



Self-Esteem, the Level of Claims and Frustration

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Abstract: *This article covers the features of self-assessment.*

Key words: *tendency, assessment, person, properties, self-assessment, respect, neurosis, self, low self-esteem.*

The character is manifested not only by the attitude to other people, but also to himself. Each of us, intentionally or without realizing it, often compares himself with others and eventually develops a fairly stable opinion about his intelligence, appearance, health, position in society, forms a "set of self-assessments", on which depends whether we are modest or arrogant, demanding of ourselves or complacent, shy or arrogant.

Most people have a tendency to rate themselves slightly above average. This allows us to conclude that a person has a need for a sufficiently high self-esteem, everyone wants to respect themselves. In people suffering from neurosis, self-esteem is more often overestimated or underestimated, and sometimes even. People with hysterical phenomena express such judgments: "I am much smarter, more beautiful, kinder than most people, but I am the most unhappy and the sickest."

Overestimated self-esteem contributes to resentment, intolerance to the slightest remarks (however, there is another extreme: from the height of his "I" does not even take serious criticism to heart). A person with an inadequately high self-esteem is potentially conflicted in situations when it comes to rewards and incentives for work. The discrepancy between the expected and real rewards naturally results in resentment and envy, which accumulate and, finally, break through with a sharp accusation against someone. Excessively low self-esteem of a person entails excessive dependence on others, lack of independence and even ingratiation, shyness, isolation, even distorted perception of others, an "inferiority complex" is formed, the behavior of a "loser".

The formation of self—esteem and self-esteem is influenced by many factors that act already in early childhood - the attitude of parents, the position among peers, the attitude of teachers. Comparing the opinion of others about themselves, a person forms self-esteem, and it is curious that a person first learns to evaluate others, and then evaluate himself. And only by the age of 14-15, a teenager masters the ability of introspection, introspection and reflection, analyzes the achievements. they have their own results and thereby assesses themselves. The self-esteem that has developed in a person can be adequate (a person correctly, objectively evaluates himself), or inadequately overestimated or inadequately understated. And this, in turn, will affect the level of personal claims, which characterizes the degree of difficulty of the goals that a person strives for and the achievement of which seems attractive and possible to a person. The level of claims is the level of difficulty of the task that a person undertakes to achieve, knowing the level of his previous performance. The level of claim is influenced by the dynamics of failures and successes in life, the dynamics of success and failure in a particular activity. The level of the claim may be adequate (a person chooses goals that he can actually achieve, which correspond to his abilities,



abilities, capabilities) or inadequately inflated, understated. The more adequate the self-esteem, the more adequate the level of claims.

An understated level of claims, when a person chooses too simple, easy goals, is possible with low self-esteem, but also possible with high self-esteem (when a person knows that he is smart, capable, but chooses simpler goals so as not to "overwork", "not to stick out", showing a kind of "social cunning"). An inflated level of claims, when a person sets himself too complex, unrealistic goals, objectively can lead to frequent failures, frustration, frustration.

Self—esteem is a generalized attitude of a person to himself, directly proportional to the number of successes achieved and inversely proportional to the level of claims (self-esteem = success / claim), the higher the claim, the greater the achievements of a person should be so that he can respect himself.

If a person puts forward unrealistic claims, he often faces insurmountable obstacles on the way to achieving the goal, fails, experiences frustration.

Frustrations are specific emotional states of a person that arise in the event of insurmountable obstacles on the way to achieving the desired goal. Frustration manifests itself as aggression, bitterness, which can be directed at others ("aggressive frustration"), or at oneself, blames oneself for failures (regressive frustration). Frequently recurring states of frustration can consolidate some characteristic features in a person's personality: aggressiveness, envy, bitterness — in some; lethargy, disbelief in oneself, "inferiority complex", indifference, lack of initiative — in others. If a person does not get out of a frustrated state for a long time, then a neurosis is formed — a disease that arises as a result of a person's conflict with the environment on the basis of collisions of human desires and reality that does not satisfy them.

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