



The Concept Of Scientific Theory And Its Importance In Psychology

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Abstract: This is an article on the theory of scientific theory, its role in science and its practical significance. A scientific theory is a set of assumptions that serve to explain and predict phenomena. In psychology, these theories provide a fundamental theoretical basis for understanding the complexities of human behavior and consciousness.

Keywords: scientific theory, psychology, hypothesis, explanation, empirical investigation, theoretical framework, cognitive theory.

Introduction. Psychology is the study of human consciousness, emotions, and behavior. Like any other scientific field, psychology is based on theories. Scientific theory provides the science with clarity, a structured approach, and empirical verification. Scientific theories play a key role in explaining psychological phenomena and developing practical strategies based on them. It seeks answers to questions about how people think, why they act in certain ways, or what emotions they experience by analyzing invisible but vital aspects of the human psyche. Like any scientific discipline, psychology relies on a theoretical foundation. This theoretical foundation organizes scientific concepts and views into a specific system and provides direction for research and practical work.

A scientific theory is not just an idea, but a coherent set of ideas based on empirical research, confirmed by experience and observations. In psychology, theories allow us to explain, predict and apply various phenomena in practice. For example, in areas such as personal development, the learning process, stress, motivation or emotional problems, it is theoretical approaches that help psychologists draw sound conclusions and develop strategies for solving problems. Therefore, the depth and effectiveness of psychological knowledge largely depend on the maturity and consistency of theoretical views. A scientific theory is a set of ideas that have a systematic, logical and empirical basis that



helps explain phenomena. They are formed on the basis of experimental results, observations and scientific research. Theory serves to create hypotheses and test them.

Main part. In psychology, scientific theory plays an important role. It allows us to interpret, explain, and predict complex processes that occur in the human mind, behavior, and emotional states. Any scientific theory is based on research results and is tested through experiment, observation, and statistical analysis. These theories systematize psychological knowledge and serve the development of psychology as a science. For example, Sigmund Freud's psychoanalytic theory showed the importance of unconscious factors in the human psyche, while B.F. Skinner's behaviorist theory substantiated the influence of the external environment on behavior. [1]. Each scientific theory in its time has proposed new approaches to understanding the human psyche. Also, cognitive psychology theories have created a basis for the scientific study of processes such as human thinking, attention, and memory. Scientific theory helps to determine the causes, consequences, and methods of controlling psychological phenomena. It connects theoretical knowledge to practical activities: for example, it serves as a main direction in areas such as identifying and treating mental problems in clinical psychology, understanding students in educational psychology, and optimizing performance in occupational psychology. A scientific theory in psychology is not just a hypothesis, but a deep system of understanding based on the scientific method and evidence. It further strengthens psychology as a science and ensures its correct application in practice. Scientific theories are one of the main factors that guide the development of psychology. Experiments are conducted on their basis and new knowledge is created.

Behavioral theory is a fundamental approach in psychology that studies behavior, which is based on the formation of human behavior through the influence of the external environment.

These theories also provide guidance in identifying and solving real-life psychological problems. They study the mental development of people of different ages, their response to stress, or their behavior in a social environment. Scientific theories serve not only to develop theoretical knowledge, but also to develop practical skills. As a result, the field of psychology develops through clear, analytical, and systematic approaches.

The main functions of a scientific theory are:



Explanation: Provides explanations for the causes of events and behavior.

Prediction: Allows us to predict what outcomes will occur under certain conditions.

Systematization: Provides a specific structure for psychological knowledge.

Direction for research: Provides a basis for new scientific research.

The main function of a scientific theory in psychology is to create a scientific basis that allows us to explain, predict, and control human mental processes and behavior. First of all, it identifies and explains the legal relationships between mental phenomena. This makes it possible to explain why a particular behavior occurs, to scientifically analyze its internal and external factors. A scientific theory summarizes existing facts and unites them into a single scientific framework, which provides a single, consistent, and logical system of knowledge instead of random or fragmented knowledge. In addition, a theory determines the direction of new research: it gives impetus to scientific research on aspects that are not yet fully understood, unclear, or controversial. In this way, a theory serves as an internal engine of scientific progress. Another important function is to be the basis for practical solutions: without theoretical knowledge, effective diagnostics, treatment, education, counseling, or prevention are impossible. A scientific theory also provides a clear definition of psychological terms and concepts, which reduces misunderstandings within the field and standardizes professional communication. A scientific theory not only strengthens existing knowledge, but also questions it and paves the way for innovation. Therefore, it always remains open, dynamic and changing - which distinguishes it from any assumptions, opinions or philosophical considerations. Each theory is distinguished by its main idea, founder and methodology. Theories are updated over time and enriched on the basis of experience and scientific evidence. In psychology, a theory is not an assumption, but a system of knowledge that has been tested, repeatedly verified and justified in practice. Through them, psychologists understand the complex layers of the human mind and try to find explanations for behavior in various situations. Therefore, theories are the basis of psychology - they show the way, give depth and turn science into a whole system.

