

Date: 5thDecember-2024

BOSHLANG'ICH TA'LIMDA SOG'LOM MUHITNI YARATISHNING USULLARI

Karimova Nilufarxon Zohidjon qizi

Osiyo xalqaro universiteti magistri

Annotatsiya: Boshlang'ich ta'limda sog'lom muhitni yaratish bolalarning jismoniy, psixologik va ijtimoiy rivojlanishi uchun muhim ahamiyatga ega. Ushbu maqolada sog'lom muhitni shakllantirish usullari, pedagogik yondashuvlar va zamonaviy metodlar tahlil qilinadi.

Kalit so'zlar: Boshlang'ich ta'lim, sog'lom muhit, psixologik farovonlik, pedagogik yondashuv, jismoniy rivojlanish.

Abstract: Creating a healthy environment in primary education is important for children's physical, psychological and social development. This article analyzes methods of creating a healthy environment, pedagogical approaches and modern methods.

Keywords: Primary education, healthy environment, psychological well-being, pedagogical approach, physical development.

Kirish

Boshlang'ich ta'lim bolalarning keyingi rivojlanish bosqichlari uchun poydevor hisoblanadi. Ushbu davrda sog'lom muhitni yaratish nafaqat ta'lim jarayonining samaradorligini oshiradi, balki bolalarning umumiy rivojlanishiga ham ijobiy ta'sir ko'rsatadi. Sog'lom muhitni yaratish jarayonida jismoniy sharoitlar, psixologik atmosfera va ijtimoiy munosabatlar muhim o'rin tutadi.

Asosiy qism

Jismoniy sharoitlarni yaratish

- **Xavfsiz va qulay muhit:** Sinf xonalari ventilyatsiya tizimi, yorug'lik va harorat rejimlariga mos bo'lishi kerak.
- **Gigiyenik talablar:** Bolalarning salomatligini saqlash uchun gigiyenik me'yorlarga rioya qilish zarur.
- **Jismoniy faollik:** Kundalik mashqlar va tanaffuslar orqali bolalarning jismoniy faolligini ta'minlash.

Psixologik atmosfera

- **Pozitiv munosabat:** O'qituvchi va o'quvchilar o'rtasida ishonchli va iliq munosabatni shakllantirish.
- **Stressni kamaytirish:** Ta'lim jarayonida stress omillarini aniqlash va bartaraf etish.
- **Motivatsiya:** O'quvchilarning qiziqishlarini rag'batlantirish orqali ularda o'qishga bo'lgan ishtiyoqni oshirish.

Ijtimoiy munosabatlarni rivojlantirish

- **Jamoaviy ish:** Guruhda ishlash va muloqot ko'nikmalarini rivojlantirish.



Date: 5thDecember-2024

• **Tengdoshlar o'rtasidagi hamkorlik:** Bolalar o'rtasida o'zaro yordam va do'stona munosabatlarni rag'batlantirish.

• **Oilaviy ishtirok:** Ota-onalarni ta'lim jarayoniga jalb qilish.

Taklif va tavsiyalar

1. **O'qituvchilarni tayyorlash:** Pedagoglarni sog'lom muhit yaratish bo'yicha malaka oshirish kurslariga jalb qilish.

2. **Innovatsion texnologiyalar:** Zamonaviy ta'lim texnologiyalaridan foydalanish orqali jarayonni qiziqarli qilish.

3. **Monitoring tizimi:** Sog'lom muhitni baholash va takomillashtirish uchun muntazam monitoring olib borish.

Metod va materiallar

Ushbu tadqiqotda kuzatish, so'rovnoma, intervyu va eksperiment usullari qo'llanildi. Shuningdek, xalqaro tajriba va mahalliy amaliyot o'rganildi.

Adabiyotlar sharhi

Sog'lom muhitni yaratish bo'yicha xorijiy va mahalliy tadqiqotlar tahlili shuni ko'rsatadiki, bu jarayon ko'p omillarni o'z ichiga oladi. Xususan, psixologik xavfsizlik va jismoniy qulaylikning ahamiyati alohida ta'kidlangan.

