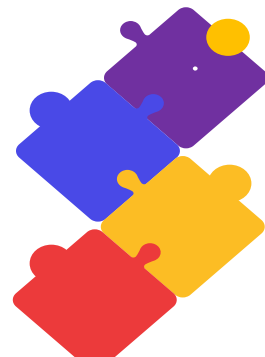




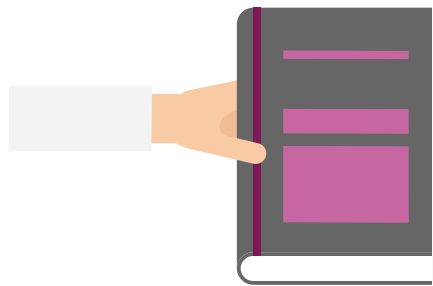
MAVZU:
Shaxslararo munosabatlarda
moslashuvchanlikning ahamiyati.
O'zgarishlarga moslashuvchanlik
psixologiyasi

p.f.f.d., dots. Fayzullayeva
Gulchexra Sharipboyevna

SAMARQAND-2023



Ijtimoiy psixologik muhit uchta asosiy tarkibiy qismdan iborat

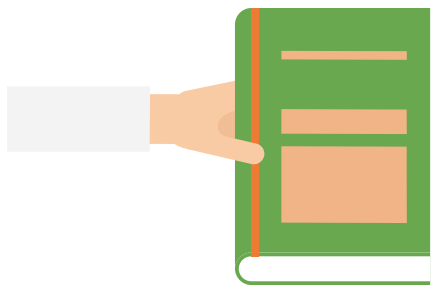
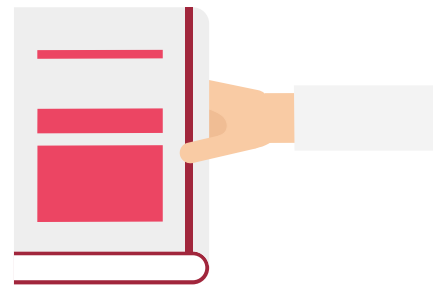


IJTIMOIIY

tashkilotning umumiy maqsad va vazifalarini
anglash

AXLOQIIY

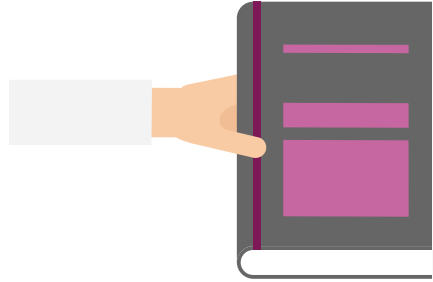
tashkilotni qabul qilgan axloqiy qadriyatlari
bilan belgilanadi



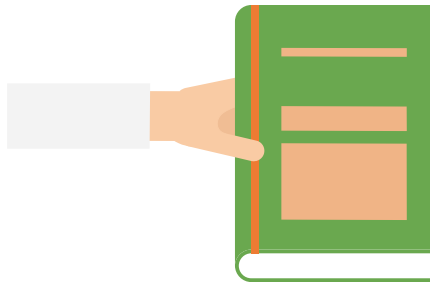
PSIXOLOGIK

xodimlar o'rtasidagi norasmiy munosabatlardir

Jarayon uch darajani o'z ichiga oladi

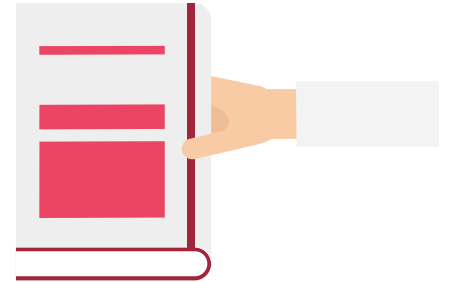


BIOLOGIK



IJTIMOIIY

PSIXOLOGIK



Shaxsiy mas'uliyat bilan hayot kechirish va jarayonlarni boshqarish uchun uch asosiy doirada o'z xatti-harakatingizga erkin ta'sir ko'rsata olishingiz kerak:

Maqsadga erishishga ko'maklashuvchi vazifani amalga oshirishga kirishish

O'z qarorlaringiz, tanlovlaringiz va xatti-harakatlaringiz uchun javobgarlikni qo'lga olish

Sizga yo'l ko'rsatuvchi qadriyatlarni izlash va ularni hech ikkilanishlarsiz qabul qilishda oilangiz, do'stlaringiz yoki boshqalar bergan maslahatga ko'r-ko'rona ergashmasdan, o'z fikringizga tayanish.

