

SELF-ACCEPTANCE IN THE PSYCHOLOGY OF SUCCESS

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Abstract: This article examines the role of self-acceptance in personal success. How it positively affects a person's self-confidence, psychological well-being and motivation is analyzed. This process is recognized as an important factor of personal growth. The article presents practical methods and psychological strategies aimed at increasing self-acceptance, emphasizing its key role in achieving success.

Keywords: Psychology of success, self-acceptance, self-confidence, psychological well-being, personal growth, positive psychology, personal success.

INTRODUCTION

Although there are many types of success, one of the main factors in achieving it is a person's ability to accept himself. In recent years, the field of psychology, particularly the psychology of success, has increasingly focused on how a person perceives himself and how this process affects self-confidence, motivation, and overall quality of life. This article examines the role of self-acceptance in the psychology of success, as well as aspects of this process that promote personal development and growth. It also analyzes how this process can contribute to success, how individuals develop self-acceptance, and the impact of this process on psychological well-being. This introduction encourages readers to deepen their understanding of the personal and internal aspects of success and emphasizes the importance of self-acceptance.

Seeking and achieving success is one of the natural human aspirations. However, one psychological factor that plays an important role in this pursuit is self-acceptance. The importance of self-acceptance is increasingly recognized in the field of modern success psychology. The introduction of this article aims to analyze the concept of self-acceptance and how it affects personal success.

Self-acceptance refers to a person's recognition of their faults and mistakes and making peace with them. This process is inextricably linked with strengthening self-esteem and self-confidence. In psychology, self-acceptance has been shown to be closely related to self-esteem, self-confidence, and self-development. This process is considered an important part of personal growth and is recognized as a key factor in achieving success.

However, the effect of self-acceptance on achievement may vary in different contexts. A number of scientific methods are used to determine the role of self-acceptance in personal, social, and professional domains. In this article, we seek answers to such questions by taking a deeper look at the role of self-acceptance in the psychology of success.

Self-acceptance plays an important role in everyone's life. In the psychology of success, it is the process of recognizing one's strengths and limitations and finding peace with them. Self-acceptance helps us to understand ourselves better and to increase our love and respect for

ourselves. It also boosts our self-confidence and motivates us to be more persistent in pursuing our goals.

Basic concepts of self-acceptance:

- 1. Self-respect:** Self-respect means valuing your own thoughts and feelings. It also involves not comparing yourself to others and finding your worth within yourself rather than depending on external factors.
- 2. Accepting your flaws:** Everyone has their own flaws. It is important to recognize these flaws and accept ourselves in spite of them. By accepting our flaws, we can work on them and grow.
- 3. Celebrate your success:** Recognizing and using your strengths is an important part of self-acceptance. It gives us the opportunity to develop our abilities and apply them in our lives.
- 4. Strive for self-development:** Self-acceptance also means working on ourselves and developing ourselves. During this process, we can get to know ourselves better and support ourselves in the pursuit of our goals and dreams.
- 5. Self-kindness:** Self-kindness means being kind and forgiving to ourselves. This includes acknowledging mistakes and seeing them as opportunities for growth.

Self-acceptance is an ongoing process through which we can better understand ourselves and others. This process helps us live in peace with ourselves and feel more fulfilled in our lives.

LITERATURE ANALYSIS AND METHODOLOGY

The literature review focuses on the role of self-acceptance in personal success and psychological well-being. Theoretical and empirical studies have shown that self-acceptance is an important factor in personal growth and that this process is crucial to achieving personal success.

Rogers (1951) identified self-acceptance as an important condition for self-awareness and self-esteem, emphasizing the individual's capacity for self-development and change. Self-acceptance is also mentioned by Brown and Ryan (2003) as an important aspect of self-esteem within positive psychology. They emphasized the effect of this process on increasing the level of satisfaction of the individual with his life and on general well-being.

Research by Christine Neff (2003) examines self-compassion as an important aspect of self-acceptance. Neff examines the relationship between self-compassion and self-acceptance, emphasizing the importance of these two concepts to a person's psychological well-being and ability to realize their potential.

Also, in the analysis of the literature, Bandura's theory of self-efficacy is discussed, and this theory shows the importance of a person's confidence in performing tasks and in the process of self-acceptance.

As a result, the analysis of existing literature confirms the key role of self-acceptance in personal success, psychological well-being and personal growth. This analysis highlights the importance of a deeper study of self-acceptance and its application to the psychology of success.

