

## METHODS OF MANAGING PEOPLE IN PSYCHOLOGY

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### Abstract

the article reflects on the fact that psychology is a science of the psyche, the use of psychological techniques in human management, the relationship of the human psyche and psychological techniques with each other. To what extent the human psyche should use psychological techniques, which ones should be used in which case, the benefits of managing the human psyche with the help of psychology, the place and application of psychology in all areas are currently mentioned.

**Keywords:** flattery, management psychology, subordination and management, psychophysical state, brain strain.

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### INTRODUCTION

Psychology is always renewed at a time when it is very old. Psychology is a science that studies the psyche of people, teaches human control. A person who has mastered psychology well can control others at the same time that he can easily understand them. In them, the ability to control develops.

The study and management of human psychology is based on the specifics of the individual. Each individual individual has distinct, overlapping, and dissimilar characteristics.

So let's look at ways to manage people.

### RESEARCH MATERIALS AND METHODOLOGY

Our first way is to ask, demand something unusual from the interlocutor. In this, the interlocutor naturally does not want to fulfill your request. Then the Re-Request of this request, in this case, the rejection of the request for the second time, puts it in a difficult situation.

Our second way is to address your interlocutor only by name. Since this situation generates formality, in addition to the fact that the interlocutor respects you, the conversation will give its own to you.

The third method, flattery, is to praise the interlocutor, to say pleasant words to him. The main thing in this case is not to overdo it. Praise, pleasant words should come out naturally. Your interlocutor should also trust the compliments you say. Otherwise, if you feel that you are praising him from a lie, to finish your work, then confusion will arise. The second time you get a job for that person is never done.

The fourth method, reflection. This is more applicable in management psychology. In this method, you need to imitate in some way the person you need to treat. Each person is looking for a partner who thinks to himself, a friendly conversation comes with a partner who also acts, as

well as thinking. This method will keep positive goodwill towards your thoughts, attitude for a long time.

Pentateuch method, simple requirement. In order for a person to practice a management style, he must know as much as possible about him. It is necessary to ask something simple before the person you need. After a short time, try asking for something a little more difficult. Thus, it is necessary to strengthen from easy to complex. But it is necessary not to ask everything at once. You just have to pretend to be the person you are interested in. This method consists in gradually attracting the interlocutor at the expense of interest.

The sixth way, listening more and speaking less. With this method, it is possible to establish an easy relationship with any person. Because every person will need a good interlocutor, a good listener. Only from time to time it is necessary to stand back, replacing his or her words with other phrases in order to indicate that you are paying attention to what the interlocutor is saying. In this case, the interlocutor will make sure that you are a reliable friend, empathetic.

So what is human management for itself?

Management of certain existing people is required to accomplish a specific goal.

Humanity has appeared that tobelik and management have existed. Even in the era of the primitive community, there were team captains. Team captains have been strong, intelligent in every way, a person who can support not only himself, but the whole team.

Even now, there is management in all areas. To be able to control the entire collective, the team, it is required to have a good knowledge of psychology. Everyone respects a person who knows good management, unconditionally obeys him, follows him, advises him with that person every thing he starts.

In order to be able to cheer up people, you must first have a desire-desire in yourself. First of all, you need to start by learning yourself, you need to be able to control yourself.

At the next stage, it consists in establishing relationships with the people around them, entering into their trust, having studied their emotional, psychological character. It is necessary to learn the written literature about management techniques and develop skills, using them throughout life activities.

Methods of managing a person's choice by limiting the possibilities of choice in order to direct it in your favor, giving a gift, a gift to gain someone's attention, Trust are also considered very widely used methods.

Repeat, imitate the actions of your interlocutor. In this way, the same copy of your interlocutor will affect him. This method has been studied by psychologists, providing benefits in many cases.

The state of being calm in any situation at the moment of intense controversy, constantly controlling yourself and keeping calm will attract those around you, gain confidence.

Don't be nervous. Stressful situations upset the balance in a person. To prevent this, chewing gum can be used. The chewing reflex relaxes the brain.

Choosing an undirected movement, for example, spending useless time on the internet, it is necessary to abandon long sitting positions in front of the TV.

Time management. Removing important and not relevant issues from the first place in this.

Look at yourself with confidence. Others expect help from you in the case that you cannot.

Establish an attitude through the eye. After asking a question to the interlocutor, a close look into his eyes in the process of returning an answer forces him to speak honestly, to throw out what he thinks.

## RESEARCH RESULTS AND DISCUSSION

Planning. Plan 60% of your time when planning to organize your time. The remaining 40 percent will be spent on unexpected everyday situations. This does not mean that you allocate the same hour, find out how many hours you will devote to what activities today. For example, if we take 12 hours a day as 100 percent, and plan about 7 hours for what we do today, then the remaining 5 hours will be spent on everyday surprises, situations on their own.

Show your joy to attract others to you. Their interest in you will increase.

Follow yourself. Take into account your psychophysical state when planning your activities. Control yourself when you are tired, when you are more focused, when you are distracted by something. Find out if we are ready for situations that are complicated in this case.

The behavior of others depends on the actions of a person. Because everyone is looking for a role model when they start something, before that they are interested in how someone did that job.

Strong people analyze your strengths and of course your weaknesses, you should not spend your whole life on things that you cannot achieve, you need to be able to camouflage your chances. You need to choose the one that is good for you, what you have the opportunity to do. By developing your strengths, you need to achieve what others cannot achieve.

Again, considering other cases, we will be more aware of what situations to behave in:

Constant employment helps people feel happy. Because when you are busy with something, unnecessary things do not keep Miya busy. A constantly busy person maintains a constant positive state, thanks to which a positive mood also connects to those around him.

People who like sweets will be ready to give everything for dessert. Because when the dessert is eaten, the substance dofinin gets into the body and enhances the mood of joy in a person. For this reason, in many cases it was customary for humans to use triple-plate chocolates to finish their work.

A tired person speaks truthfully. It is necessary to be very careful to take advantage of this condition. Because talking to a tired person is not easy. Being a person who politely speaks something for his benefit, the information you need for yourself can be pinched in the meantime.

Logic works stronger due to the tension of the brain when a person begins to think in another language.

30% of the human mind is in a "steady" state. Therefore, it is advisable not to make important decisions, especially in case of exhaustion.

As long as bullies come out of people with low self-confidence. So it is necessary that we raise strong children in a family environment.

Large volumes of data will be easy to learn by piecing them together. For this reason, do not try to learn difficult, large volumes of information at once.

Mutual composure, mutual relations give a person more peace of mind, spiritual relaxation than when he goes to a gym. And applying both together is good yanayam.

From the above, we can conclude that in order for a person to be able to control others, he must first be able to control himself, and next, it is necessary to develop skills using the literature of psychology, developing methods that can have a general influence on them, taking into account that each individual has an individual character. In the course of life, it is necessary to put only what you consider necessary to yourself in the first turns of the plan.

## CONCLUSION

The chunonist, a person is not only in his daily activities, he must achieve what he has all his life in the first place, what should be achieved in the first place, which is his strong side, what does

his strong side yanayam polygamous, develops faster, the weak side must be able to give himself an account of whether he needs more in life.

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