

<https://doi.org/10.5281/zenodo.13936842>

Muratkhodjaeva Feruzaxon Xotamovna

Doctor of Philosophy in Linguistics, Associate professor,

Western Languages department

Oriental university, Tashkent, Uzbekistan

<https://orcid.org/0009-0006-3990-8413>

Annotation. *This article will talk about the phenomenology and thinking of the human psyche. The essence of the philosophical current of phenomenology and its methods for analyzing mental experiences are considered. Also, the types of thinking process and their interaction are analyzed. By studying how the integration of psyche and thinking affects a person's overall mental and mental health, the importance of these processes in a person's life is highlighted.*

Keywords: *phenomenology, human psyche, thinking, spiritual experiences, logical thinking, analytical thinking;*

INTRODUCTION

Human psyche and thinking is the process of understanding and studying the inner world of a person. The phenomenology of the psyche analyzes the internal experiences of a person, his feelings, and how they interact with thinking. In this article, we will delve deeper into the phenomenology of the human psyche and concepts about thinking.

Phenomenology is a philosophical current, the main purpose of which is to understand the essence of human experiences and understand them. This current was founded in the late 19th and early 20th centuries by the German philosopher Edmund Husserl. Phenomenology studies the structure and experiences of the human mind by analyzing how they are formed and developed.

MAIN PART

Phenomenology helps to understand the process of thinking from the point of view of perception and experience.

Influence of perception: our thinking receives a great influence from our perception. Our perception depends on how the world is shown to us, what information is passed on to our minds. For example, our emotional state, memories, culture and personality shape our perception.

Understanding the role of our experience: our thinking is based on our past experience. Our experiences, whether good or bad, affect our way of thinking, our decisions and our actions. Phenomenology studies how these experiences affect our consciousness and thinking.

Relevance: phenomenology emphasizes the relevance of information in the process of thinking. Our consciousness receives a large amount of information from the world that surrounds us, but our thinking is focused only on information that is relevant to us. Phenomenology studies how we identify what we consider significant and how they affect our thinking.

Phenomenology is an approach aimed at understanding the human experience, which primarily explores the human psyche through personal experiences and emotions. The following aspects are important in the phenomenological approach:

1. Experience learning: the inner world, emotions, feelings and experiences of a person.

2. Subjectivity: each person's experience is unique, and it is through these subjective experiences that one can understand the psyche.

3. Context: a person's experience is inseparable from his social, cultural and historical context.

In the process of thinking, the following aspects are important:

1. Analysis: consideration of a problem or issue from different angles.

2. Logical thinking: organizing thoughts and achieving results on a logical basis.

3. Creativity: creating new ideas and offering new approaches.

Phenomenology and thinking complement each other. Phenomenology helps to understand the human experience in depth, while thinking plays an important role in analyzing these experiences and developing new ideas.

These concepts are useful for a deeper understanding of the human psyche and the study of psychological processes. They are also used in therapeutic approaches, for example, in the process of psychotherapy to understand the personal experience of the client and analyze it.

Human mental experiences are formed through many factors. Within these factors are personal experiences, social environment, culture and biological factors. Through the analysis of mental experiences, it becomes possible to understand the inner world of a person. This provides a deeper understanding of how a person perceives himself and his environment.

Thinking is the mental activity of a person, through which a person processes his experiences, analyzes new information and makes decisions. Through contemplation, a person realizes the goals he has set for himself and solves problems. The thought process involves several stages: perception of emotions, processing information, making decisions and acting.

There are several types of thinking. They include logical thinking, creative thinking, analytical thinking and intuitive thinking. Logical thinking is the ability of a person to make decisions based on facts and numbers. And creative thinking is the ability to find new ideas and solutions. Analytical thinking is the process of breaking down problems into small parts

and analyzing them. Intuitive thinking, on the other hand, is decision-making based on information that exists under the mind.

Human psyche and thinking are inextricably linked. The phenomenology of the psyche studies how a person forms the processes of his thinking through the analysis of his inner experiences. For example, personal experiences and emotions affect a person's decision-making and thinking. These processes complement each other, ensuring a person's overall mental and mental health.

Mental health is an important part of a person's overall health. A healthy mental state improves a person's thinking processes and contributes to an increase in his quality of life. Therefore, in order to maintain and develop mental health, it is necessary to control the thought processes and direct them correctly.

CONCLUSION

In conclusion, it can be said that the phenomenology and thinking of the human psyche play an important role in the process of understanding and studying the inner world of a person. The phenomenology of the psyche studies how a person forms the processes of his thinking through the analysis of his inner experiences. And thinking is the mental activity of a person, through which a person processes his experiences, analyzes new information and makes decisions. These two processes complement each other, ensuring a person's overall mental and mental health. Therefore, the awareness of the human psyche and the management of thought processes contributes to an increase in the quality of life of a person.

LITERATURE USED:

1. Husserl, E. (1913). *Ideas: General Introduction to Pure Phenomenology*. Macmillan.
2. Muratkhodjaeva, F. X. (2022). Cognitive-semantic analysis of the meanings of words and phrases in English and Uzbek and their translation problems. *Galaxy International Interdisciplinary Research Journal*, 10(6), 385-387.
3. Merleau-Ponty, M. (1945). *Phenomenology of Perception*. Routledge.
4. Muratkhodjaeva, F. X. (2022). Linguistic definition of conversion as a method of formation of words and phrases in English linguistics. *Confrencea*, 2(2), 61-64.
5. Gallagher, S., & Zahavi, D. (2012). *The Phenomenological Mind*. Routledge.
6. Murodkhodjaeva, F. (2022). Cognitive-semantic analysis of words and word combinations and their expression in translated texts. *Asian Journal of Research in Social Sciences and Humanities*, 12(7), 55-58.
7. Азимбаева, Д. А. (2019). Важность использования аутентичного материала при обучении чтению. *NovalInfo. Ru*, 1(96), 183-186.