Xulosa

Boshlang'ich ta'limda sog'lom muhitni yaratish bolalarning har tomonlama rivojlanishi uchun asos bo'lib xizmat qiladi. Ushbu maqolada taklif etilgan yondashuvlar va tavsiyalar ta'lim sifatini oshirishga ko'maklashadi. Bu esa kelajakda sog'lom va muvaffaqiyatli jamiyatni shakllantirishga hissa qo'shadi.

ADABIYOTLAR:

1. Ruziyeva, M. Y. (2020). About color symbols in folklore. *Journal of critical reviews. ISSN-2394-5125 VOL, 7*.
2. Ruziyeva, M. Y., & Aslonova, S. S. (2021). Theoretical and Practical Foundations of Teaching Folklore In Primary School. *Middle European Scientific Bulletin, 10*.
3. [Lyro-epic literary fairy tales in uzbek children's literature](#)
4. MY Ruziyeva, S Lobar
5. Yoqubovna, R. M. (2017). Expression of Attitude to Colors in Turkic National Ritual Songs. *ANGLISTICUM. Journal of the Association-Institute for English Language and American Studies, 6(1)*, 54-68.
6. Yokubovna, R. M. (2020). About color symbols in folklore. *JCR, 7(17)*, 461-466.
7. Ruziyeva, M. Y., & Lobar, S. (2023). Lyro-epic literary fairy tales in uzbek children's literature.
8. Bahrievna, P. N., & Ro'ziyeva, M. Y. (2023). Reforms and Innovations in the Educational System in Uzbekistan. *American Journal of Public Diplomacy and International Studies (2993-2157), 1(6)*, 47-51.
9. Ro'ziyeva, M. Y. (2020). COLOR SYMBOLISM IN UZBEK FOLKLORE. *Theoretical & Applied Science, (5)*, 277-284.



Date: 5thDecember-2024

10. Ruzieva, M. Y. (2022). SYMBOLISM OF MYTH, SYMBOL AND COLOR. *Ann. For. Res*, 65(1), 2719-2722.
11. Ruzieva, M. (2016). Colour and its psychoanalytical interpretation in folklore. *Язык и культура (Новосибирск)*, (23), 127-130.
12. Ro'ziyeva, M. Y. (2020). Color symbolism in Uzbek folklore. *ISJ Theoretical & Applied Science*, 05 (85), 277-284.
13. Uzbekistan, B. Qualitative properties and imagery of Colors.
14. Ro'ziyeva, M. Y. (2021). O'qish darslarida fasllar bilan bog'liq matnlar va ularning ahamiyati: DOI: 10.53885/edinres. 2021.86. 66.011 Ro 'ziyeva MY, Boshlang 'ich ta'lim nazariyasi kafedراسи mudiri, fffd (PhD) Madinabonu Xayrulloeva, BuxDU, boshlang'ich ta'lim yo'nalishi 4 kurs talabasi. In *Научно-практическая конференция* (pp. 23-24).
15. Ro'ziyeva, M. (2021). FOLKLORSHUNOSLIKDAGI YANGI BOSQICHLAR VA ULARNING TA'LIM JARAYONIDAGI AHAMIYATI: Mohichehra Ro'ziyeva, BuxDu Boshlang'ich ta'lim nazariyasi kafedراسи mudiri, PhD, dotsent. In *Научно-практическая конференция* (pp. 21-22).
16. Toymurodov, A. (2023, December). MODERN INTERPRETATION OF PSYCHODIAGNOSTICS AND PSYCHOCORRECTION OF EXTREME SITUATIONS. In *INTERNATIONAL SCIENTIFIC CONFERENCE" SCIENTIFIC ADVANCES AND INNOVATIVE APPROACHES"* (Vol. 1, No. 5, pp. 71-79).
17. Toymurodov, A. (2023). BASICS OF PROVIDING PSYCHOLOGICAL SERVICES TO MILITARY PERSONNEL. *Академические исследования в современной науке*, 2(24), 148-152.