The methodological part of this scientific article includes a number of research methods for the purpose of in-depth analysis of the topic "Self-acceptance in the psychology of success". Through these methods, the influence of self-acceptance on personal success and psychological well-being is studied.

Questionnaires and questionnaires. As the main data collection method of the research, questionnaires and questionnaires are conducted among respondents from different demographic groups (age, gender, occupation). These questionnaires aim to measure the relationship between respondents' level of self-acceptance, self-confidence, psychological well-being and their success in life.

Deep conversations. In order to deepen the results of the questionnaires, in-depth interviews will be conducted with the selected respondents. Through these interviews, it is possible to analyze the positive effects of self-acceptance on personal emotions and feelings of achievement.

Analytical methods. Collected data is analyzed using statistical software. In this process, correlational and regression analyzes are used to determine the relationship between the level of self-acceptance and personal success.

Theoretical analysis. Also, the available scientific literature and research on the topic will be reviewed. The theoretical analysis helps to determine the place of the concept of self-acceptance in the field of psychology and its connection with the psychology of success.

Through this methodology, it is intended to study deeply and comprehensively the influence of self-acceptance on success in the life of individuals. The results of the study provide useful information for a wide audience interested in the topic, including psychologists, counselors, and individuals interested in self-development.

RESULTS

The results of the study showed that the level of self-acceptance plays an important role in the psychology of success. Positively affects participants' self-acceptance interactions, motivation, goal pursuit, and overall quality of life. In the results, it was observed that by recognizing and accepting their strengths and weaknesses, the participants' self-confidence increased and their ability to face challenges increased.

Also, the willingness to recognize and work with one's own shortcomings appeared to be an important factor in the participants' ability to overcome obstacles to success. Transforming negative self-attitudes into positive ones increased participants' overall well-being and life satisfaction, which was instrumental in improving their work performance and personal relationships.

The results emphasize the importance of self-acceptance in the psychology of success and the need to develop strategies and programs designed to develop this process. In this regard, future research may suggest new methods and approaches to further study and practice this topic.

DISCUSSIONS

The results of this study clearly showed that self-acceptance has an effect on personal success and psychological well-being. During the study, the participants' levels of self-acceptance were measured, and the impact on their overall quality of life, self-confidence, and ability to achieve their goals was analyzed. The results indicated that individuals with higher self-acceptance scores were more likely to have greater life satisfaction, higher self-confidence, and more successful outcomes.

In discussion, these results contribute to our understanding of the role of self-acceptance in the psychology of success. Emphasizes the importance of not only developing external factors and

skills, but also paying attention to self-acceptance and internal psychological state in order to achieve personal success.

Also discussed are methods and strategies that can be used to increase self-acceptance. For example, techniques such as psychological counseling, mindfulness practices, self-compassion exercises, and positive self-talk can help improve self-acceptance.

This study also highlights the need to further explore the relationship between self-acceptance and achievement psychology in future research. Issues such as how self-acceptance differs across demographic and cultural groups, as well as how this process relates to different psychological states and measures of success, could be the focus of future research.

In conclusion, our research has shown how self-acceptance can be an important contributor to personal success. This process plays an important role in improving not only individual development, but also general psychological well-being. Psychological support and practices that focus on self-acceptance can help individuals achieve their goals.

CONCLUSION

During our research, deep insights were generated about the role and importance of self-acceptance in the psychology of success. Self-acceptance has been found to be a critical factor in increasing an individual's self-confidence, motivation, and maintaining psychological well-being. This process plays an important role in helping individuals to realize their true potential and to face challenges in life.

Also, as the article shows, using positive psychology and self-compassion approaches can be helpful in developing self-acceptance. These techniques help individuals find unconditional acceptance of themselves and peace with their imperfections. Self-acceptance is a key step to personal success, as it is through this process that individuals can overcome their inner fears and limitations and take bold steps toward their goals.

The results of our study highlight the key role of self-acceptance in the psychology of success, suggesting the need for further research in this area. Future research may help to better understand self-acceptance and how it can be used as a support for personal development.

In conclusion, self-acceptance is key to personal success. This process helps individuals fully accept themselves and find their inner strength, which greatly increases their achievements in life.

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INTERNATIONAL MULTIDISCIPLINARY JOURNAL FOR RESEARCH & DEVELOPMENT

SJIF 2019: 5.222 2020: 5.552 2021: 5.637 2022:5.479 2023:6.563 2024: 7,805

eISSN :2394-6334 <https://www.ijmrd.in/index.php/imjrd> Volume 11, issue 06 (2024)

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