



ADOLESCENT AND ENVIRONMENT: EXPRESSING INNER EXPERIENCES THROUGH NATURAL LANDSCAPES

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Abstract

This article comprehensively analyzes the role of the environment, especially natural landscapes, in expressing the spiritual world and inner experiences of a teenager. Adolescence is one of the most complex and responsible stages in human life, during which processes such as emotional instability, the desire for self-realization, internal conflicts, and adaptation to the social environment intensify. The article examines how these mental states are expressed in fiction through images of nature on a scientific and theoretical basis. Natural landscapes are interpreted as a symbolic tool reflecting the mood, inner experiences, and psychological state of the teenage hero. The analysis of the disclosure of the teenager's spiritual experiences, hopes, fears, and inner searches through the change of seasons in nature, the harmony of colors, weather conditions, and landscape details is carried out.

The article also considers the issue of the interaction between a teenager and the environment as an important scientific problem. The role of nature in the upbringing, worldview and formation of aesthetic taste of a teenager is substantiated on the basis of literary examples. The idea of the harmony of man and nature is revealed on the example of the psyche of a teenager, and the influence of the environment on the development of personality is widely covered. In the research process, analyses are carried out based on the mutual



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integration of literary criticism, psychology and pedagogy. The results of the article serve to study adolescent psychology through literary texts, to deepen understanding of the educational and artistic-aesthetic significance of images of nature, and serve as a theoretical basis for scientific research in this area.

Keywords: Adolescence, environment, natural landscapes, inner experiences, mental state, artistic image, symbolism, psychological analysis, relationship between man and nature, literary image, aesthetic education, personal development

INTRODUCTION

In today's globalization and rapid social changes, the spiritual development of the adolescent, his inner world and his relationship with the environment are one of the important scientific issues. Adolescence is the most complex and responsible stage in human life, during which the individual's worldview is formed, emotional states are intensified, and the need for self-awareness and finding one's place in society increases. In this process, the inner experiences of the adolescent are often expressed not directly, but indirectly, through symbolic and figurative means.

In fiction, natural landscapes are considered one of the important visual tools that reveal the human mental state. Especially in the depiction of teenage heroes, images of nature are of particular importance in expressing their joy, suffering, internal conflicts and hopes. Through the harmony between nature and the human psyche, an opportunity arises to understand the inner world of the adolescent more deeply. The change of seasons, weather conditions, colors and landscape details are depicted in a similar way to the mental experiences of the teenager, enriching the artistic content.

In this regard, analyzing the relationship between the teenager and the environment through natural landscapes is one of the current directions where literary studies, psychology and pedagogy intersect. This article highlights the artistic and psychological significance of nature images in expressing the inner experiences of the teenager, and analyzes the influence of the environment on the formation of the personality from a scientific and theoretical perspective.



ANALYSIS AND METHODS

In modern pedagogy, psychology and literary criticism, the role of the environment, especially the natural factor, in the formation of the adolescent personality is considered an important issue. Researchers interpret adolescence as a stage of emotional instability, increased internal experiences and an accelerated process of self-awareness. In this regard, the depiction of natural landscapes in harmony with the adolescent psyche is widely found in literary works.

In psychological research (L.S. Vygotsky [1], A.N. Leontiev [2], E. Erikson [3]), adolescence is characterized by a deepening of personal identification and emotional experience. In this process, the external environment, in particular natural phenomena, serves as a convenient symbolic tool for understanding and expressing the adolescent's internal state. Experiences such as joy, loneliness, suffering, hope are indirectly but effectively expressed through natural landscapes.

In literary criticism, the depiction of nature is often explained by the method of psychological parallelism. In Uzbek literature, the connection between nature and the human psyche is emphasized in the works of such creators as Abdulla Qodiriy [4], Oybek [5], Erkin Vohidov [6], and O'tkir Hoshimov [7]. Especially in works featuring teenage heroes, natural landscapes appear as an important artistic element that reveals their inner world.

In pedagogical literature, the perception and depiction of nature is evaluated as a factor that develops the aesthetic taste, observation, and emotional literacy of teenagers. Therefore, the analysis of existing scientific sources shows that natural landscapes have both psychological, artistic, and educational significance in expressing the inner experiences of teenagers.

