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Research Article

FEATURES OF THE APPLICATION OF GESTALTHERAPY

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ABSTRACT

Gestalt psychology is a school of psychology that views human consciousness and behavior as a whole. Gestalt psychology suggests that people tend to ignore their individual elements, but rather perceive objects as elements of more complex systems.

KEYWORDS

Gestalt, psyche, consciousness, subconscious, interpersonal relationships, perception, memory, configuration, emotion.

INTRODUCTION

The central belief of Gestalt psychology is holism—the whole is greater than the sum of its parts. This approach has played a significant role in the study of human perception and cognition. Gestalt is a German word that roughly means "configuration" or the way things fit together into a whole. History of Gestalt Psychology Originating

from the work of Max Wertheimer, Gestalt psychology was developed in part as a response to the structuralism of Wilhelm Wundt. While structuralists were interested in breaking down psychological problems into their smallest parts, Gestalt psychologists wanted to view the psyche and behavior as a whole. Following the principle

of holism, Wertheimer and his followers identified situations in which perception is based on perceiving things as wholes rather than as separate components.

Wertheimer developed Gestalt psychology after an event he called the phi phenomenon while observing changing lights at a railroad signal. The phi phenomenon is an optical illusion in which two stationary objects appear to move when they appear and disappear in rapid succession. In other words, we perceive motion where there is none. Based on his observations of the phi phenomenon, Wertheimer concluded that we perceive things as a whole, not by understanding their individual parts. In the example of the flashing lights at a train station, what we understand is that a single light is moving rapidly between two points. The truth was that two separate lights were flashing rapidly without any movement. Wertheimer's observations of the phi phenomenon are widely regarded as the beginning of Gestalt psychology, and he continued to advance the basic principles of the field. This school of psychology was also influenced by other psychologists. Among them, Wolfgang Kohler connected Gestalt psychology to the natural sciences, arguing that organic phenomena were examples of holism in action. He also studied hearing and the problem-solving abilities of chimpanzees. Kurt Koffka, along with Wertheimer and Kohler, is considered a founder of the field. He applied the Gestalt concept to child psychology, arguing that infants understand things as wholes before they learn to separate them into parts. Koffka played a key role in

popularizing Gestalt principles in the United States. Gestalt psychology helped to establish the idea that human perception is not just about seeing things as they are in the world around us. It is also greatly influenced by our motivations and expectations. Wertheimer created principles that explain how Gestalt perception works. Some of the most important principles of Gestalt theory include:

Pregrant: This basic principle states that we naturally perceive things in their simplest form. **Similarity:** This Gestalt principle suggests that we naturally group similar objects based on elements such as color, size, and orientation. For example, dogs can be grouped according to whether they are small or large.

Proximity: The principle of proximity implies that objects that are close to each other tend to be considered as a group.

Continuity: According to this Gestalt principle, we consider elements that are on a line or curve as connected to each other, and elements that are not on a line or curve as separate.

Filling: This implies that the elements that make up a closed object are considered as a group. To create filling and give meaning to the object, we also cover up missing information. An example of this principle of Gestalt psychology is the use of negative space to create the illusion of a missing part of a shape that is not actually there.

General area: This principle of Gestalt psychology states that we tend to group objects together if they are located in the same confined

area. (For example, objects inside a box are usually considered a group.)

"The whole is greater than the sum of its parts" (Max Wertheimer.)

Among the directions of psychology in the West, Gestalt psychology is popular, the main idea of which is to consider consciousness as a whole, and not as divided into individual elements according to the laws of creative synthesis, with the subsequent construction of psychic phenomena. Its founders and representatives include Max Wertheimer, Kurt Lewin, Wolfgang Keller, Kurt Koffka and Karl Duncker. The name of Gestalt psychology comes from the German word *gestalt*, which translates as image, structure, integral configuration. The concept of "Gestalt" was introduced by H. Ehrenfels in 1890 in the article "On the Quality of Form". In this work, he identified the specific feature of the property of transposition (transfer), which he himself called the Gestalt concept.

Gestalt is a form, configuration, a certain form of organization of separate parts that creates a whole. The subject of Gestalt psychology is the human mind, which should be studied according to the principle of integrity. The method of studying Gestalts is observation, monitoring one's own perception, reaction to events. The central mental process is visual perception. The process of solving a problem is thinking that is carried out not by selecting skills formed through errors and trials, but by systematizing the field, in other words, by understanding the insight of the present moment.

