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SHAXSNI TARBİYALASHDA PSIXOLOGIK OMILLAR

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Annotatsiya: Mazkur maqolada shaxsni tarbiyalash jarayonida psixologik omillarning ahamiyati tahlil qilinadi. Shaxsning rivojlanishiga ta'sir etuvchi ichki va tashqi omillar, ularning tarbiya jarayonidagi o'rni, shuningdek, samarali tarbiyaviy usullarni qo'llashning psixologik jihatlari ko'rib chiqiladi. Maqola tarbiyachilar va o'qituvchilar uchun amaliy tavsiyalarni o'z ichiga oladi.

Kalit so'zlar: Shaxs, tarbiya, psixologik omillar, rivojlanish, motivatsiya, emotsional muhit, tarbiyaviy usullar.

Abstract: This article analyzes the importance of psychological factors in the process of raising a person. Internal and external factors affecting the development of the person, their place in the educational process, as well as the psychological aspects of using effective educational methods are considered. The article contains practical recommendations for educators and teachers.

Key words: Personality, education, psychological factors, development, motivation, emotional environment, educational methods.

Kirish Shaxsni tarbiyalash jamiyatning eng muhim vazifalaridan biridir. Bu jarayon insonning psixologik xususiyatlarini, uning rivojlanish bosqichlarini va atrof-muhitning ta'sirini hisobga olgan holda amalga oshiriladi. Tarbiya jarayonida psixologik omillarni chuqur tahlil qilish va ulardan samarali foydalanish o'quvchi va tarbiyalanuvchilarning shaxs sifatida shakllanishiga katta ta'sir ko'rsatadi.

Asosiy qism Shaxsni tarbiyalashda quyidagi psixologik omillar muhim ahamiyatga ega:

1. **Ichki psixologik omillar:**

- o Individual xususiyatlar: temperament, xarakter, qobiliyat.
- o Motivatsiya: o'quvchilarning o'z-o'zini rivojlantirishga bo'lgan qiziqishi.
- o Emotsional holat: tarbiyalanuvchining ruhiy barqarorligi va ijobiy kayfiyati.

2. **Tashqi psixologik omillar:**

- o Oilaning ta'siri: tarbiyadagi muhit va ota-onaning roli.
- o Ta'lim muassasasining ta'siri: o'qituvchi va tengdoshlarning roli.
- o Jamiyatning ta'siri: madaniy va ijtimoiy qadriyatlar.

3. **Tarbiyaviy usullar:**

- o Motivatsion yondashuv: rag'batlantirish va qo'llab-quvvatlash.
- o Individual yondashuv: har bir shaxsning xususiyatlarini hisobga olish.
- o Refleksiya: o'z-o'zini baholash va tahlil qilish ko'nikmalarini shakllantirish.

Metod va materiallar Maqolada tahliliy va empirik metodlardan foydalanilgan. Tarbiya jarayonida qo'llanilgan psixologik usullar va yondashuvlar bo'yicha ilmiy



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adabiyotlar o'rganilib, tajriba-sinov ishlari o'tkazildi. Shuningdek, oilalar va ta'lim muassasalarida kuzatuvlar olib borildi.

Taklif va tavsiyalar

1. O'quvchilarni tarbiyalashda ularning individual xususiyatlarini hisobga olish zarur.
2. Tarbiyaviy jarayonda ijobiy emotsional muhitni shakllantirish muhim.
3. Ota-onalar va o'qituvchilar uchun maxsus psixologik treninglar tashkil etish lozim.
4. Jamiyatda sog'lom qadriyatlarni targ'ib qilish orqali yoshlarning ijtimoiy mas'uliyatini oshirish mumkin.

Adabiyotlar sharhi Mazkur mavzuga oid bir qator ilmiy manbalar o'rganildi. Masalan, Vygotskiyning rivojlanish psixologiyasi bo'yicha ishlari, Eriksonning psixososial rivojlanish nazariyasi, shuningdek, zamonaviy pedagogik psixologiya sohasidagi tadqiqotlar asos qilib olindi. Ushbu manbalar shaxsni tarbiyalashda psixologik omillarning o'rni va ahamiyatini chuqurroq tushunishga yordam beradi.

Xulosa Shaxsni tarbiyalashda psixologik omillarni hisobga olish ta'lim jarayonining samaradorligini oshiradi. Motivatsiya, individual yondashuv va ijobiy emotsional muhit shaxsning to'laqonli rivojlanishiga xizmat qiladi. Ushbu maqolada keltirilgan tavsiyalar tarbiya jarayonini yanada takomillashtirishga ko'maklashadi.

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