

## **Principles of Psychological Advice and Objectives of Correction**

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**Annotation:** Probably everyone has heard the word “psychology”. Many children have dreamed of becoming psychologists since school. Also, many people are engaged in independent study of this field because it is very interesting, informative and diverse. This article is also about psychological counseling.

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To implement the idea of perfection of a harmoniously developed generation national spirituality, national education and upbringing from the first days of independence serious attention is being paid to solving their problems. As you know, Education is the product of the mind and its level, as well as its development is also a determining factor.

Our country by the President of our country Shavkat Mirziyoyev "Innovation is the future," he said. We have a great future If we start building today, it will be innovative ideas, We need to start with an innovative approach. " in all areas of education to provide young people with a broad intellectual potential requires radical turns.

Modern society has its own rapidly and profoundly changing character and such changes are public structures, including independent relations between states, individuals and society, education in the process. So communicate with people deep thinking, responsiveness, responsiveness, sincerity, empathy, initiative, negotiability, competitiveness, etc. formation and development are important.

Psychological counseling refers to a specific area of applied psychology that deals with the provision of psychological care directly by a specialist psychologist as advice and counseling to those in need.

They are given by a psychologist based on an initial study of a problem encountered in the client's life and a personal interview. Psychological counseling is often conducted at a pre-arranged time, in a specially equipped room, usually away from strangers and in private, face to face.

Psychological counseling is conducted in the form of a personal conversation with a client by a psychologist, which lasts an average of several minutes to half an hour, two or more hours. During this conversation, the client talks about his problems, about himself. The psychologist, in turn, listens carefully, trying to understand the nature of the problem, to clarify the problem for himself and the client, during the consultations the client's personality is assessed, taking into account his personal characteristics, the client learns how to solve his problem. scientific, sound recommendations are given.

The advice and suggestions given to the client by the psychologist-counselor are often used independently, so that the client can solve his problem on his own.

Psychological counseling is a practice based on the provision of practical psychological assistance to people based on the belief that almost every opportunity and a mentally healthy person can solve all the psychological problems that arise in his life. But the client does not always know and understand exactly what the essence of his problem is and how to solve it, relying on his own strengths and capabilities.

A professional psychologist should help her with this. This is the main task of psychological counseling. During counseling, the psychologist usually uses specific methods of working with the client and methods of influencing him, aimed at finding and clearly expressing a practical solution to the client's problem in a short time, however, this solution is understandable and is done as possible.

A psychologist-counselor's meeting with a client is often not limited to one or two meetings. In most cases, it is necessary to meet with the client three or more times and consult for a longer period of time.

The need for such long-term advice arises in the following typical cases:

The client's problem is so complex that it is almost impossible to understand it for an hour or two. The client has not one, but several problems, the solution of each of which requires separate advice.

The solution to the proposed problem cannot be done immediately and completely independently by the client and requires additional assistance from the consultant.

The psychologist-counselor does not fully believe that the client will be able to solve his problem immediately and without additional help due to his individual characteristics.

This happens when the client does not have enough self-confidence, can not control his emotions and behavior, if his level of intellectual development is not enough to make a rational, correct decision in difficult situations independently.

The direction of psychocorrection of psychological services requires the psychologist to actively influence the process of formation of human personality and individuality. The task of the psychologist in the system of public education is to organize the psychological service on the basis of certain rules, criteria, to develop the psyche according to the characteristics of the age (children, pupils, students), to take into account the laws of personality formation. to assist the teaching staff in the individualization of the education of children, pupils and students, to instruct teachers in the implementation of corrective work, depending on their ability, level of inclination. Of particular importance in this area of psychological services are delays in the growth (development) of children, pupils, students, their behavioral disorders, deterioration of learning. While the term "correction" was originally used in defectology to refer to sick children, with the development of applied age psychology, the concept of "correction" began to be applied to normal mental development as well.

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