

**PROPORTION ISSUES IN THE DEVELOPMENT OF SANOGENIC THINKING AND  
EDUCATION OF CREATIVE THINKING IN ADOLESCENTS**

**Muxtorova Sohiba Abdulyos qizi**

2nd year graduate student, International Innovation University

Karshi city, Kashkadarya

Email: [muxtorovasohiba114@gmail.com](mailto:muxtorovasohiba114@gmail.com)

**Abstract:** In this article, the features of teaching young people to think independently, healthy thinking and self-development of sanogenic thinking are mentioned. Pedagogical-psychological and social factors affecting the process of development of sanogenic thinking in teenagers and recommendations for developing sanogenic thinking are also described.

**Key words:** psychological problem, social environment, thinking, sanogenic thinking, adolescence, independent thinking, common sense, sanogenic reflection, cognitive activity, logical thinking.

Today, with the rapid expansion of information, the development of scientific knowledge in the field of pedagogy and psychology, and the transition to an information society in the process of studying psychological problems in the research areas of applied psychology, the scientific results of creative thinking and thinking processes are being applied to practical life by independent researchers. Therefore, in modern pedagogy and psychological research, the development of social skills, logical thinking and sanogenetic thinking in children, especially adolescents, is considered an important task of education and upbringing, aimed at raising a person with sanogenetic thinking who can correctly perceive the events taking place in the process of globalization today.

Firstly, sanogenetic thinking, which is the main problem in applied psychology, is recognized as being inextricably linked with the development of independent thinking and creative abilities. Today we will also dwell on sanogenetic thinking, its content, and the pedagogical and psychological characteristics of developing sanogenetic thinking in adolescents.

As is known, "Sanogenic thinking" refers to a concept that includes various thinking styles and strategies that focus on mental health and a positive state of mind. The psychological characteristics of the development of sanogenic thinking are related to a person's own behavior, self-esteem, the ability to focus on positive opportunities around them, and the strengthening of stress management skills. The phrase "sanogenic thinking" means positive and healthy thinking to maintain and strengthen mental, physical, and social health. This term comes from the concept of sanogenesis (the science of maintaining and activating health) [1]. The main concept of sanogenic thinking is to implement personally and socially beneficial changes through an active positive attitude and the use of internal strength. Sanogenic thinking is an important tool for maintaining and protecting human health. Being attentive to one's own health, strengthening it, and being able to fight diseases are closely related to a person's psycho-psychological state.

Sanogenic thinking (from Latin “sano” - healthy, “gen” - to produce) refers to activities and thought processes aimed at improving a person's own health on a mental and physical level. This concept is located at the intersection of pedagogy, psychology, medicine and social sciences, and includes strategies aimed at maintaining and improving health by using the rich internal capabilities of a person.

In the upbringing of creative thinking in adolescents, the process of developing sanogenic thinking is directly related to emotionality. It is necessary to eliminate negative emotions in a person and replace them with positive ones. For example, it is advisable to form a communication style based on the principles of humanism and subjectivity in adolescents. At the same time, it is important to form a sense of self-confidence in adolescents in various situations, because among the moral virtues for them, humanism is an attitude towards others, while subjectivity is self-confidence, an attitude towards oneself[2]. That is, it serves to form a sense of “I” in adolescents in the real sense. The process of developing sanogenic thinking is a process directly related to the level of development of cognitive activity skills in adolescents. Cognitive development focuses on the information a person receives about the world, its storage and transformation into knowledge, and how this knowledge affects our attention and actions. The cognitive sphere covers the entire spectrum of cognitive processes - sensory, perceptual, attention, speech, memory, imagination, formation of concepts (understanding), thinking, storage, language, emotions, and the development of intelligence.

To develop healthy thinking in children, it is necessary to pay attention to their healthy thinking and self-development, starting from the family. This has been analyzed in a number of scientific studies. Professor Yu.M. Orlov, who first developed the theoretical and practical foundations of healthy thinking, touched upon the issue of human mental health and expressed the following opinion: “Healthy thinking is one of the most reliable ways of philosophy of life, health of mind and body. This technique allows you to master new emotional-mental habits at a high level, accumulates the experience of past pathogenic thinking. Healthy thinking is an effective method of improving the health of the human mind. That is, it is a method of overcoming crisis situations that arise in the course of a person’s life activity with the help of spiritual support, through emotional-emotional self-influence” [3]. Continuing his reflections, the scientist firmly emphasizes the following points: he believes that the main importance of sanogenic thinking is to create conditions for achieving the goals of self-improvement, that is, harmony of character, harmony with oneself and those around one, as well as eliminating bad habits, managing one's emotions, and controlling one's needs.

Regarding healthy thinking and its importance, the scientific research of our country's scientists S.Atakhanova and Z.A. Abdurakhmanova is devoted to the study of healthy thinking, paying special attention to the study of the essence, nature and mechanisms of its development. These scientific research works also analyze individual forms of healthy thinking, as well as specific methods for forming its elements. According to Z.A. Abdurakhmanova, who also studied the socio-psychological problems of the development of healthy thinking, the development of healthy thinking is characterized by a high need for reflexivity in thinking and self-development, and it is recognized that the development of healthy thinking in adolescent students is associated with social factors such as personal characteristics and indicators that affect behavior - the educational process, interpersonal relationships, and professional development. That is why such positive qualities in a person, including the development of independent and creative thinking, logical thinking, increase self-confidence, and affect a person's ability to manage their own health [4]. Therefore, the process of positive self-assessment

is of great importance for strengthening healthy thinking. To do this, first of all, it is necessary to create favorable conditions in educational institutions, organize various health and creative circles, in which students should master a new way of thinking that stimulates thinking activity and serves to form a positive attitude.

Thus, healthy thinking is not only a healthy way of thinking, but also a strong foundation for self-development and growth, and effective results can be achieved in the pedagogical process as a result of psychological training, health care, involvement in social work, and the creation of an integrated educational model for the implementation of this process.

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