

**STABILITY OF ATTENTION AND MEMORY, ATTENTION DISORDERS AND ITS  
SYMPTOMS**

**Maxkamov G'ulomjon Ma'murovich**  
Kokand State University

**Annotation:** in this article, we will cite a general understanding of attention, the factors that ensure attention tightness, the types of attention disorders and how to fix it.

**Keywords:** inertia of attention, Simulant, concentration , aprozection

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From the moment we come into the world, looking at the universe with a thoughtful look , we focus all our attention on each voice, on things unfamiliar to us, to find out what it is, and through it we begin to recognize the universe. Due to our curiosity in the beginning, as well as the fact that we try to know all the Foreign things, our attention becomes unstable and quickly divisible-this is exactly what comes to childhood, which we call the reflex in anatomy with the TABOR of Ivan Pavlovich Pavlov . Due to the nature of age periods, this is a child-specific case of attention. So what is it called attention? In the science of anatomy, different definitions are given, while in its interpretation, psychologists are based on different theories. Attention is said to be the active ( active) focus on a particular object, gathering the mind to a point Ivanov believes that in the process of our activity , everything we perceive and imagine, our thoughts, thoughts and plans, and every single thing we do and events can be an object of attention . It is worth saying that in the emergence of attention, consciousness accumulates to one point and this creates a narrowing of the circle of consciousness. As a result of such a narrowing, the circle of consciousness becomes brighter. If the brain was able to see it, it would be during this process that we could see small rays inside our brain in its center a larger one .Scientist I.P.When we observed a human brain that was giving birth or creating a new idea in Pavlov's mind, we would have seen a little bright light walking from side to side. Attention has the property of being buoyant, we can focus on the object that is directing our attention for a maximum of 3 - 5 minutes in the meantime the focus can be divided into one and more March this process we will not even notice. The simultaneous division helps the focus to work stably. The opinion of some people will be quickly distracted-this is a condition associated with a lack of attention stability. The retention of attention over a certain period of time is called attention stability. This jaraoyon is observed if a session is entered with attention. This feature will also depend on human interests and profession . When managing so many tasks, attention is not the only one other cognitive processes also participate. It can be said that the stability of attention is one of the most important conditions for successful activities in any area. This process of cognition clarifies the process by which a person perceives the surrounding being and the processes taking place in it. Attention stability is also a feature that makes attention aware of the duration of concentration. From this it can be said that attention stability plays a leading role in the concentration of attention in one place. It is also worth noting that this factor largely determines the performance and size of the received data. The more stable the focus, the more effective the result of the activist. There is not a single norm, indicator that determines the entry of attention into a stable or unstable type of attention, and the presence of such factors is also impossible. This task can be assessed differently depending on the type of attention – voluntary, involuntary, depending on the content and result of a particular activity being performed. The stability of attention depends on a number of conditions: the content of the object of attention , activity , the situation in which the work is being carried out , the mental state of the person and , of course, willpower and interests. The more content the focus object is , the stronger and more stable the focus will be. The stability of attention is also measured by willpower often, the stability of involuntary (volitional) attention is also held by the power of the

will in the process of activity . In the harmony of our willpower and interests, we can concentrate on our activities even in the most difficult situations. On the development of attention L.C.Vigotsky explains that in ballads, stable attention is weakly developed, which manifests itself as involuntary attention. This process is maintained until the age of 4.5 – 5 years and is considered normal for the child. The attention that is considered our backbone does not always work as we would like and the same, in which some violations also occur.

1. Disinterestedness is a disorder in which attention is focused on limited objects for a long time . This disorder is mainly observed in asthenic disorders when tired.
2. A scientist's inattention (false disinterestedness) is the attraction of attention in his own fantasies. He is observed in those who are busy with some idea , given to their experiences. In this case, such people do not pay attention to what is around them. Internal attention is determined by its high intensity and difficult change
3. Senile disorientation-the sluggish intensity of concentration is determined by the difficulty of portability.
4. Distraction-the ability of the power of attention is increased from meiori, due to which patients cannot focus on anything for a long time.
5. Inertia of attention is a pathological fixation of attention, a violation of the mechanism of the transition of attention from one object to another.
6. Aprozexia-complete disappearance of attention

Memory is a psychic process that consists of remembering and, if necessary, restoring perceived objects and phenomena or past experiences. Memory will remember the best times. It is one of the characteristics of the nervous system and manifests itself in the long storage of information about the events of the external universe and the reactions of the organism, as well as its repeated ability in the activity of the mind and within the framework of behavior, behavior.

Memory is called memory when an individual is remembered, remembered, and later recalled again in their own experience.

Scientific views on memory are found in Eastern thinkers and Greek philosophers (Aristotle et al. In particular, Farabi looked at memory as a component of the mental process in cognition, noting that memory is a characteristic not only of a person, but also of an animal. The physiological basis of memory consists in the temporary connection of the bark of the Cerebral Hemispheres (see Association) and their subsequent activity. The scale of memory, the long and robust storage of information, as well as the perception of complex signals in the environment and the development in adequate reactions, increases in the process of increasing the number of cranial nerve cells (neurons) and the complication of its structure. In physiological studies, short-term and long-term memories have been recorded. In short-term memory, information is stored from a few minutes to several tens of minutes, when the work of neurons is disrupted (for example, under the influence of electric shock, narcosis). Information in long-term memory is resistant to various effects that are maintained throughout a person's life. Short-term memory gradually evolves into long-term memory. Memory shows the interaction between the past state of the psyche and the present state and the processes of preparation for future States. Like other psychic phenomena, memory is inextricably linked with the characteristics of the individual, his needs, interests, habits, character, etc. According to the form of memory in manifestation, it is conditionally divided into such types as emotional memory (remembering the feeling), image memory (remembering the image and characteristics of Things), word-logic memory (remembering the essence, content of things, expressed in words). Of these, word-logic memory occupies a leading place in a person. All types of memory are accompanied by a close connection with each other. In psychology, involuntary and involuntary memories are also distinguished. In voluntary memory, the memorization of a particular material is set as a pre-goal; involuntary memory does not have such a goal — it is

remembered spontaneously in an activity (mas, in the process of labor or when someone is being interviewed). In terms of stability, optional memory is more efficient than involuntary memory. In science, importance is attached to the study of the question of forgetting in relation to memory. "Normal" forgetting should be distinguished from memory disorders in mental disorders. In these diseases, memory impairment (hypomnesia), loss (amnesia) or unilateral exacerbation (hypermnnesia) are observed. In some diseases, it is qualitatively distorted: it seems to the patient that non-patient events are supposedly going through themselves, or he thinks that what happened at some time happened yesterday or today (confabulation, pseudoreminscence), such false memories are caused by serious mental disorders in a person. Such diseases include atherosclerosis of the cerebral blood vessels, injury, cases of blood flow to the brain, the consequence of severe poisoning (psychosis, which occurs in intoxication, alcoholism), and so on. Attention should be paid to the treatment of the underlying disease that causes it in case of memory impairment

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