Social Intelligence Criteria for Personality Maturation

Orif Umirovich Avlaev
PhD in Psychology Sciences, Associate Professor, Department of Psychology,
Chirchik State Pedagogical University, Uzbekistan

Abstract

The thesis devoted to the study of the criteria for social intelligence, which provides personality maturation. Personality maturation is a characteristic feature of the state of development of an individual, which is manifested in the constructive and functional activity of the personality characteristics of a high level of personality. Based on the results of the study, social intelligence criteria have been developed, such as self – awareness, empathic understanding, adaptability to social situations, ability to control emotions, active listening, effective communication, ability to effectively resolve conflicts, ability to manage groups, acceptance of responsibility, understanding and respect for Cultural Diversity, Social Competence, adequate treatment of social digital technologies. Psychological analysis of these criteria has been carried out.

Keywords*: Personality, Personality maturation, social intelligence, criterion*

Introduction

In the context of modern humanization of society, the harmonious development of the individual, its capabilities are an urgent problem. The current society requires active people who are capable of realizing their personal capabilities, abilities, are able to build harmonious relationships with themselves and others, strive for self-improvement and self-creation, are an active subject of their own life, the creator of their abilities.

Social intelligence has great potential not only in deciding interpersonal relationships, but also in the formation of qualities of maturity in an individual. These possibilities are characterized by:

- social intelligence plays a key role in the formation of a comprehensively developed, harmonious personality;

- the manifestation of the personality's mental, sophistication and physical development, creative abilities, taking into account the components of the sasial intelligence that ensure the maturation of the individual, in which he can create the necessary conditions that contribute to the content of humanitarian relations;

- on the basis of ensuring the unity, harmony of the laws and principles of integralization of social intelligence in the development of the individual, it is possible to fully realize the social goal of ensuring the maturation of the individual.

Literature review

A criterion (from ancient Greek kritērion – ability to distinguish, means of judging, measure) acts as a sign, basis, rule of decision to assess the conformity of something to requirements (measure). In psychology, a criterion is a sign in which psychic phenomena, actions or activities are classified, evaluated according to the corresponding indicator, in particular, when they are formalized [Platonov, 1984, 85].

The author of the theory of disposision g.Olport believes that human empowerment is a continuous, continuous lifelong process. It divides a mature and immature individual. Mature personality behavior is

autonomous and has the motive of perceived processes. In an immature person, motives are not understood, depend on childhood memories.

Mature personality concept A.Adler is also reflected in his research. He interprets maturity as giving hope, satisfaction, the manifestation of altruistic qualities, knowing one's place, the expression of creative potential. The scientist believes that a mature person is a model, a benchmark, in which the best qualities are embodied to enter into communication with others.

The problem of personality maturity is studied not only on the basis of acmeology, but also on the basis of developmental psychology, personality psychology. From this point of view from foreign and Russian psychologists as E. Erickson, G.Allport, CA.Rodgers, F.Perles, B.G.Ananev, L.I.Bojović, D.I.Feldstein, P.M.Jacobson, K.A.Abulkhanova-Slavskaya, I.S.Conn, B.V.Zeigarnik, B.S.Bratus, L.I.Antsiferova, A.A.Bodalev, A.A.Derkach, W.M.Rusalov, A.A.Rean, D.A.Leontev studied the problems of the formation and development of a mature personality.

In many cases, the maturation problem is based on other problems, in particular confidence (T.P Skripkin), crisis condition professional, personal readaptation (g.G. Gorelova), life relationships (E.B.Starovoytenko), attitude to personal property (o.N.Markova), attitude to money (M.Yu.Semenov), conflict (I.N.Sviridenko), parental duties (E.A.Nesterova) in context.

The structure of personality maturation is inextricably linked with emotional, cognitive, socio-motivational, intellectual, volitional and other components. G.S.Abramova, 1998; L.I.Antsiferova, 1989; I.A.Baeva and V.V.Semikin, 2004; D.V.Berko, 2000; L.I.Bojović, 1992; I.P.Strelsova, 2003; L.A.Kharaeva, 1999; A.Grey focused on the maturity of the individual at high and low levels in their research, other researchers have included B.G.Ananev, 2005; Dj.Batterworth and M.Harris, 2000; A.A.Bodalev, 1998, 1999; B.S.Bratus, 2004; L.G.Buryak, 2005; E.A.Vodinchar, 2002; K.Levin, 2000; G.Olport, 1998; A.A.Rean, 2002; E.A.Sergienko, 2003; E.Fromm, 1990; E.N.Chueva, 2005; E.Erickson, 1996; P.M.Jacobson, 1998 and others have argued that maturity is directly related to age. But it should be noted that none of the studies fully revealed the problem of connection of individual personality maturation with social intelligence [2].

