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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: 9th December-2024

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Date: 9thDecember-2024

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