In this study, a qualitative approach was chosen as the main methodological basis. First of all, the theoretical foundations of adolescence and the nature factor were studied by analyzing scientific, pedagogical, psychological, and literary sources. In this process, methods of analysis and synthesis were used, and different points of view were summarized.

The method of textual analysis of works of art was also used. The function of natural landscapes in literary texts depicting teenage heroes, their symbolic



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meaning, and their connection with the inner experiences of the heroes were determined. In this process, the images of nature in different works were compared using the method of comparative analysis.

The methods of observation and description also played an important role in the study. The characteristics of teenagers' attitude to nature and the expression of their feelings through it were summarized, and scientific conclusions were drawn. The methods of logical inference and generalization were used to interpret the results.

In general, the selected methods served to comprehensively illuminate the research topic and harmoniously reveal theoretical and practical aspects.

RESULTS AND DISCUSSION

The results of the study showed that natural landscapes serve as an important artistic and psychological tool for expressing the inner experiences of adolescents. In the studied literary sources, images of nature are presented in a direct or indirect connection with the mental state of adolescent heroes. For example, calm and bright landscapes express the hero's mental stability, hopes and dreams, while stormy, dark sky, autumn landscapes reflect states of internal conflict, suffering and loneliness.

As a result of the analysis, the symbolic nature of natural landscapes was revealed. The experiences of adolescent heroes are often not openly expressed, but are expressed through the image of nature. This situation served to awaken in the reader a deeper empathy with the hero's psyche. Also, images of nature played an important background role in the process of self-awareness of the teenager, enhancing his internal monologue and emotional growth.

From a pedagogical point of view, the results obtained showed that the analysis of natural landscapes has a positive effect on the development of emotional thinking in adolescents. Teenagers tend to understand and express their feelings through nature, which serves to form their speech and aesthetic competencies.

The results obtained show that they are consistent with existing psychological and literary studies. In particular, the issues of increased emotional states during adolescence and psychological harmony with the external environment confirm the theoretical views put forward. The use of natural landscapes as a symbolic



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tool for expressing mental states once again demonstrated the effectiveness of the psychological parallelism method.

During the discussion, it was found that images of nature do not only serve as artistic decoration, but are also an important tool that reveals the inner world of a teenager. This aspect indicates the need to pay special attention to images of nature when studying literary texts in the process of literary education. Especially when working with teenage students, analyzing and discussing their feelings through images of nature is an effective method.

The results of the study also show that the perception of natural landscapes also develops the ecological consciousness of teenagers. The formation of an aesthetic and emotional attitude towards nature has a positive effect on their personal value system. Therefore, revealing the connection between nature and the human psyche through literary works is not only artistic, but also educational.

In general, the results of the discussion showed that the issue of expressing the inner experiences of teenagers through natural landscapes requires a comprehensive approach. Research in this area can yield important scientific and practical results at the intersection of literature, psychology, and pedagogy.

CONCLUSION

This study aimed to shed light on the role of the environment, in particular natural landscapes, in the formation of the adolescent personality. Studies have shown that images of nature are an important symbolic and psychological tool for expressing the inner experiences of adolescents, and are inextricably linked to their emotional state, spiritual searches, and the process of self-awareness. Through natural landscapes, the states of adolescent heroes, such as joy, suffering, loneliness, and hope, are artistically expressed.

The results of the study confirmed that images of nature in literary works do not only serve as a background, but are also one of the main artistic elements that reveal the adolescent psyche. This situation serves to develop a deeper understanding of the inner world of the hero, empathy, and aesthetic thinking in students. Also, images of nature have a positive effect on expanding the emotional literacy and verbal expression capabilities of adolescents.



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From a pedagogical point of view, it was found that the analysis of natural landscapes is an effective tool for the formation of personal and social competencies of adolescents. This process not only strengthens literary knowledge, but also develops a conscious, responsible and aesthetic attitude of adolescents towards nature. As a result, approaches aimed at revealing the connection between nature and the human psyche are of great importance in the process of literary education. In conclusion, the issue of expressing the inner experiences of adolescents through natural landscapes is an urgent scientific problem at the intersection of literary studies, psychology and pedagogy. Research in this area serves as an important scientific and practical basis for the comprehensive development of the adolescent personality, enriching their emotional and aesthetic world.

In conclusion, the study and practical application of natural landscapes as a means of expressing adolescents' inner experiences increases the effectiveness of the literary and educational process and has a positive impact on the personal, aesthetic, and ecological development of adolescents.

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