

# Pedagogical And Psychological Features Of Students' Self-Development

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**Annotation:** As everyone seems to know, today's education requires students to work on themselves. This article discusses the educational and psychological aspects of students' work on themselves. Researchers that have performed research in this area have their own points of vantage point. This article also offers suggestions on what to value in self-development. Effective teaching strategies are given. What pupils should focus on in order to improve their own qualities is talked about and addressed individually.

**Keywords:** Self-development, personal growth, knowledge, skills, self-awareness, cognitive development, teaching strategies..

## INTRODUCTION.

Self-development in students is an important part of the educational system, involving not just academic advancement but also personal, social, and emotional maturation. Understanding the pedagogical and psychological factors that impact this self-development can aid educators in creating effective educational achievement settings that promote holistic growth. In "Learning and Development: A Human Resource Perspective," Steven J. Stowell explores several elements of organizational learning and development, utilizing ideas that are also applicable in the world of education. [1]

Self-development is the continual process of personal growth and progress motivated by the individual's desire for information, skills, and self-awareness. In an educational setting, it entails the development of critical thinking, emotional intelligence, and interpersonal skills, all of which are required to navigate life's problems. The purpose of self-development is to prepare pupils to be lifelong learners and adaptive persons. Annie Brock and Heather Hundley's book, 'The Growth Mindset Coach: A Teacher's Month-by-Month Handbook for Empowering Students to Achieve,' delves into numerous pedagogical and

psychological aspects that contribute to students' self-development, particularly through the lens of creating a growth mindset. [2]

Effective teaching practices are essential for developing self-development. Educators can use a variety of strategies to accommodate different learning styles and demands. For example, project-based learning allows students to engage fully with knowledge while also building problem-solving and cooperation abilities. Similarly, inquiry-based learning encourages students' curiosity and independent thinking, allowing them to take control of their educational experiences. Carol S. Dweck is well-known for her study into motivation, personality, and development, notably her concept of the 'growth mindset.' Her research provides insights into the educational and psychological aspects of students' self-development. [3] A well-structured curriculum is essential for promoting self-development. Curriculum that incorporates social and emotional learning (SEL) assists students in understanding and managing their emotions, developing relationships, and making responsible decisions. This integration creates a supportive learning atmosphere in which students feel appreciated and driven. Furthermore, curriculum that stress real-world applications and

interdisciplinary learning can help students relate their studies to their interests and future goals.

Assessment procedures have a substantial impact on self-development. Traditional evaluations frequently focus primarily on grades, which can erode students' motivation and self-esteem. In contrast, formative evaluations that give continuous feedback enable students to reflect on their learning and discover areas for development. This technique fosters a growth mentality in pupils, who see setbacks as chances to learn rather than obstacles. Educators may foster conditions that inspire perseverance, resilience, and a desire to face obstacles.

Motivation is an essential component of self-development. Intrinsic motivation, in which pupils learn for personal gratification and interest, leads to increased engagement and information retention. Educators may boost intrinsic motivation by giving students authority over their learning choices, linking classes to their interests, and instilling a feeling of purpose in their studies.

Emotional intelligence (EI) is important for personal development since it influences how pupils regulate their emotions and interact with others. Developing EI entails teaching children how to understand their emotions, empathize with their peers, and deal with social circumstances appropriately. Programs that focus on emotional and social learning can provide students with the skills they need to negotiate interpersonal interactions and deal with stress, improving their overall well-being.

Cognitive growth is critical to personal development. Encouraging metacognition, or thinking about what one is thinking, helps pupils become more conscious of their learning processes. Teaching practices that encourage reflection, such as blogging or peer conversations, can help students better recognize their strengths and flaws. Furthermore, knowing cognitive biases can help

students make better informed decisions regarding their education and personal development.

The interaction between educational and psychological aspects is continually changing and interrelated. Taking effect educational practices can improve students' psychological well-being, while a thorough grasp of psychological concepts can guide imparting knowledge approaches. For example, when teachers provide a supportive and responsive classroom atmosphere, kids are more likely to feel safe and motivated, which promotes self-development. Real-world instances demonstrate this dynamic. Schools that combine comprehensive curriculum with innovative teaching approaches frequently report increased academic achievements and emotional well-being among students. Such settings not only encourage academic success, but also provide kids together with the essential abilities to navigate life's problems.

To summarize, the educational and the psychological components of learners and their self-development are crucial in developing a complete person person. Educators may foster academic and personal growth by using a variety of teaching styles, establishing inclusive curriculum, and applying reflective procedures for evaluation. Simultaneously, cultivating motivation, emotional intelligence, and cognitive awareness is critical for allowing children to direct their own growth. An integrated strategy that considers both pedagogical and psychological factors will educate students not just for academic achievement but also for meaningful, rewarding lives.

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