G.G.Aleksandrova proves that the integral psychological criterion of personality maturity is the manifestation of subjectivity at a higher level in the process of social cognition, that is, the ability to formulate and change the adequate image of Social being in itself, independently responsibly choosing the appropriate strategy of the Hulk in accordance with it [3; 34-35-b].

A.O.Malenova, Yu.V.Potapova as a criterion for personality maturation distinguish between responsibility, processual orientation, harmonious relationship with oneself and others, personality integrity, activity and independence in the task of life, the ability to make free choices, and try to prove that the level of these characteristics can be determined by the diagnosis kilish orcali person at what stage of maturity in his development [5., 21-29 b].

Criteria and indicators, according to some authors, work as features, aspects, manifestations. N.N. Malyarchuk and N.V. Semenova gives different characteristics of personality maturation: developed areas of values, responsibility, independence, self-development, behavior, self-control, self-awareness, positive thinking, desire for creativity, akme; some of them (independence, autonomy, identity, courage to differ from others, personality development method, etc.) can include egocentric modality [Malyarchuk, Semenova, 2014] [7; 129-132 b].

O.S. Vasileva and A.M. Machuha believes that the pedagogical participation of various external social structures (Family, Educational Institutions, labor community, etc.) and the entire experience of human socialization, which is deeply individual for each person and "adds" to his level of mental and psychological health, his desire for personal development and growth, as well as personal maturation that depends on processes, include his life experience [Vasileva, Machuha, 2019].[6; 26-36 b.].

D.O. Chernyaev and o.V. Kurilo distinguishes between different aspects of personality maturity, which can be said about psychophysiological, cognitive, emotional, moral, social and psychological maturity [Chernyaev, Kurilo, 2020] [9].

There are different approaches to social intelligence criteria that promote personality maturation, the main of which are the following:

1. Personality identification-criteria in the quality of a sense of identity and stability of an individual, regardless of the change of situation and the personality itself (E.A. Sergienko, E. Fromm, N.E. Kharlamenkova, I.A. Shlyapnikova, E. Erickson).

2. Autonomy-criteria in the quality of the mechanism of self-control and self-determination of the individual, carried out in the form of a conscious choice of methods of action, taking into account the external circumstances and aspirations of the individual (K.A. Abulkhanova, E. Greenberger, A.L. Zhuravlev, R. Kegan, D.A. Leontev, S.K. Nartova-Bochaver, F. Perles, K. Rodgers, E. Fromm).

3. Meaningfulness-criteria in the quality of seeing the meaning and experience of the subjective significance of objects and phenomena, building a system of their own values, life prospects and strategic goals (D.A. Leontev, G. Allport, CA. Rodgers, E.E. Sapogova, V. Frankl).

4. Responsibility-criteria in the quality of recognition of the authorship of one's own actions and its consequences (K.A. Abulkhanova, A.G. Asmolov, L.I. Dementius, A.L. Juravlev, F. Perles, A.A. Rean, W.M. Rusalov).

5. Flexibility-criteria in the quality of internal balance and ability to resist stress while maintaining success (A. Adler, S. Cook-Groyter, A. Maslow, G. Allport, E.E. Sapogova).

6. Reflexivity – the consciousness, actions, activities of a person and criteria aimed at their perception and rethinking (L.I. Antsiferova, A. Lengle, G. Allport, F. Perles, K. Rodgers, N.E. Kharlamenkova).

7. Positive self-attitude-criteria in the quality of feeling self-esteem, self-acceptance and trust (A. Langle, A. Maslow, G. Allport, A.S. Shtepa).

8. Spirituality-criteria in the quality of orientation towards higher human values (A.A.Bodalev, A.Maslow, W.M.Rusalov).

9. Communicative competence-criteria in the quality of the ability to establish and support social contacts and relationships (A. Adler, E. Greenberger, F. Perles).

10. Criteria for the quality of intimacy – compassion and the ability to build warm, intimate relationships (A. Adler, G. Allport, E. Fromm, E. Erickson).

11. Social activity – criteria in the quality of the ability to produce socially significant transformations (K.A.Abulkhanova, A.Adler, E.Greenberg, G.Allport, W.M.Rusalov, E.E.Sapogova, E.Fromm).

12. Self – development-criteria for the ability to improve oneself and one's life (J. Kelly, A. Maslow, G. Allport, A. A. Rean, K. Rogers, E. E. Sapogova).

13. Interpersonal tolerance-criteria in the quality of the ability to recognize and respect the rights of other people to manifest their individuality (E. Greenberg, G. Allport, A. A. Rean, A. S. Shtepa) [10, 11].