Results and discussion: The connection between theory and practice in psychology is extremely important, and these two areas complement and strengthen each other. Theory is a set of scientifically based ideas that serve to



explain and predict mental phenomena, while practice is the application of theoretical knowledge in life, in real conditions, that is, a set of methods and approaches used in direct work with people. Psychological practice can never be effective without theory. Because any practical method or intervention is first theoretically based. For example, cognitive-behavioral therapy, child psychodiagnostics, or stress management methods are all based on a certain psychological theory. Thus, theory shows what approach to choose in practical activities, what methods to use, and what results to expect. On the other hand, practice tests the theory. The results obtained during practical activities verify the correctness of the theory or make it necessary to make adjustments to it. For example, a school psychologist's work with students is based on the theory of cognitive development. If the expected results are not obtained, then the theory needs to be revised or the practical methods improved.

The experimental field of psychology deepens this connection. Experimental psychology tests theoretical assumptions in a laboratory or controlled environment. For example, special tests are used to test theories about human memory, and factors that influence behavior are studied. Evidence obtained through experiments can either strengthen or refute theories. At the same time, the results of experiments also make it possible to introduce new methods and techniques into practice. This interrelationship between theory and practice develops psychology, raising it to the level of a scientifically and practically effective science. If psychology is limited to theory, it will have little practical benefit; if it relies only on practice, it will lack a scientific basis. Therefore, the real power of psychology lies precisely in the harmony of theory and practice. Theories are used in applied psychology to solve real problems. For example, cognitive-behavioral therapy in the treatment of depression or anxiety disorders relies precisely on theoretical knowledge. Developmental psychology theories are also used to identify problems in child development.

In psychology, theory and practice are two important, complementary pillars. Theories serve to explain how the human psyche works, while practice is aimed at solving real-world problems using this knowledge. They are inextricably linked: practice without theory is unfocused, and theory without practice can be useless. For example, cognitive behavioral therapy (CBT) is widely used to treat mental conditions such as depression, anxiety disorders, or obsessive-compulsive disorder. This therapy is based on the cognitive and behavioral theories developed by famous psychologists A. Beck and A. Ellis.[2]. These



theories explain the interrelationship of human thoughts, feelings, and behaviors. In practice, this knowledge is used to identify and change the patient's negative thinking patterns. Another example is the theories of developmental psychology, such as the ideas of staged development developed by Piaget or Erikson. These theories serve as an important tool in identifying normal states and deviations in the mental development of children and adolescents.[3]

Psychologists, educators, and parents use these theories to assess a child's development and, if necessary, take appropriate psychocorrectional measures. In addition, practical work on employee motivation or stress management in the workplace is also based on humanistic or social learning theories. Therefore, psychological services cannot be effective without theoretical knowledge. Theories provide a basis, direction, and scientific credibility for practice. Practice, in turn, confirms and develops theories or stimulates the emergence of new ones. Their harmony serves the effective functioning of psychology.

It helps to increase life satisfaction and resilience among young adults. The results suggest that interventions that support existential fulfillment increase psychological well-being, which can lead to the creation of programs that focus on increasing strength, power, and purpose. As mental health professionals implement these structures in their traditional therapies, they can be integrated into psycho-educational workshops offered in educational institutions, as well as in community organizations. Cognitive-behavioral theory emphasizes that psychological problems are formed through a person's thoughts and reactions to them.

Piaget emphasized that human thinking develops gradually from childhood. Erikson, on the other hand, pointed out psychosocial problems that need to be solved at each age.

Conclusion. In conclusion, it can be said that scientific theories play an important role in the scientific development of psychology, the explanation of phenomena and the solution of practical problems. They strengthen the status of psychology as a science and serve to gain deeper knowledge about the human psyche. Scientific theories in psychology not only form a body of knowledge, but also serve as a means of analysis, comparison and guidance of practical activities. Each theory illuminates a certain aspect of the human psyche, thereby creating an opportunity for a deeper understanding of real-life problems and



finding effective solutions. The scientific level of psychology is also determined by the strength of the theoretical foundation. Therefore, modern psychology continues to develop as a meaningful, effective and experience-oriented science, not in isolation from theoretical foundations, but through them.

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