

THEORETICAL FOUNDATIONS FOR THE DEVELOPMENT OF SOCIALIZATION IN SCHOOLCHILDREN OF THE PREPARATORY GROUP

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Abstract: This article reflects the scientific and theoretical foundations of the development of socialization in students of the preparatory group for school, their activity processes and activity in education, problems and solutions that arise in adaptation, influencing factors, tasks such as the formation of flexibility.

Аннотация: В данной статье отражены научно-теоретические основы развития социализации у учащихся подготовительной группы к школе, их деятельность процессы и деятельность в обучении, проблемы и пути решения, возникающие при адаптации, факторы влияния, такие задачи, как формирование гибкости.

Annotatsiya. Mazkur maqolada maktabga tayyorlov guruhi tarbiyalanuvchilarida ijtimoiylashuvni rivojlantirishning ilmiy, nazariy asoslari, ularning faoliyat jarayonlari va ta'limdagi faolligi, moslashishda yuzaga keladigan muammo va yechimlari, ta'sir etuvchi omillar, moslashuvchanlikni shakllantirish kabi vazifalar aksini topgan.

Today, young children have problems adapting to many social environments. Scientists have conducted research to solve such problems. We will look at the causes of the types of problems that occur in young children. Daily routines, demands and obligations become unexpected for the child and at the same time make him stressed. A difficult condition for some children is the large area of the group room, the equipment of which differs significantly from the usual home environment. In this case, in order not to deprive the child of a sense of security, it is better to put him in a more limited place, closer to adults. It also forces the pedagogue to satisfy children's acute need for emotional connection with adults during the period of adaptation. The lack of initial preparation aimed at social adaptation of preschool children can lead to neurological reactions: Emotional disorder; Deterioration of sleep and appetite; To eliminate and develop the fear of preschool educational organization; Intensification of the disease;

Initially, a child's adaptation to preschool education is one of the most important stages of socialization in his life. the inability of the child to adapt to society causes the inability to control his emotional state. An example of this is when a child cries when he comes to kindergarten or calls his mother excessively. This shows that the child is only attached to the mother. Therefore, it is necessary to adapt the child to the social environment and the environment close to him. That is, in order not to be attached to one mother, he should spend more time with other family members. In addition, going for a lot of walks and spending time with your peers will also help you to become more accessible. The child also has problems related to sleep. This indicates that the daily routine is not well organized. The formation of the child depends on his sleep mode. In fact, it is sleep that keeps the physiological process of the daily needs of older people in harmony.

The norm of sleep for adults should be 8 hours. Young children are a little different. There is a norm set for children at every age. If he follows such a norm, the child will be healthy. Lack of sleep can be related to the family environment or to the constitution. There are levels of child development in this. The child should be taken in the prescribed manner in the period of

development. Children's sleep is monitored by parents and medical staff. The concept of fear does not appear in a child by itself. Fear can be taught to him by something or a person under the influence of external unity. What is this situation? From a young age, a child does not know the difference between good and bad. There are even children who do not know how to fight. Why do you think? The reason is simple, because it is not taught and shown to the child. So is fear. The child comes to the conclusion that this is the right thing to do by looking at various processes in our daily life and watching videos. It returns that, i.e. imitates it. After that, various creatures appear in front of the eyes. So, the boy did what he saw.

This is where fear comes from. Is it possible to overcome fear? Of course, it can be overcome. Because fear is a reaction of a person to the external environment. In this case, a person reacts in such a way to protect himself. But to believe that there are things that do not exist is an example of fantasy. There are a few techniques that can help you overcome your fears, and these techniques can help both young children and older teens. The method used to overcome fear: First of all, it is necessary to talk with the parents and make friends with the child. It is necessary to determine exactly what he is afraid of and use the necessary methods. If the child is afraid of the dark, it is necessary to use a step-by-step method of overcoming fear. This method also applies to adults. First of all, it is necessary to separate the child's bed. In the child's room, it is necessary to put the television, favorite toys around it, and turn on the lamp that emits light or the entrance lamp. I should reduce the number of objects like this every two weeks. If the child does not get used to it, it should be continued every month. For example, taking your favorite toy one at a time, then turning off the TV. If the child can't sleep without a light or lamp at the entrance, then our stage stops here. Why is fear of the dark and not being able to sleep without parents more common in children? The reason is that the child sleeps with his parents and is influenced by the external environment, imagining various creatures in his dreams, which causes fear in the child. This method consists in teaching the child to sleep independently and overcoming fear through objects. We can see many similar cases where even adult children who sleep with adults may not be able to sleep alone. The reason for this is the big people around. It can be caused by taking the child to sleep with him from a young age, taking care of him too much. We know that even from a medical point of view, a young child's bed and an adult's bed should be separate. The child's social and psychological adaptation occurs in different ways and directly depends on the child's age, state of health, type of high nervous activity, upbringing style in the family and relationships between its members, game skills depends on the level of development. To a large extent, the social adaptation of preschool children depends on how the parents morally and physically prepared the child for future changes, as well as on the individual typological characteristics of the child. Choleric and sanguine people adapt faster than phlegmatic melancholics. In order to facilitate the social adaptation of children, parents should teach their children the art of communicating with peers and adults from a young age, and follow the correct daily routine. It is necessary to encourage the child's independence from the smallest age, then he will grow into a healthy and perfect person.

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