14. Intellectual potential-criteria for the perception of information and the ability to make effective decisions (S. Cook-Grouter, J. Levinger, A. Maslow, G. Olport) [Skvorsova, 2021] [8; pp. 64-67]. O.V. Pchelina-person-symbol of maturity [Pchelina, 2021]

The purpose of the study is to develop social intelligence criteria that provide personality maturation in terms of opportunities and limitations of psychology based on the results of a comparative analysis of personality maturation, criteria, indicators, approaches to its study.

Research methods-theoretical comparative analysis of sources, generalization of scientific, methodological and formal sources, analysis and synthesis of Internet resources; logical content analysis of

scientific works and dissertations on the issues under study with the aim of classifying approaches to the study of social intelligence criteria that ensure personality maturation, included observation (2013-2023).

Discussion and Results

Personality maturation is a complex concept that reflects deep self-awareness, emotional stability, flexibility, effective problem solving, and interpersonal relationships. The social intelligence of an individual is manifested through a number of criteria that indicate his ability to effectively interact with others, understand and control the feelings of himself and others, adapt to various social situations. Based on the results of our scientific research, we have developed social intelligence criteria that ensure personality maturation. Below we will cite a psychological analysis of each of these criteria:

1.Self-awareness: the individual has a deep understanding of their values, beliefs, strengths and weaknesses. He knows his motivation, aspirations and needs. Reflex is developed. It expresses a person's awareness of their thoughts, feelings, character, values, motives and actions. This is the ability of a person to understand his internal processes both physiologically and psychologically. A person who has developed self-awareness is able to analyze his actions, take them into account and know how it affects his life and relationships with others. Deep self-awareness helps a person to better understand himself, his needs and goals, as well as more effectively cope with various life situations.

A mature person has a clear idea of his life goals and beliefs. His life decisions and actions are associated with these goals.

Self-awareness and social intelligence are two important aspects of the psychological development of an individual, which are deeply related to each other. Self-awareness and the development of social intelligence are interconnected and complementary. Self-awareness is very good, but a person with low social skills may have difficulty communicating with others. A person with a high level of social intelligence and insufficient self-awareness may have difficulty understanding their motives and feelings.

2. Empathic understanding: a mature individual with high social intelligence demonstrates a deep understanding of the feelings and emotions of others. He can get used to their situation and feel sympathy for them. Adults with social education demonstrate a deep understanding of the feelings of others. They can empathize and put themselves in the shoes of others, which increases their ability to communicate and communicate with people.

3. Adaptability to social situations: socially intelligent adults are able to adapt effectively to different social contexts and situations. He understands what behavior is appropriate for a particular situation. In personality maturation, social intelligence implies the ability to adapt to various social contexts and situations. Individuals with a high level of social intelligence know how to behave correctly in different conditions, are able to adapt their behavior to the situation. A mature individual adapts effectively to changes and new conditions. He is not afraid of change and can work effectively even in unpredictable situations.

4. Being able to control his emotions: a person with good social intelligence can recognize and control his feelings in social situations. It can suppress negative emotions and express them at the right time and with Measure. A mature person is able to control his emotions and respond to events without excessive emotional vibrations. He does not allow his feelings to control his actions. A person with a mature personality understands and controls his feelings, and is also able to adequately perceive the feelings of other people. It also has the ability to control the emotions of others.

Emotional regulation: individuals with social education can recognize and control their own feelings and those of others. They are able to control their emotional reactions in social relationships, making sure that their feelings do not negatively affect the situation.

Emotional impact: developed social intelligence also includes the ability to positively influence the emotions of others. Individuals with high levels of social intelligence can raise the mood of the group, convince others and inspire positive change.

5. Active listening: a person who has reached the maturity of personality knows how to listen to others and show interest in their opinion. He asks questions, keeps the conversation going, and pays homage to the other person's point of view. A person with a developed social intelligence actively and carefully listens to others. They are genuinely interested in what others say, ask questions, and provide feedback to facilitate effective communication.

6. Effective communication: he is able to express his thoughts and feelings clearly and adequately, avoiding misunderstandings and conflicts. It also takes into account non-verbal signs and body language. Mature social intelligence includes the ability to communicate clearly and effectively. Socially intelligent adults can express their thoughts and feelings in a way that is easily understood by others, reducing misunderstandings.

7. Ability to effectively resolve conflicts: a mature individual is able to effectively resolve conflicts using communication, compromise, and collaborative skills. A mature person can analyze complex situations, identify important aspects and find constructive ways to solve problems. They are able to resolve disagreements and conflicts in a constructive way, find mutually beneficial and respectful solutions.

