

**PSYCHOLOGICAL FOUNDATIONS AND PEDAGOGICAL
APPROACHES: EFFECTIVE WAYS TO FOSTER STUDENT
DEVELOPMENT IN EDUCATION**

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Annotation: *This article analyzes the interconnection between pedagogy and psychology, their development as complementary and reinforcing fields of study. It examines the period when pedagogical psychology was established as a scientific discipline, its founder, and the stages of its development. Furthermore, the integration of psychological approaches and pedagogical methods in the educational process is discussed. The article also explores the importance of psychological knowledge in teachers' pedagogical practices based on scientific research and practical work. Additionally, it provides information on how psychological foundations can enhance the effectiveness of the educational process and support the personal and intellectual development of students. The current role of pedagogical psychology in the education system and its future prospects are also evaluated.*

Key words: *Pedagogical psychology, pedagogical methods, scientific research, personal and intellectual development, future prospects.*

**ПСИХОЛОГИЧЕСКИЕ ОСНОВЫ И ПЕДАГОГИЧЕСКИЕ
ПОДХОДЫ: ЭФФЕКТИВНЫЕ СПОСОБЫ СОДЕЙСТВИЯ РАЗВИТИЮ
СТУДЕНТОВ В ОБРАЗОВАНИИ**

Аннотация: *В данной статье анализируется взаимосвязь между педагогикой и психологией, их развитие как взаимодополняющих и усиливающих друг друга областей науки. Рассматривается период, когда педагогическая психология была установлена как научная дисциплина, ее основатель и этапы развития. Кроме того, обсуждается интеграция психологических подходов и педагогических методов в образовательный процесс. В статье также*

подчеркивается важность психологических знаний в педагогической практике учителей на основе научных исследований и практической работы. Дополнительно приводится информация о том, как психологические основы могут повысить эффективность образовательного процесса и поддержать личностное и интеллектуальное развитие студентов. Оценены также текущая роль педагогической психологии в системе образования и ее перспективы на будущее.

Ключевые слова: Педагогическая психология, педагогические методы, научные исследования, личностное и интеллектуальное развитие, перспективы на будущее.

PSIXOLOGIK ASOSLAR VA PEDAGOGIK YONDASHUVLAR: TA'LIMDA O'QUVCHILARNI RIVOJLANTIRISHGA SAMARALI YO'LLAR

Annotatsiya: *Ushbu maqolada pedagogika va psixologiyaning o'zaro bog'liqligi, ularning bir-birini to'ldiruvchi va mustahkamlovchi fanlar sifatida rivojlanishi tahlil qilinadi. Pedagogik psixologiyaning ilmiy soha sifatida tashkil topgan davri, uning asoschisi va rivojlanish bosqichlari ko'rib chiqiladi. Shuningdek, psixologik yondashuvlar va pedagogik metodlarning ta'lim jarayoniga integratsiyasi muhokama qilinadi. Maqolada, shuningdek, psixologik bilimlarning o'qituvchilarning pedagogik amaliyotidagi ahamiyati, ilmiy tadqiqotlar va amaliy ishlar asosida ta'kidlanadi. Bunga qo'shimcha ravishda, psixologik asoslar yordamida ta'lim jarayonining samaradorligini oshirish va o'quvchilarning shaxsiy va intellektual rivojlanishini qo'llab-quvvatlash yo'llari haqida ma'lumot beriladi. Pedagogik psixologiyaning hozirgi kunda ta'lim tizimidagi roli va uning kelajakdagi istiqbollari ham baholanadi.*

Kalit so'zlar: *Pedagogik psixologiya, pedagogik metodlar, ilmiy tadqiqotlar, shaxsiy va intellektual rivojlanish, kelajakdagi istiqbollar.*

In this article we will analyze the close relationship between pedagogical psychology and psychology, as well as the role this field plays in the education system today. Psychology holds significant importance not only in pedagogy but also in many other fields, and the need to further improve these areas is becoming increasingly clear. Pedagogical psychology is a scientific discipline that examines issues related to education and psychology, focusing on the psychological aspects of cognitive processes, social, and positive qualities in the process of upbringing.

The history of pedagogical psychology dates back to the second half of the 19th century, when experimental research played a key role in the development of the field. Today, the decision of the Cabinet of Ministers of the Republic of Uzbekistan (PQ-289-SON) serves to further improve the system of training specialists in psychology and implement measures to prevent social violations, enhancing the practical importance of psychology.

These documents strengthen the scientific and practical foundations of pedagogical psychology, providing opportunities to develop the educational process from a psychological perspective. Such approaches help improve the education system in society, contribute to the proper social and moral upbringing of youth, and lay the foundation for the future development of pedagogical psychology.

The word "psychology" is derived from Greek, where "psyche" (psyuhe) means "soul" or "spirit," and "logos" (logos) means "discourse" or "study." Thus, psychology is understood as the science that studies the mental processes, behavior, and emotional states of individuals. Psychology not only studies a person's mental states, consciousness, and emotions but also examines their inner world, including various feelings, fears, and dream-like states. An example of this can be found in the research on sleep and dreams conducted by American physiologist William Dement in 1960. These studies on sleep and dreams can influence children's learning process and their consciousness, affecting their attention span, concentration, and how they behave during lessons. To reduce this, if a child is passively participating in class and struggles to focus or organize their thoughts due to sleep issues, it is essential to apply short, engaging, and brain-stimulating methods. For example, games like the "Animal Game" can be very effective in this process.

Method

Animal Game: game lasts for 2-5 minutes or even longer, and it helps children to focus, engage in physical activity, improve their emotional state, develop creative thinking, and reduce stress. Such short and interactive exercises increase children's interest in the lesson and help them participate actively and effectively in their learning. Let's take a look at how this game is played, teacher should explain it to children, for example, the teacher will say different animal names, and the children will have to perform physical movements related to those animals.

The teacher announces an animal ("lion," "rabbit," "bird," and other.). You can choose animals that involve a variety of movements—some fast, some slow, and some big or small. For example:

- 1.Lion: Children roar and make big, powerful movements with their arms.
- 2.Rabbit: Children crouch down and hop around lightly.

3.Bird: Children stretch their arms and "fly" around the room.

4.Elephant: Children make big, heavy movements, swinging their arms down like trunks.



The game continues in this way, helping to uplift the students' mood and increasing their interest in the teacher, as well as their motivation and enthusiasm.

Conclusion:

Psychological pedagogy is also developing in Uzbekistan today. It is very important to study people more deeply through family psychology, military psychology, and psychological tests, and to involve them in the educational process. In particular, the psychological approach of every educator plays a significant role in increasing students' interest in learning, motivating them, and making correct decisions regarding their future prospects. Encouraging children to take an interest in their studies and monitoring their current behavior are among the key responsibilities of teachers. An individual approach to each child is an integral part of pedagogical work. The government of the Republic of Uzbekistan is also taking serious measures in this regard and continues to work on deepening and expanding psychological pedagogy. The games and methods discussed above play a significant role in making the educational process more effective.

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