



Concept Of Memory. Types And Processes Of Memory

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Abstract: This article analyzes the importance of memory, one of the main components of the human psyche, its characteristics, types, functions, and role in human life. It also discusses the factors that influence memory processes - the influence of a person's age, personal experience, emotional state, and environmental conditions on memory. The article helps to deeply analyze and study memory problems.

Keywords: memory, types of memory, short-term memory, long-term memory, working memory, memory processes, remembering, recalling, remembering, memory types.

Introduction. Memory is an integral part of human thinking and consciousness and is one of the main psychic functions in the implementation of conscious activity. Many processes, such as human life experience, learning, work, and building relationships, are closely related to memory. Without memory, the development of a person's personality and consciousness would be impossible. Therefore, memory has long been the focus of research by psychologists, philosophers, and neuroscientists. Memory is a psychic activity through which a person receives information, stores it in his mind, and recalls it at the right time. Memory allows a person to accumulate past experience, use it in current activities, and reflect it in plans for the future. Memory is not just simple memorization, but is a complex process interconnected with other psychic functions, such as thinking, emotions, attention, and speech. The scientific study of memory begins with the works of ancient philosophers - Aristotle, Plato, and Avicenna.

Main part. Professor E.G.Goziev defines the concept of memory as follows: "Memory is a psychic process consisting of remembering, remembering, recalling, forgetting, and a sense of familiarity, directly and indirectly, voluntarily



and involuntarily, passively and actively, reproductively and productively, verbally and nonverbally, logically and mechanically, reflecting the reality (thing) in the environment. A social phenomenon that manifests both individual and generality is a mnemonic activity aimed at positively processing all impressions." It should be noted that this idea has the potential to fully reveal the complex, comprehensive aspects of memory.

Memory consists of the following main processes:

1. Remembering - the process of leaving a trace of perceived events in the cerebral cortex.

2. Recalling - the state of reviving in our minds actions perceived in the past.

3. Remembrance - is understood as the formation and strengthening of a tendency to repeat previously born actions.

4. Forgetting - the loss of information from memory due to the passage of time, decreased attention, or changes in mental health. Each process has its own mechanisms and differs according to individual characteristics. Types of memory are classified according to several criteria:

a) According to the activity of mental activity:

1) action memory - observed in the predominance of one or another manifestation of mental activity in all types of activity;

2) figurative memory - memory associated with images and scenes of life, as well as sounds, tastes, forms;

3) emotional memory - a type of memory that consists of remembering, retaining, and recalling pleasant and unpleasant experiences arising from objects and events in reality, our relationship to ourselves;

4) verbal - logical memory - a type of memory whose content is formed by thoughts, reasoning, making clear judgments and conclusions.

b) according to the purpose of the activity:

1) voluntary - is a memory process that is carried out in certain periods based on mental actions to achieve a certain goal;

2) involuntary - the involuntary, that is, the retention of things and events in memory without human will;

c) according to the duration of the material:

1) Short-term - a type of memory that provides short-term memorization;

2) long-term - work - actions and activities leave a mark on the brain for a long time;



3) operational - This is expressed in the process of performing a certain activity, temporarily using long-term memory.

Results and discussion: Neuropsychology is a field of study that studies the relationship between memory and the nervous system. In particular, the hippocampus (a part of the brain) plays an important role in memory formation. In psychology, there are many experimental methods for studying memory. These methods are used to determine the speed of memorization, forgetting, memory capacity, and individual differences in people.

Memory loss or memory impairment is one of the most mysterious diseases of humanity. Memory loss can occur suddenly, quickly or gradually. The most common memory disorder is amnesia. Amnesia is the inability to remember or poor memory of past events. Such disorders can occur as a result of Alzheimer's disease, brain injuries, and mental shocks. The following methods serve to effectively develop memory:

1. Memorization based on logical connections
2. Use of visual images
3. Meditation, concentration exercises
4. Exercise, proper nutrition
5. Repetition, group learning

These strategies activate memory and help to retain knowledge for the long term.

A large blood supply to the brain is important in the development of young memory. This requires physical activity appropriate to the child's age. That is, memory and its development depend on the physiological level of a person. In a child who is physically healthy and has sufficient physical strength, determination and memory are relatively well developed. Of course, the power of memory should not be neglected, because this is an innate gift, a genetic gift. In any case, exercises that develop memory should never be limited. Memory impairment is a problem for many teenage girls and boys today. We have already mentioned that the physiological state of a person affects memory. But this does not apply to the memory of adolescents. After all, during adolescence, the human body is relatively alert and healthy, as well as relatively good metabolism. This means that we cannot attribute physiological inactivity to memory loss in adolescents. First of all, to develop memory, it is recommended to study the factors that cause it.



Conclusion. Memory is one of the main processes of the human psyche, which is important for the accumulation of knowledge and experience, personal development and the effectiveness of activity. In-depth study of its forms, mechanisms and individual characteristics is one of the current issues of psychology. Scientifically based approaches, modern research, as well as habits in everyday life play an important role in the development and preservation of memory. As a result of research, new ways of developing memory and methods of its development are emerging. Today, memory is being studied in depth in such areas as neuropsychology, educational psychology, and clinical psychology.

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