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MENTAL PROCESSES PERFORM A SIGNAL OR CONTROL FUNCTION AND ADAPT TO THE SITUATION

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Annotation:
Thinking is a generalized reflection of reality, legal connections through words and experience. By determining the laws of development of things and events, man has the opportunity to control the development of nature and human society. Human thinking is closely related to language. Thinking, like all mental processes, is the result of brain activity. It will be discussed about mental processes perform a signal or control function and adapt to the situation.

Keywords: mental process, adaptation, function, development, cognitive process, emotion perception.

The mental process, as it is known, is not the essence of the brain, but the controller of the response reaction, which shows where the information about the world goes, where it is stored and processed, as a function of its relevant parts. Mental processes, in turn, are studied in parts called cognitive processes, emotional processes, volitional states of a person and individual characteristics of a person. Psychic phenomena are generalizations of the effect of this activity that is affecting now (sensation, perception) or that happened in the past, that is, in the form of a response to a stimulus that occurred in life experience (memory), which ultimately lead to people's behavior, which helps to predict future results (thoughts, imagination), strengthens or weakens activity (emotion, will) as a result of the same effects, generally activates it and inhibits it due to other types of effects. - are permanent managers who identify differences in character (temperament, character, etc.). By the processes that play a role in reflecting the external world, we mean intuition, perception, thinking, imagination. However, other mental processes are also affected. Along with the I signaling system, the II signaling system, characteristic of humans, is important in mental processes. Along with the I signaling system, the II signaling system, characteristic of humans, is important in mental processes. The occurrence and continuation of the desired mental process depends on such a mental phenomenon that it participates in all processes and affects its effectiveness. This is focus. Attention is the focus of consciousness on one point, which characterizes the activity

of a person and his selective attitude to things and events in the objective existence. If there is no attention, there will be no activity aimed at a specific goal. There are three types of attention: involuntary, voluntary, and the last type of attention. Attention has the following characteristics: attention span, duration, distribution, distraction, migration, content, and attention is equally necessary for all professions. In order to gain knowledge, acquire a profession, produce high-quality products, and gain the respect of the country, it is necessary to focus the mind on a lot of activities. We get information about the richness of the world around us, about sounds and colors, smells and temperature, quantity and many other things through our sense organs. Sensation is the reflection of certain qualities of things or events directly affecting our sense organs and certain qualities of events to our mind. We perceive different colors, tastes, heavy-light, hot-cold, sounds. Sensory organs receive information, sort it, collect it and deliver it to the brain. Sense organs are the only way for the external world to enter the human mind. Sensory organs allow a person to find a purpose in the surrounding world. Sensation is essentially a subjective image of the objective world. But for the formation of sensations, it is not enough for the organism to be exposed to the appropriate influence of the material stimulus, but the organism itself needs to do some work. Sensations are formed as a result of turning the specific power of the stimulus affecting the receptor into the power of nerve processes. Many and multifaceted studies have been conducted to study the participation of processes that have a strong influence on the formation of sensations. Sensory organs not only perform the functions of flexibility and execution, but are also strongly connected with the organs of movement, which directly participate in the processes of information acquisition. Sensation is formed in the form of reactions of the nervous system affected by one or another stimulus and has reflexive properties like any mental phenomena. The neural process formed as a result of the effect of the stimulus on the analyzer, which is similar to itself, is the physiological basis of sensation. The analyzer consists of three parts: 1) a peripheral part (receptor), which is a special transformer that converts external power into a nervous process. 2) afferent nerve (centripetal) and efferent (centrifugal) nerves that open the paths connecting the peripheral part of the analyzer with the central analyzer. 3) Subcortical and shell (ending with the brain itself) sections where the processing of nerve signals from the peripheral sections of the analyzer takes place. Certain cells of the peripheral parts of the analyzer correspond to certain parts of the cells in the cerebral cortex. In particular, the image formed at different points of the retina reflects it at different points in the cerebral cortex; we can observe the same process in hearing: echoes in the eardrum and brain. All analyzers must work as a whole for the formation of

intuition. The effect of the stimulus on the receptor leads to the occurrence of excitation. The analyzer is the source and the most important part of the whole path of nerve processes or reflex arc. The reflex arc consists of a receptor, afferent nerve pathways that carry the effect to the brain, and efferent nerves. The interaction of the elements of the reflector arc provides the basis for the correct targeting of the complex organism in the surrounding world, the activity in accordance with the living conditions of the organism. General laws of sensations. Sensations consist of forms of reflection of exactly the same stimuli. Sensations have characteristics such as quality, intensity, duration, occurrence in places. Quality is the main characteristic of this sensation, which distinguishes it from other types of sensation and changes within this type of sensation. In particular, the sense of hearing differs by its low-highness, softness, and intensity, the sense of sight differs by the richness of colors, and so on. The intensity of sensation is a feature that expresses its quantity, and the power of the influencing stimulus is determined by the functional state of the receptor. The duration of the sensation is its temporal characteristic. It is not formed as soon as the stimulus affects the sensory organ, but after a while. This is called the latent (hidden) period of intuition. The latency period is different for different types of sensations: for example, it is 130 milliseconds for tactile sensations, and 370 milliseconds for pain sensations. The sense of taste is formed 50 milliseconds after the chemical stimulus is applied to the tongue. Just as the sensation is not created at the same time as the stimulus starts to affect it, it cannot be lost suddenly when the effect stops. This kind of weakness of intuition is manifested in the phenomenon called consequence. The sense of sight is somewhat weak, and does not disappear immediately as soon as the stimulus that provoked it ceases to act. (The cinematographer is based on this). Finally, sensations have the characteristic that the stimulus occurs in certain places. Spatial analysis carried out by remote receptors provides information about the occurrence of a stimulus in a certain place. Tactile sensations interact with the part of the body that is affected by the stimulus. Sensitivity and its measurement. The sensitivity of sense organs is determined using the weakest stimulus capable of creating sensation under certain conditions. The minimum power of the stimulus that produces a known unknown sensation is called the lower absolute limit of sensitivity. Stimuli with the least power and at the limit of the tone do not create sensations and do not transmit signals about them to the cerebral cortex. Interaction of senses. The intensity of sensations depends not only on the strength of the stimulus and the degree of adaptation of the receptor, but also on the stimuli affecting other sense organs at a certain time. The change of the sensitivity of the analyzer under the influence of the stimulation of other sense organs

is called the interaction of the senses. As a result of this, its sensitivity changes. In particular, the sensitivity of the hearing analyzer changes under the influence of the auditory monitor. S. V. Kravkov (1893-1951) showed that this change depends on the height of auditory stimuli. Or the sensitivity of vision increases under the influence of odor triggers. Sensitization. The interaction of analyzers and increased sensitivity as a result of training is called sensitization. As a result of the propagation (irradiation) of the excitation process, the sensitivity of the other analyzer increases. When a strong stimulus acts, a process that has the opposite characteristic of accumulation of excitation occurs. According to the law of mutual induction, this leads to the braking of other analyzers in the central sections and the weakening of their sensitivity. The sensitivity of the analyzers can also change under the influence of stimuli belonging to the second senses. In particular, it is observed that the electric sensitivity of the falls changed in response to the words "sour like a lemon". Knowing the laws of changes in the sensitivity of sensory organs, it is possible to sensitize one or another receptor, that is, to increase its sensitivity, by using specially selected additional stimuli. Sensitization can also be achieved through exercise. For example, we know how the ability to hear low and high tones develops in children who play music.

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