

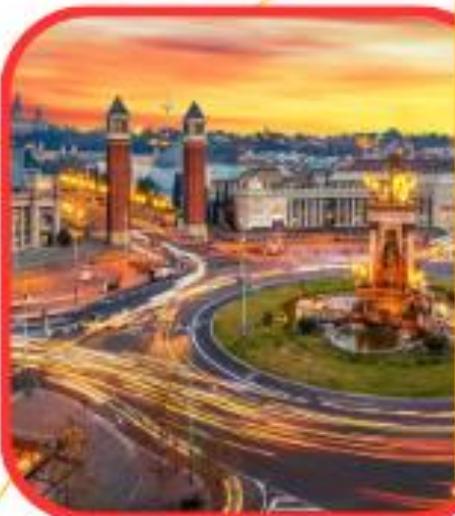


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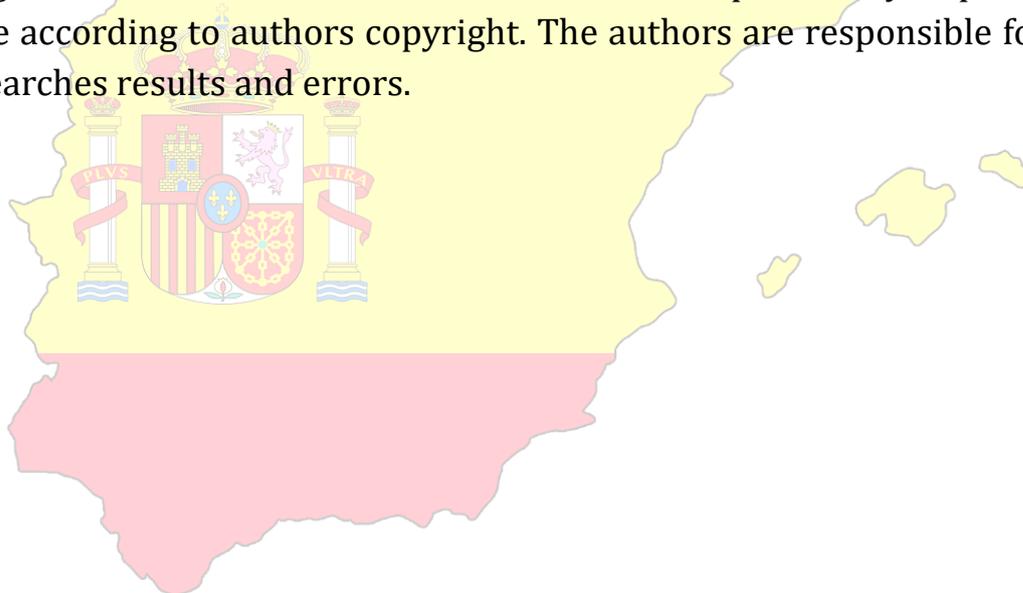


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THE PROCESS OF PERCEPTION AND ITS IMPORTANCE IN HUMAN LIFE

U.S. Jumanova

Teacher of the Department of Pedagogy and Psychology, GDPI

E-mail: ugiloyjumanova128@gmail.com

Tel: +998999271177

O.O. Norqo'ziyeva

1st year student, Primary Education program, GDPI

E-mail: ogiloynorqoziyeva8@gmail.com

Tel: +998939491506

ABSTRACT. This article analyzes the essence of perception, one of the most complex and fundamental processes of the human psyche, through the prism of cognitive and humanistic psychology. The author interprets perception not as a simple mechanical accumulation of external signals, but as a process of reconstructing the world based on subjective experience, attitudes, and social context.

The theoretical part of the article explains the differences between perception and sensation, their interrelationship, and their role in organizing human activity. The practical significance of the research is revealed through a five-stage model of perception, which describes the stages from receiving information to assigning subjective meaning to it.

Keywords: Perception, Apperception, Gestalt, Cognitive scheme, Sensory interpretation, Objective reality, Constancy.

Perception is the reflection of objects and phenomena that directly influence the sense organs in the form of a holistic image in the human brain. Scientists have interpreted this process in different ways. Hermann Helmholtz described perception as an "unconscious inference." According to him, we do not simply accept what we see; instead, we draw logical conclusions based on our previous experience.

Jean Piaget considered perception to be the foundation of intellect. He proved that perceptual schemes begin to form in childhood and determine how a person understands the world throughout life. Lev Vygotsky emphasized the social nature of perception, noting that a person perceives the world through culture and language.

