

THE PROCESS OF PROOF AND BELIEF

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Abstract: Trust is the basis for success in any relationship, especially in the workplace or in personal life. Supporting opinions or claims through facts and evidence is used as decisive evidence in building trust. Confidence is easy to build when concrete evidence is presented, otherwise confidence can be diminished or lost. The Ethics and Epistemology of Trust: An Analysis of Trust as a Philosophical Concept, Related to Ethics and Cognition.

Key words: Trust, evidence, communication.

Enter. Evidence is a process of finding out the truth in a criminal case in criminal procedural law, which consists of gathering evidence, checking and evaluating it in order to determine the truth about the circumstances that are important for a legal, justified, as well as fair resolution of the case [1]. It should be noted that the general conditions of proof are defined in Chapter IX of the Code of Criminal Procedure of the Republic of Uzbekistan [2]. Evidence is carried out by the investigator, investigator, prosecutor or the court. The suspect, the accused, the defendant, the defender, the public prosecutor, the public defender, as well as the victim, the civil plaintiff, the civil defendant and their representatives are considered to have the right to participate in the evidence. Witnesses, experts, experts, translators, neutrals, including other citizens and officials may be involved in the proof. They exercise the rights related to the collection, verification and assessment of evidence and fulfill their obligations in accordance with the procedure established by law. In the process of collecting, checking and evaluating evidence, it is necessary to ensure the protection of the rights or legal interests of citizens, including enterprises, institutions, and organizations. It should be mentioned that the proof process is limited to certain periods. It is also important that the investigation of the criminal case should be completed within ten days, and the preliminary investigation within three months from the date of initiation of the criminal case. The following are prohibited during the proof: 1) committing actions that are dangerous for the life and health of individuals or denigrate their honor or dignity; 2) obtaining evidence, explanations, conclusions, experimental actions by coercion, intimidation, deception and other illegal means; 3) including conducting investigative activities at night, that is, from 10:00 p.m. to 6:00 a.m.

The exception is cases where it is necessary to prevent a crime being prepared or committed, to prevent the crime trace from disappearing or the suspect to escape, and to recreate the situation of the event under investigation during the experiment. It is prohibited by law to be present during the undressing of a person of the opposite sex, other than the investigator, investigator, prosecutor, judge, and doctors participating in the case as specialists or experts while performing work related to investigation or court actions. Inspection of documents or things that are state secrets, as well as seizure and other related actions can be carried out only according to the decision of the investigator or investigator sanctioned by the prosecutor or according to the court ruling.

Evidence is various factual information that confirms or refutes the circumstances that need to be proven in court cases. D. is the only basis for determining the truth in court and reaching a fair decision. In the Republic of Uzbekistan, D. must be collected, checked and evaluated in accordance with the procedure established by the laws on the conduct of civil,

economic, administrative and criminal cases. D. serves to substantiate the demands and objections of disputing parties in civil cases, and in criminal cases to fully and accurately determine the occurrence of a criminal incident, the identity of the person who committed it, the purpose of the crime, the degree of guilt, and the amount of damage caused. Evidence is collected only by authorized state bodies and officials. The participants of the investigation and the trial can present D. and request to include them in the case. As D., the statements of the plaintiff and the defendant, the defendant, the victim and witnesses, various documents, physical evidence and expert opinions are used.

Trust is a natural thing. No one is born insecure. Pay attention to the little boy, he starts to crawl little by little, jumps around, curiously reaches out to the things around him, if you let him, he can enter the lion's cage without fear. Because fear and anxiety are strangers, everything happens naturally in children. Insecurity comes later, that is, it is an acquired problem. Upbringing, bad experiences, social problems, mental and physical injuries ensure its occurrence.

"Alien Horses"

Are there psychological ways to increase confidence? No. Did you find our answer interesting, dear reader? Don't rush to say, "Always increase your self-confidence." Can't you stretch the neck of a flower hanging in your garden with your hand? You will get rid of the foreign horses around him so that he can growl. This simple rule should also be followed when creating trust. That is, it is necessary to remove obstacles. The obstacles are as follows:

Physical pains, cramps in the body. Burn free energy in your body because all your energy is spent on fighting pain. That's why you can't move freely, you can't concentrate. To distract yourself when your soul hurts, you either fly to the future and indulge in dreams, or you get depressed and indulge in the memories of the sixties. If you pay attention, in most cases, after the pain subsides, self-confidence will appear.

Inability to accept oneself, and problems. It goes back to upbringing. Because adults transfer their problems to children. As a result, the child begins to blame some action or aspect, shyness and self-doubt appear. It is difficult for him to join the team and society. How can a person who cannot accept himself believe that others will accept him?!

Criticism. Unnecessary criticism can also break a person, especially children. Of course, it is good to correct mistakes and teach children manners. However, it is not wrong to restrict one's actions by saying, "Don't do it like that, don't do it like that", criticizing and reprimanding, showing shame in front of others, and losing someone's confidence! Unhealthy trust can also develop when trust is not trusted. When we target our actions, words, and behavior, we begin to over-control ourselves. Other people's limitations become a reflex and become embedded in our subconscious. We can't take it easy. We live with anxiety, afraid of making a mistake. It's as if our legs and feet are chained. There can be no talk of trust here.

Conditional distrust. In fact, it is also observed that a self-confident person loses his confidence before crossing a pass. For example, you are going to an interview for a position you have dreamed of or one with a high salary and prestige. It is very important for you to get this job. You rated it highly. The excitement is strong. Worry is not less than your grade. You are constantly thinking about how to behave and look in the interview. Your subconscious is spending all its energy on it. The balance is broken - trust is lost.

Emotional trauma, bad memories also lead to withdrawal of trust. Because as your body is here, your soul will remain in the world - on the day you hurt your heart. It is natural that a person who has not lived today and here does not believe in himself.

What do we do now?

The essence of nature is trust. This is not just a matter of philosophy. When a person frees the bound nature from the chains, moves away from fakeness and harmonizes with nature, he feels confident. Different psychological prescriptions are not necessary for this.

The most effective way to increase confidence is to play sports and dance. If you remember, last year, on these same days, we met with our athletes who won in the Rio-2016 competitions and prepared an article. I have observed neither excitement nor arrogance in our athletes, who have just flown in from Brazil and are settled in a luxurious hotel in the capital, surrounded by many fans. They moved with such sincerity and ease that their self-confidence was evident. It's not about gold medals, they do sports every day and get rid of mental and physical pressure and negative energy. However, neither they nor we were worried about how I took the picture, what did I say. Some of our "stars" do not get tired of changing their interviews and photos until we hand them over to the newspaper for publication. Sometimes they are not satisfied with their appearance, sometimes with what they say. In fact, his fans are afraid to be seen as much as possible. Another example is that in Korean dramas, you have seen successful, successful businessmen who do not run in the morning. It is not for nothing that Kallayi run from the morning without saying hot is hot and cold is cold. A healthy body keeps the mind awake and healthy. So, if you want to believe in yourself, start doing physical exercises!

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