everyone.
2. The manifestation of aggression.
3. The manifestation of selfishness (egoism).

In the pursuit of superiority, a person manifests such traits as: being complacent; boasting; overestimating himself; trusting; forcing; destroying the interlocutor; hiding messages; grossly violating ethics; being touchy; lying.

Aggressive is a Latin word that means attack. Aggressive people are inherently inferior. Accordingly, the following forms play an important role in the manifestation of aggression:

- A strongly aggressive person seeks to solve his internal problems at the expense of the people around him.

- People who do not have strong aggression, on the other hand, think about the consequences before attempting to attack others and in some cases take risks.

- Aggression during a conflict is associated with mood and emotions, manifests itself at an unexpected moment and arises as a response to the existing conflictogen.

Such situations naturally make many people think. Since it is clear that everyone will encounter conflicts, educating and forming broad knowledge about conflicts is of great pedagogical importance. Therefore, having both theoretical knowledge and practical skills about conflicts is one of the necessary needs in today's world to prepare young people for independent life and to gain their place and position in society, and promoting such knowledge is one of the urgent tasks of our time.

Observations show that 80% of conflicts arise against the will and wishes of their participants, against their will. That is, conflicts are rarely deliberately prepared and implemented. But why do they arise even if we do not deliberately prepare for conflicts?

Because our psyche and psychology are naturally coded to respond with aggression to aggression directed at us, to defend ourselves first of all in a conflict, to attack when necessary, to protect ourselves, we are naturally trained and destined to behave in this way.

If a person says from the very first steps of the conflict, "Here are the first features of the conflict, what consequences can they lead to, let me save myself from them with my mind," then he will have reacted correctly to conflict situations. Because the emotional and psychological mood of the person who initiates the conflict can change completely after a minute or two, and in a different emotional and psychological mood he will behave completely differently possible. Therefore, in most families, wives who know that their husbands are easy-going, when their husbands get angry, at least go to the neighbor's house and save their lives. Because, after an hour or two, when the husband comes to himself, he will probably feel sorry for hitting his wife... What we need to know in the emergence of conflict situations is that "*conflictogens*" play a very important role in the emergence of conflicts. Conflictogen is translated as a person who allows conflict, creates conditions for conflict.

Words, actions or actions that can lead to conflict are called conflictogens.

The cunning of conflictogens is that we are more attentive to the words and actions of other people, rather than to our own words and actions. The intonation, facial expressions and meaning of other people's words tell us and give us information about their attitude towards us, that is, certain information. But when we speak to others, we do not always pay attention to what the meaning of the words means, what additional information our facial expressions, voice, hand movements, and intonation convey to others. In most cases, this happens intuitively.

To prevent the escalation of conflictogens:

- do not allow conflictogens to accumulate in your own and others' hearts;
- when conflictogens begin to arise, look for ways to free your mind and consciousness from them;
- we need to consider that conflictogens that may arise in ourselves may also arise in the hearts of others.

Here are the rules for dealing without conflictogens to help achieve these results:

1. Do not use conflictogens, try to eliminate them in a timely manner, before they take root.
2. When confronted with a conflictogen, do not respond to him with your own conflictogen.
3. Be empathetic (based on understanding someone else's feelings) to the person you are dealing with, as well as to any interlocutor in general. To establish an empathetic relationship, choose topics that your interlocutor likes, compliment him, smile, listen carefully to his words, and so on.

4. Share as many positive emotions as possible. Conflictogens are the result of special hormones. If you direct your mood towards goodness, you will be able to overcome conflictogens. Conflictogens direct a person to struggle, conflict, and conflict. This leads to an increase in adrenaline in the body. Adrenaline combines with conflictogens and causes anger, rage, and aggression. A person's strong anger causes a lot of adrenaline. It has a very negative impact on human health. But a good conversation creates "happiness hormones" in the human body. Try to take advantage of this.

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