Gemeostatik.
Ushbu
tamoyilning
mohiyati
insonning tashqi
va ichki totuvlikka
intilishidir.

Gedonistik.
Har qanday
vaziyatda, inson
salbiy his-
tuyg'ulardan
qochishga harakat
qilib, maksimal zavq
olishni istaydi.

Pragmatik.
Tabiatan
dangasa bo'lib,
inson minimum
kuch sarflab,
maksimal foyda
olishga intiladi



Kasbiy moslashuv yoʻnalishlari

**Psixofiziologik
moslashuv**

**Funksional
moslashuv**

**Ijtimoiy-psixologik
moslashuv**

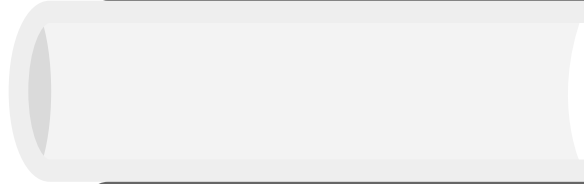
Ijobiy psixologik muhitning muhim sharoitlari quyidagilar bilan belgilanadi:

ishonch va
yuqori
talablar



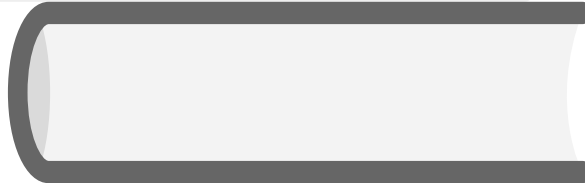
tanqidlar

erkin fikr



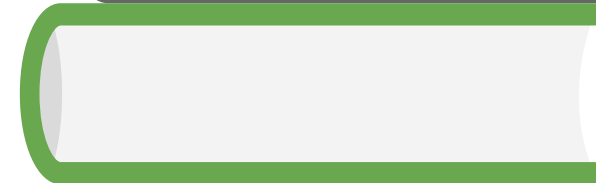
bosim
o'tkazmaslik

ma'lumotga
egalik



taalluqlilik

emotsional
moslik



mas'uliyatlilik

PEDAGOGIK JAMOA



TURLI XIL NIZOLAR

TOLERANTLIK



SOG'LOM PEDAGOGIK MUHIT

MOSLASHUVCHANLIKNING MUHIM ELEMENTLARI

har bir xodimning
qoniqishi



boshqaruv uslubi

muvofiqligi va
bilim olishi



ishning
xarakteri

qulay muhitning
xususiyatlari

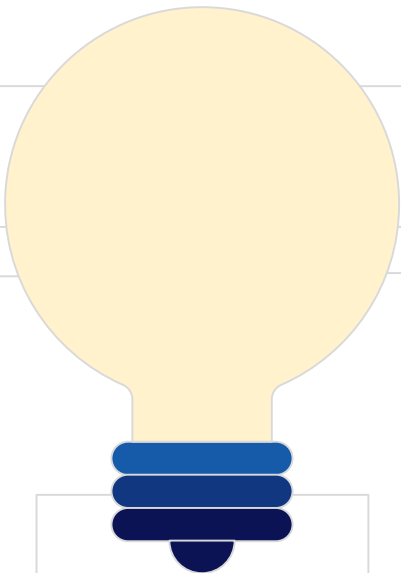
birdamlik



aloqa
xususiyatlari



salbiy axloqiy va
psixologik muhit:
xususiyatlar



Insonga kuch beruvchi 9 ta omil

Y A
Hayotga moslashuvchanlik

Tavakkalga tayyor turish

Tartib

Ko'z yoshi

Minnatdorlik

Taassurotning sofligi

Oqilona xudbinlik

Sog'lom uyqu

Fantaziyalar parvozi



- **E'tiboringiz uchun rahmat!**

- **rasmiy veb-sayti**

- **<http://www.sammoi.uz>**

- **maxsus rasmiy telegram kanal**

- **<https://t.me/sammohm>**