Basic principles and laws of Gestalt psychology.

Addition. If there are gaps in the perceived image, our brain independently fills in the missing parts until a complete form is created.

Transposition (transduction, transfer). The response is not to individual stimuli, but to their ratio.

Pregranst (good configuration). Any image is presented in the simplest and most understandable form.

Figure and Background. Seeing one side of the Gestalt as a figure (a closed whole), and the other as a background.

Proximity. The tendency to group objects located nearby.

Similarity. Objects are perceived together if they are similar in size, texture, shape, color, or form.

Continuity. The preference for interpreting visual information as continuous.

The founder of Gestalt psychology was the German psychologist Max Wertheimer (April 15, 1880 - October 12, 1943). In 1912, he began working on the problems of the psychology of thinking and problem-solving and the formulation of the concept of creative thinking. Then his work "Experimental Studies of the Perception of Movement" was published. It was with him that the history of Gestalt psychology began. In his work, Wertheimer questioned the old concept of the existence of separate elements

in the perception of the environment. His experiments consisted in the fact that, using special devices (strobe and tachyostoscope), subjects were asked to look at two consecutive lines (one horizontal, the other vertical or located at an angle) at different speeds. When the interval was short, the lines were perceived as data at the same time. Quickly - in succession. With an optimal movement of 60 milliseconds, one line could be seen to move to the position of the other. As if real, the movement was created.

Thus, the perception of continuous movement with the sequential movement of an object was explained: "When a certain point "A" is excited in the brain, a zone is formed around it, where the effect of the stimulus is also felt. If point "B" is excited soon after "A", a short circuit occurs between them, and the excitation passes from point "A" to point "B".

This phenomenon is called the Phi phenomenon, which refers to the illusion of two light sources that are turned on alternately moving from one place to another. This experiment proved that perception is not a set of separate sensations. It also shows that phenomena such as proximity, similarity, complementarity and symmetry are perceived, as a rule, because the mind imposes certain organizing principles on sensations.

In the 1920s, the Berlin school of Gestalt psychology began to take shape in Berlin. M. Wertheimer, K. Koffka, V. Köhler, K. Levin begin to think in this direction of perception, thinking, needs. Kohler, having experimentally studied the properties of visual perception, proved that it is a

whole, different from the sum of its parts. This conclusion became the basis of Gestalt psychology, put forward by the German and American psychologist Wolfgang Kohler (January 21, 1887 - June 11, 1967). In 1917, he wrote the book "Study of the Intelligence of Monkeys" based on his observations and studies of the behavior of mammals on the island of Tenerife. The main idea of the study was related to the fact that monkeys find different uses for an ordinary stick. It was a pole for jumping, a hook for ants, a handle for opening, a shovel for digging, a weapon for threatening each other. When the monkey saw both the goal - a banana and the means - a stick, he imagined the situation as a whole. Or this example: A monkey got used to getting fruit by standing on a box, the box was masked by placing another monkey on it, so this box became part of another gestalt.

The scientifically proven general conclusion of his work was: "The ape is not only closer to humans in some morphological and physiological features than the subspecies of monkeys, but also psychologically it is the closest relative of humans." Another founder of Gestalt psychology was the German and American psychologist Kurt Koffka (March 18, 1886 - November 22, 1941). In 1921, the work "Fundamentals of Mental Development" was published. In it, the scientist used the methods of Gestalt psychology to study the mental development of children. He tried to show that from birth, children have a vague, inadequate set of images of the outside world. Over time, they become more distinct and clearer. For example, a newborn baby has a vague image



of a parent, the gestalt of which includes his voice, face, hairstyle, and clothes.

Therefore, if the style of clothing is changed or his hair is not styled differently, a two-month-old baby may not even recognize a loved one. But after about four months, this vague image is divided, turning into a series of clear images: voices, bodies, faces (with independent gestalts: eyes, mouth, hairstyle). The work of Gestalt psychologists has created new approaches to various problems - from creative thinking to personal activity. Various studies of the psyche have made it possible to understand the laws of perception, thinking and personality development, to formulate experimental methods that are fundamentally different from previous ones.

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