

Pedagogical -Psychological Methods In Stabilizing The Mental - Emotional State Of Special School Pupils

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Abstract: this article studies the development and improvement of methods for stabilizing the mental-emotional state of special school children. In the process of globalization, the system and method of innovative methods in the rehabilitation of the deviant behavior of adolescents, which occurs at high rates throughout the world, as a result of the comparison of world-scale experiences, the ideas and best practices about the implementation of the improved methods and modules are highlighted.

Key words: method, psychophysical method, special school, experience, modeling, heuristic method, psychodiagnostics, experiment.

INTRODUCTION

In fact, each pedagogue staff chooses a teaching method for special school students, and psychologists of the institution work with psychological methods to improve the mental and emotional state of the students. The potential and reputation of science depends primarily on the reliability and validity of the data collected using those methods. These ideas are directly related to psychology, and the issue of methods is considered a very important issue in this science. Because, as we mentioned above, it is difficult to grasp psychic phenomena directly with hands, observe them with eyes, and perceive them with ears. Education and training of special school students is carried out in a strong and integral unity. However, education has its own task, content, form and methods. The integrity of the educational process in this institution is one of the most important pedagogical rules set before the school, therefore, educational activities outside the classroom and school are directly connected with the educational process.

The main tasks of extracurricular activities of educators are to instill in students a desire to learn,

to create an opportunity to realize their abilities and talents, to successfully graduate from school, and to cultivate a sense of aspiration for a career.

The daily needs, aspirations, demands and interests of special school pupils cannot be satisfied only by the course of the lesson. Extracurricular and extracurricular activities should cover all aspects of students' activities. Working with each student one-on-one, studying him from a social and spiritual point of view brings a new meaning to the activity of the institution.

One of the first methods that a psychologist uses with students of an institution is the observation method, which is one of the most natural and vital methods. Because many of our habits and actions that we have learned in life are based on the information that we unknowingly observed and kept in our memory in this way. From the scientific point of view, the types and stages of observation differ.

It is necessary to take into account the main factors that increase the cognitive ability of a special school student. Systems aimed at developing students' abilities are manifested in the

form of certain didactic rules. Didactic principles determine the requirements for the content and processes of education, and they change historically according to the function of certain educational institutions. The introduction of a number of pedagogical innovations, such as the use of the marketing system, in special school education institutions of Uzbekistan has turned the educational process into a complex system of personality formation and development. It includes both external influences and the system itself. The complexity of the educational process in a special (remedial) school is that the result is not as noticeable as in a public school. However, the existence of "deviation" in the education of a child cannot change the general ideological direction of the educational work carried out with him. At this point, survey methods are valued as a means of collecting valuable scientific data through the study of thoughts and ideas in the psychology of life. Therefore, survey methods are one of the traditional methods of collecting primary data in all branches of psychology. In it, the examinee will have to give brief answers to a series of questions posed by the examiner. To conclude, it should be said that survey methods are a valuable way to study human psychology, to determine his worldview and level. But using it correctly in a professional manner and correctly analyzing the results is of great practical importance.

The general ideological direction in the education of students in a special (corrective) school remains the same as in a public school. However, the development characteristics of a child whose mental development is limited by the school cannot be taken into account when the school solves educational problems. "That is, the educational process in a special (remedial) school is more dynamic, dynamic and unpredictable than in the public one. Raising children with intellectual disabilities is more difficult than other categories of

children with special educational needs. The special education system means special educational institutions that carry out "correction", "compensation", and "rehabilitation" work for children with physical and mental deficiencies. Boarding schools for disabled children, for children with hearing impairment, are understood to have different effects on students' cognitive activity, recommended by M.N.Skatkin and I.YA The classification is noteworthy. They distinguished the following methods of teaching:

- 1) demonstrative-explanatory
- 2) reproductive
- 3) problematic
- 4) traceability
- 5) research

According to the essence of the demonstrative-explanatory method, the teacher delivers the prepared materials to the student.

And the students of the special school think about it and remember it. This is the most efficient method and takes less time. However, by using it, the skills of applying the received information are not formed. This method is used in traditional lectures, where the teacher first gives the theory, then uses visual aids to analyze psychological research and empirical research. Before explaining a new topic, the teacher should pay attention to the connection of the topic with the previous ones and its place in science. The essence of these methods is that students must repeat certain learning activities. They acquire new skills and competencies by repeating the actions of the model given by the teacher or psychologist in the special school. This method is usually used in seminars and practical training.

According to the essence of the problem-based method, the psychologist puts a problem in front of the students and shows the way to solve it, and in other situations, the students themselves find the solution to the problem individually or in a group.

In this regard, educational skills are formed in students. The application of this method in lecture sessions will be in the following order. The teacher first poses a problem, gives facts, and then gives a theoretical analysis. This proves that psychological knowledge is useful in solving problems. The use of problem-based learning serves as an effective motivation in teaching psychology. Before explaining a new topic, a problematic question is asked. In the process of solving this problem, new knowledge, skills and competences are acquired. Knowing how to solve a problem and set it correctly makes the lesson more interesting and understandable. E.A. Klimov described this method as solving a pedagogical problem by means of "psychological knowledge". The partial traceability method is usually called a heuristic method. In this case, the teacher presents the problem in the form of separate tasks, and the students look for a step-by-step solution to the problem. As soon as the problem is solved independently, the whole process is planned by the teacher. This method is often used in practical training. It can also be used when writing coursework.

In the field of crime prevention and related problems have always required the intervention of a psychologist. Because a criminal or a child with a tendency to delinquency does not form by itself, the factors, motives, and issues of child re-education and rehabilitation require knowing the nature of social and psychological processes and actively influencing them.

That is why great attention is paid to the formation of legal education and legal culture among young people in our country, and in this work the place and role of a practical worker - a psychologist is great. What is common to the applied fields of psychology recognized above is that those who work in these fields are first of all a good psychodiagnostic, that is, they know how to effectively use the methods of psychology in their

place, and a good psychotherapist and psychocorrector - that is, one who corrects the identified problem or "disease". requires a skilled professional. The most important methods of psychology are: observation, test, survey, experiment, modeling, and through these methods it is possible to diagnose the behavior of a person in different situations.

In conclusion, currently, the science of psychology includes applied and applied fields and special branches of psychology - youth and pedagogical psychology, social psychology, economic psychology, legal psychology, industrial and production psychology, management psychology, medical psychology, psychodiagnostics and differential psychology, which are social is widely used in all spheres of life. Industry and production field Applied work in the field of industry and production of products is first of all from the correct and rational organization of personnel reserves in a concrete organization, to scientific study of the complex of factors affecting the working conditions and labor productivity of employees, and to obtain results in life. is a set of directed actions. In the conditions of current market relations, two areas of applied work in this direction can be distinguished. These include marketing services, working with employees. The first is the most modern and important work, where the task of the psychologist is "What?" and "Who?" is to help learn that there is a need to buy. Because demand and need are categories directly related to a person and his system of psychological relations, and the effective operation of enterprises or organizations in the market and competition conditions begins first of all by distinguishing the products that can be bought and analyzing how well they match people's needs and demands.

In this regard, it was noted that such psychological methods can be used for special school students.

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