8. Ability to manage groups: having social intelligence allows an individual to successfully manage a group, inspire and motivate its members, and create a positive environment. Personality a mature individual can manage and inspire groups, create a positive environment and resolve conflicts in groups.

Group dynamics: individuals with high social intelligence can effectively control group dynamics. They are able to build relationships, motivate team members, and create a positive atmosphere in the group.

Adaptation to Group expectations: people with high social intelligence are generally sensitive to Group expectations and social norms. They understand how their behavior affects group dynamics and are therefore able to adapt their actions to maintain positive communication.

Teamwork: a team member with good social intelligence can effectively cooperate with others, take into account the opinions and ideas of colleagues, compromise and solve problems constructively.

9. Acceptance of responsibility: a person of mature personality assumes responsibility for his decisions, actions and consequences. He does not blame others for his failures.

With the responsibility of a person, his social intelligence is closely related. In this context, responsibility can manifest itself in the following aspects: a person with a developed social intelligence understands the importance of fulfilling his obligations to others. He knows that his actions and promises can affect others, and therefore he tries to fulfill his duties correctly.

A person with high social intelligence values the trust of others. He strives to be honest and transparent in his actions and communication, which helps to strengthen the relationship. It also has the ability to plan and organize its own activities that are important to fulfill its tasks and promises.

A mature person adheres to moral standards and principles in making decisions. He strives to make the right choice morally and is responsible.

Thus, developed social intelligence develops responsible behavior, as it helps to better understand the consequences of its actions on relationships with others, and also makes a person more attentive to the needs and expectations of others.

10. Understanding and respecting cultural diversity: a personal mature individual is able to respect the diversity of thoughts, cultural norms and values, and is also open to learning from others. Adults with social intelligence are sensitive to cultural differences and respect different perspectives. They can

communicate respectfully with people from different walks of life and understand cultural nuances (subtle differences)that shape social interactions.

11. Social competence. Individuals with social background have a high level of social competence that leads to the integralization of the emotional, cognitive, and behavioral components of social intelligence to effectively manage social situations and relationships. In the process of integration, this raises the degree of integrity and organization of the three components. The result is an increase in the degree of Unison and organization of social intelligence, a harmonization of communication between components.

12. Adequate treatment of social digital technologies: mature social intelligence in modern times also involves adapting social skills to digital communication platforms and technology-mediated influences.

The impact of social media on human social intelligence is complex and can have both positive and negative effects.

Positive effect. Social networks give people the opportunity to communicate in writing, share their thoughts and ideas. It can improve written communication skills, which are a component of social intelligence. Communicating with people of different nationalities on social networks can increase cultural awareness and sensitivity, increase the ability to act in different social contexts. It also provides insight into social trends, problems and discussions, raising awareness of the dynamics of society. Communicating with a wide range of individuals allows you to develop network skills, helps people connect with others in a meaningful way.

Negative effects: online interactions may sometimes not have a deep and true emotional connection, which can undermine the development of strong interpersonal skills. The absence of nonverbal characters in online communication can lead to misunderstandings and misinterpretations, hindering explicit communication.

Online communication can lead to depersonalization, in which people may not fully recognize the feelings and experiences of others, as in face-to-face communication. People can only face ideas and perspectives that are consistent with their existing beliefs, reducing the possibility of influencing different perspectives. The relative anonymity of online communication can sometimes lead to a decrease in empathy, as people may not fully take into account the influence of their words on others.

In fact, the impact of social networks on social intelligence depends on how people interact with them. Thoughtful, respectful, and meaningful interactions can improve different aspects of social intelligence, while irrational or negative interactions can negatively affect its development. For the development of comprehensive social intelligence, it is very important for individuals to use social media wisely as well as to balance Real-world interpersonal interactions in online communication.

It should be noted that social intelligence develops throughout life, and people can have different skill levels in different areas of social interaction. It is known that social intelligence is a complex and multifaceted feature that continues to develop over time. Different people can prevail in different aspects of social intelligence, and personal experience, upbringing, and cultural influences can also influence how these criteria manifest in adulthood.

Conclusion

Social intelligence criteria that promote personality maturation are interpersonal in nature and include criteria such as self-awareness, empathic understanding, adaptability to social situations, ability to manage emotion, active listening, effective communication, ability to effectively resolve conflicts, ability to manage groups, acceptance of responsibility, understanding and respect for Cultural Diversity, Social Competence, adequate treatment of social digital technologies. The result of achieving the optimal level of functional and semantic

content of the criteria of social intelligence is personality maturation. This creates potential conditions for attaining the appropriate level of personality maturation.

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