

POSITIVE AND NEGATIVE EFFECTS OF HABITS ON PERSONAL PSYCHOLOGY

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Abstract: Habits, defined as routine behaviors performed unconsciously, play a significant role in shaping an individual's personal psychology. Positive habits, such as regular exercise, mindfulness practices, and consistent goal-setting, can enhance mental well-being, foster resilience, and improve cognitive function. These constructive behaviors promote a sense of accomplishment, reduce stress, and help develop self-discipline, contributing to a more balanced psychological state. Conversely, negative habits, such as procrastination, poor sleep hygiene, or excessive consumption of social media, can deteriorate mental health over time. These patterns of behavior may lead to increased anxiety, reduced self-esteem, and a sense of helplessness. Understanding the neurological underpinnings of habit formation and identifying strategies for behavioral change are crucial for promoting mental health. This article explores the dual impact of habits on personal psychology, emphasizing the importance of conscious effort in fostering beneficial behaviors while mitigating the effects of detrimental ones.

Key words: Habit, attention, memory, competence, dynamic stereotypy, Charles Dahigg, Harold Little, conditioned reflex, volitional qualities, unconscious actions

Introduction:

Psychology is an interdisciplinary subject. Scientific research and research are being conducted in each of these branches. All these studies, of course, are focused on the study of the psyche of a person and the elimination of mental problems in it. One of the topics that organizes a person from birth to the end of his life is a habit. Because a habit appears in a person, is formed, and if it is not controlled mentally, it will lead to many negative consequences. Here, let's dwell on the definition of habit given in psychological dictionaries.

A habit is a behavior that has become learned and becomes a need for an individual to perform in a particular situation. A habit can be formed spontaneously, be a product of certain upbringing, become a stable feature of character, have signs of automaticity. The physiological basis of a habit, like that of a skill, is a dynamic stereotype, that is, a nervous system in the cortex of the large hemisphere of the brain. If we analyze it more broadly, the nerf physiological basis of habits is the physiological basis of the formation mechanism of

conditioned reflexes. This conditioned reflex is not simple, but consists of a set of conditioned reflexes in the form of a dynamic stereotype, that is, it is formed as a result of repetition. Many studies have been conducted in foreign literature about the origin of habits, their development in individuals, and positive and negative habits. In particular, English scientists Charles Dahig, The Power of Habit, Harold Little, Psychology of Habit, Luis Gerardo Sanchez, give detailed information about habits in books such as the compatibility of habits with technology. When talking about custom, it is necessary to pay attention to the following aspects. Automatic actions, that is, the influence of habits on human attention and memory

The influence of habits on human spiritual and intellectual feelings. The influence of habits on volitional qualities

Scientists have proven that people understand about forty percent of the total actions they perform during the day. It was found that the remaining sixty percent of actions are performed using unconscious and automated habits. That is, a person consciously performs only forty percent of daily work. In other cases, it is automated. In these cases, we will consider many situations in our daily life. First, let's take a lamp or gas that we all have in our homes. Because we are bombarded with them every day, it becomes a habit and becomes an automatic behavior in our brain. If one of the members of the house is given the task of turning on the light and the conversation with him continues, the person to whom the task was given performs an automated action, i.e. turning on the light, together with the conversation. However, after some time has passed, he hesitates when he is asked whether he turned on the light. It turns on the light automatically as a daily routine. But she doesn't remember exactly that she opened the light today. That is, it follows that automated actions lead to the division and weakening of attention and memory. In particular, if habits do not benefit a person from a positive side, they are called negative habits, and this is harmful for society and for the individual. Habits that benefit from a good positive side are called beneficial habits. As a simple example of this, we can cite the language organization. A person who is used to memorizing words in language learning makes positive progress in language learning and this serves to strengthen the will of the person. Experts who study human behavior believe that the formation of a habit can begin at any age or not at all, but it always has three main conditions for the birth of a habit:

The first condition is the plasticity of the mind. It should be understood as a person's ability to change. If a person has not formed any habit in one social environment, and when he goes to another social environment, if there is a habit, he will also act against this habit. This can be explained by the following analogy. Plasticine keeps its shape - it does not change its

position in the air until the master's hands form a new figure from it. The second condition for the birth of a habit is repetition. Regardless, the more often an action or word is repeated - the faster it enters everyday life. It takes very little time and becomes a part of everyday life. Interestingly, in this case, not only repetition, but also observation plays a role. It is worth noting that many couples who are in love, after about three months of relationship, they begin to use certain phrases that are characteristic of their other half. Psychologists consider this aspect - repetition - to be the most important, because this aspect, as a rule, helps to turn a bad habit into a useful one. Sometimes it happens that, of course, the work takes a lot of energy, so there is almost no energy left to develop certain qualities. In this case, willpower is important. Before starting a certain task, if it is repeated by exerting will power, it becomes a habit, and there is no need for will power.

The third factor is the consistency of receiving positive emotions. Experts say that the more often you focus on what you are doing, the faster it becomes a habit. Experts call this a causal relationship

In conclusion, habit is considered an integral part of a person's life, and if it is properly oriented and formed, it will be useful in every way.

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