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O'QUVCHILARNI PSIXOLOGIK QO'LLAB-QUVVATLASHNING AHAMIYATI

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Annotatsiya Mazkur maqolada o'quvchilarni psixologik qo'llab-quvvatlashning ta'lim jarayonidagi o'rni va ahamiyati tahlil qilinadi. Psixologik qo'llab-quvvatlashning o'quvchilarning emotsional farovonligi, motivatsiyasi va akademik muvaffaqiyatiga ta'siri haqida batafsil ma'lumot beriladi. Shuningdek, o'quvchilarni psixologik qo'llab-quvvatlashning samarali usullari va yondashuvlari muhokama qilinadi.

Kalit so'zlar: Psixologik qo'llab-quvvatlash, emotsional farovonlik, motivatsiya, ta'lim jarayoni, stressni boshqarish, ijtimoiy moslashuv.

Abstract This article analyzes the role and importance of psychological support of students in the educational process. The effects of psychological support on students' emotional well-being, motivation, and academic achievement are detailed. Effective methods and approaches to psychological support of students are also discussed.

Key words: Psychological support, emotional well-being, motivation, educational process, stress management, social adaptation.

Kirish Zamonaviy ta'lim tizimida o'quvchilarni psixologik qo'llab-quvvatlashning ahamiyati tobora ortib bormoqda. O'quv jarayonida o'quvchilarning faqat bilim va ko'nikmalarini rivojlantirish emas, balki ularning psixologik holatini ham qo'llab-quvvatlash zarur. Bu nafaqat o'quvchilarning emotsional farovonligini oshiradi, balki ularning ta'lim jarayonidagi ishtirokini ham kuchaytiradi. Ushbu maqolada o'quvchilarni psixologik qo'llab-quvvatlashning asosiy jihatlari va usullari ko'rib chiqiladi.

Asosiy qism

- Psixologik qo'llab-quvvatlashning mohiyati:**
 - O'quvchilarning emotsional va ijtimoiy ehtiyojlarini qondirish.
 - Stress va xavotirni boshqarishda yordam berish.
 - O'quvchilarning o'z-o'zini anglash va o'ziga bo'lgan ishonchini oshirish.
- Psixologik qo'llab-quvvatlashning ahamiyati:**
 - Emotsional farovonlikni ta'minlash:** O'quvchilarning ruhiy salomatligini qo'llab-quvvatlash ularning o'qish samaradorligini oshiradi.
 - Motivatsiyani oshirish:** Psixologik yordam motivatsiyani kuchaytiradi va o'quvchilarning ta'limga bo'lgan qiziqishini oshiradi.
 - Akademik muvaffaqiyat:** Psixologik jihatdan qo'llab-quvvatlangan o'quvchilar o'qish jarayonida yuqori natijalarga erishadi.
- Psixologik qo'llab-quvvatlash usullari:**
 - Individuallashtirilgan yondashuv:** Har bir o'quvchining ehtiyojlarini hisobga olish.
 - Stressni boshqarish treninglari:** Stressni kamaytirish va emotsional barqarorlikni oshirish uchun mashg'ulotlar o'tkazish.



Date: 9th December-2024

- **Ijtimoiy qo'llab-quvvatlash:** Guruh ishlari va jamoaviy faoliyatlar orqali o'quvchilarning ijtimoiy ko'nikmalarini rivojlantirish.
- **Psixologik maslahat:** O'quvchilar bilan alohida suhbatlar orqali ularning muammolarini aniqlash va yechish.
- 4. **O'quvchilarni psixologik qo'llab-quvvatlashda pedagoglarning roli:**
 - Pedagoglar o'quvchilarning psixologik ehtiyojlarini aniqlashda asosiy rol o'ynaydi.
 - O'qituvchilar emotsional qo'llab-quvvatlash orqali o'quvchilar bilan ishonchli munosabatlarni shakllantirishi kerak.
 - Psixologik qo'llab-quvvatlash bo'yicha maxsus treninglarda ishtirok etish pedagoglarning malakasini oshiradi.

Metod va materiallar Mazkur maqolada nazariy tahlil va amaliy kuzatuv usullari qo'llanildi. Psixologik qo'llab-quvvatlash bo'yicha ilg'or tajribalar o'rganildi va o'quvchilarning emotsional holatini baholash uchun so'rovnomalar o'tkazildi. Olingan natijalar asosida qo'llab-quvvatlashning samaradorligi tahlil qilindi.

Taklif va tavsiyalar

1. Har bir ta'lim muassasasida psixologik qo'llab-quvvatlash xizmatlarini tashkil etish lozim.
2. O'quvchilarning stress darajasini kamaytirish uchun maxsus dasturlar ishlab chiqish zarur.
3. Pedagoglar va ota-onalar uchun psixologik savodxonlikni oshiruvchi treninglar o'tkazish tavsiya etiladi.
4. Ta'lim jarayonida ijtimoiy va emotsional o'rganish dasturlarini joriy etish kerak.

Xulosa O'quvchilarni psixologik qo'llab-quvvatlash ularning ta'lim jarayonidagi muvaffaqiyati va emotsional farovonligini ta'minlashda muhim ahamiyatga ega. Samarali qo'llab-quvvatlash usullari o'quvchilarning stressni boshqarish, motivatsiyani oshirish va akademik natijalarni yaxshilashga yordam beradi. Ushbu maqolada keltirilgan yondashuvlar va tavsiyalar ta'lim tizimini takomillashtirishga xizmat qiladi.

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Date: 9thDecember-2024

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Date: 9thDecember-2024

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Date: 9th December-2024

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Date: 9thDecember-2024

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