

PSYCHOLOGICAL FEATURES OF DETERMINING SELF-CONFIDENCE IN STUDENTS

Yuldasheva M. E. PhD,

Melkozieva M. A.

Senior Lecturer - Ko'kan DPI

Abstract

The article describes the psychological features of determining the self-confidence of schoolchildren. The article also analyzes the ideas of schoolchildren to develop their self-confidence.

Keywords: student, self-confidence, development of self-confidence, nurturing self-confidence.

Introduction

Today's rapid development of world culture and the acquisition of a new meaning of the problem of personality, which is a complex problem of psychology, manifests itself in a new appearance, new activity, new character, for example, mental characteristics. The mental characteristics of a student's personality also cause serious problems as a result of the rapid development of science, technology and communication networks. In psychology, the difficult mental period of students is described as adolescence as an extremely problematic period. The main and central task of student psychology is to clarify the mental development of a student, its characteristics and patterns.

For the first time, the first steps to study the feeling of "trust" were taken by P. Laskov. He believed that confidence is a phenomenon that manifests itself in the process of self-realization. In his opinion, a sense of trust represents a person's open attitude towards other people and the whole world. According to his theory, the formation of a sense of trust occurs initially in childhood, and it is one of the most important indicators of a psychologically healthy person.

In addition, E. Erickson believes that the most important factor in developing a sense of trust is not only trust in others, but also in oneself, the ability to realize one's needs and desires. Defining a child's sense of trust in the world, sensing it as the basis of a person's harmony with people, as the basis of the ability to communicate with them and at the same time emphasizing oneself as an individual, E. Erikson defined the vision of a healthy person attaching special importance to a sense of confidence as one of its indicators.

A. Maslow, the founder of humanistic psychology, believes that confidence is one of the necessary psychological factors in the formation of a self-conscious personality. In self-actualization theory, he views the feeling of confidence as a form of attitude towards the

world and argues that the feeling of confidence arises as a result of satisfying the child's basic needs.

A. Maslow says that a self-realizing person must first of all have a trusting relationship with the world. In addition, he believed that trust should be seen not only as a reaction to the world around us, but also as a reaction to oneself.

V. N. Myasishchev puts forward the idea that a person's mental development depends on the complexity and expansion of his system of relationships with the surrounding reality and, above all, with other people. Based on this idea, the positive development and socialization of the student's personality also develops in holistic relationships with the people around him.

As a result of hormonal acceleration, which is one of the psychophysiological features that characterize the difficult mental period of students, various changes are observed in their character and behavior. These changes are observed in the brightness of emotional experiences, instability, demands on oneself, the desire for independence, self-presentation, self-doubt without self-awareness.

According to the Law of Return, which is one of the important laws of practical psychology, the body does what the mind thinks. That is, when a person firmly believes in something, the mind and understanding program the entire body and organism based on this belief. All human psychology and physiology begins to work on the basis of this program. In accordance with this law, there is a need to cultivate the intellect of students. During this period, they are not able to think clearly and meaningfully on their own, and in many cases they need the support and trust of others.

Lack of trust in students is often a problem. This uncertainty is reflected in activities, that is, the educational process, physical activity and relationships with other people.

Psychologist K.A. Gelveti to Helvetian teaching, all people from birth have the same natural opportunities for intellectual and moral development. Therefore, it is explained that the difference in the mental characteristics of people arises only as a result of different influences of the environment and upbringing. Scientists recognize that the social environment plays an extremely important role in the development of the human psyche.

According to the teachings outlined, developing students' positive attitudes and building motivation to study and other activities based on confidence in them is a process that depends on the adults who work with them. Instilling self-confidence in students is a complex and lengthy process.

Respect for the personality of the student, that is, the child, is very important for developing self-confidence in students. Russian psychologist A.S. Makarenko "If someone asks me: how would you describe the essence of your teaching experience in a short formula, I will say: I would like to make as many demands on a person as possible and present him with as much as possible. replied that it should be given and respected as much as possible. Students are respected by teachers, teammates and parents in relationships, which creates in them self-confidence and desire for others, i.e. activity in relationships. The results of the practice of raising a perfect person show that comparison with another person is the worst

phenomenon and unpleasant feeling not only for students, but also for people of all ages. Comparing students with their peers creates negative and unstable feelings in them. It should not be forgotten that this rule should be followed to develop self-confidence in students. Teachers should be very careful when building relationships with students.

We would like to emphasize the following recommendations for teachers and parents to develop self-confidence in students:

- never compare with another person, especially with a peer;
- emphasize that he is not inferior to others, calling for activity;
- praise outstanding positive aspects of the student's personality;
- Try to give tasks according to his abilities and do not control him when he completes the task! Because first of all, prove that you believe in him, that you firmly believe that he can perform this activity;
- repeat your faith in the student more often in a serious tone;
- encourage activity.

When influencing a student's personality based on the above recommendations, self-confidence, independence, activity in the learning process and dynamic changes are observed.

The human personality is inherently a social species. The sources of development of creative activity of all mental properties of a person are found in the surrounding social environment, society. A person's personality is determined (conditioned) and connected with social life. Personality development consists of the process of acquiring social experience that occurs in relationships with people. In the future, this influences the formation of a person's mental characteristics, that is, his moral qualities, character, volitional qualities, interests, inclinations and abilities. Thus, we can conclude that it is possible to ensure the sustainability of self-confidence in students on the basis of a positive environment.

References

- 1.<https://daryo.uz/2021/01/03/bolada-oziga-bolgan-ishonchni-qanday-shakllantirish-mumkin>.
- 2.M.Zufarova. "Umumiy psixologiya" 2010 yil.