To understand the mechanism of perception, the following principles are important:

Wholeness (M. Wertheimer): The human brain tends to perceive the whole rather than separate parts.

Constancy: Even if distance or lighting changes, a person perceives the shape and color of an object as unchanged.

Apperception (G. Leibniz): Perception depends on a person's psychological state, interests, and level of knowledge.

The process of perception functions in the form of the following chain:

1. Physical stimulus (Reception). Light or sound from the external environment affects the sensory organs.
2. Selection. The brain selects the most important signals among numerous stimuli.
3. Organization (Structural formation). According to W. Köhler, at this stage the brain establishes the relationship between figure and background.
4. Interpretation (Meaning assignment). Previous knowledge helps answer the question: “What is this?”
5. Reaction. A decision is made based on perceived information (for example, avoiding danger).

Thus, perception is a cognitive bridge that ensures communication between humans and the external world. Through perception, we not only receive information but also construct a personal model of reality based on our internal experiences. Studying perception helps explain why different people perceive the same event in different ways.

Perception in human life is not simply “seeing” or “hearing,” but a way of understanding reality. B.G. Ananyev emphasized that perception is closely connected with action. A person understands an object more deeply not as a passive observer but through interaction with it.

The process of perception is not only the work of sensory organs but also a complex synthetic activity of the cerebral cortex. Researchers distinguish a dynamic five-stage model of perception:

Stage 1: Sensory synthesis. According to I.P. Pavlov, excitation appears in the peripheral ends of analyzers. He considered perception a complex reflex of the “first signaling system.”

Stage 2: Object identification (Figuration). Edgar Rubin’s concept of the “figure and ground” relationship plays a central role here. Human consciousness cannot perceive everything simultaneously; it distinguishes the main object (figure) from the secondary environment (background).

Stage 3: Categorization. According to Jerome Bruner, perceiving means placing an object into a specific category. For example, when seeing an unfamiliar object, the brain may conclude: “This looks like furniture.”

Stage 4: Maintaining constancy. Helmholtz described this as an unconscious calculation. Even if a car moves away and appears smaller visually, we still understand that its real size has not changed.

Stage 5: Meaningful reflection. A.N. Leontiev emphasized the objectivity of perception and connected it with practical activity. Perception becomes complete through interaction with objects (touching, turning, examining).

The role of perception in human life is not limited to receiving information. Several conceptual aspects are important:

1. Apperception and personal experience.

The concept introduced by Leibniz shows that perception is connected with the inner psychological world of a person. We do not see the world exactly as it is; we

perceive it according to who we are. In pedagogy, this explains the importance of considering students' prior knowledge.

2. Perceptual illusions and adequacy.

Psychologist Richard Gregory described perception as a process of forming hypotheses. Sometimes the brain fills missing information incorrectly, creating illusions. Although this may cause visual errors in real life (for example, in driving or aviation), it also demonstrates the adaptive ability of the human brain.

3. Perception and intellectual development.

Jean Piaget argued that perceptual structures formed in childhood determine the framework of logical thinking in adulthood. If perception develops in a rich sensory environment (various colors, shapes, and sounds), a person's creative potential becomes higher.

4. Social perception.

Humans perceive not only objects but also the emotions and intentions of other people. As Vygotsky emphasized, a person understands themselves through others. This process is essential for communication culture and social integration.

CONCLUSION. In conclusion, perception is a complex cognitive system that ensures interaction between humans and the external world. Unlike simple sensations, perception analyzes and generalizes information. Scientific views show that perception is not only a biological process but also a socio-psychological phenomenon influenced by life experience and cultural environment.

The accuracy and breadth of perception determine a person's intellectual potential and psychological stability. The constancy of perception helps individuals orient themselves in a constantly changing environment. Even when lighting or distance changes, the brain can correctly determine the real size and color of objects.

The meaningful nature of perception distinguishes humans from animals. Humans do not merely reflect visual images but analyze them through language and thinking. As A.N. Leontiev noted, perception is part of activity and develops through practical interaction with the world.

Thus, perception is not simply "seeing" or "hearing," but the cognitive reflection of reality and the foundation of personal worldview. Modern psychophysiological research shows that training perceptual processes can significantly improve information processing speed and creative thinking. In the modern information age, this becomes an important factor for personal competitiveness and psychological well-being.

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