

SELF-DEVELOPMENT AND SELF-IMPROVEMENT OF THE INDIVIDUAL IN TRAININGS

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ABSTRACT

The article is devoted to the topic: Self-development and self-improvement of the individual in trainings, training as a tool for personal development. The article describes what self-development and self-improvement are, what is their difference, when the first trainings appeared and why they were needed, the features of the training are also considered, how to raise self-esteem or spirit in some cases. The article pays great attention to how to develop oneself, as well as the impact of trainings not only on the adult, but also on the child's body.

Keywords: Personality, development, self-development, self-improvement, training, learning, reading, discipline.

President of Uzbekistan Shavkat Mirziyoyev, addressing the Oliy Majlis and the people of Uzbekistan, proposed to proclaim 2023 the Year of Human Care and Quality Education (Insonga etibor va sifatli talim yili).

The President stressed that it is necessary to continue reforms in the field of education, "to go to educational institutions, to meet more with teachers, to solve existing problems together, to promote the implementation of their ideas to improve the quality of education." "We will include in next year's State Program all the issues raised by our people, indicating specific ways to solve them. I ask you to be active in this process, putting forward new initiatives, deputies and senators, representatives of mahallas, intellectuals, youth and entrepreneurs, the general public," the head of state urged. [1]

At the beginning of his speech, the head of state noted that the year 2022 was a very difficult year of trials. "The experience we have gained during this period reaffirms one truth: only through hard and selfless work can progress be achieved," he said. This year, the population of Uzbekistan exceeded 36 million, annually replenishing with a new generation of almost 900 thousand people, "which, of course, pleases us," the president said. "We are trying to create all the necessary conditions for everyone in our large and friendly family – Uzbekistan – to live in peace and prosperity," the head of state said. He noted a number of achievements of the country, "despite the pandemic, the deep economic, political crisis and contradictions in the world." "As a result of large-scale and effective reforms, the country's gross domestic product exceeded \$80

¹ Lex.uz. Law of the Republic of Uzbekistan, dated 2022 No. ZRU-637

billion for the first time. This year alone, \$8 billion of foreign direct investment was attracted to our economy, and exports reached \$19 billion," the president said.

ON THE STATE PROGRAM FOR THE IMPLEMENTATION OF THE DEVELOPMENT STRATEGY OF NEW UZBEKISTAN FOR 2022-2026 IN THE "YEAR OF HUMAN CARE AND QUALITY EDUCATION"

In order to bring to a new stage our reforms to further improve the standard of living of the population, bring the quality of education in line with advanced international standards, achieve sustainable economic growth and reduce poverty in accordance with the tasks defined in the Development Strategy of New Uzbekistan for 2022-2026 and the Address of the President of the Republic of Uzbekistan to the Oliy Majlis and the people of Uzbekistan:

1. Approve the State program for implementation of the Development Strategy of New Uzbekistan for 2022 – 2026 in the "Year of care for the person and quality education" (hereinafter referred to as the State program), developed on the basis of proposals set forth in course of wide discussions with the public and the people, according to appendix. [2]

The difference between self-development and self-improvement is really difficult to grasp, since they are a close concept. But you need to remember that self-improvement is the improvement of those qualities that you already have. And self-development includes not only the "border" of existing abilities, but also the acquisition of new ones. But they are both interrelated processes aimed at human development, contributing to the achievement of internal and external balance, harmonization of relationships, career, health and other areas of life. [3]

Ways and means of self-development and self-improvement of the individual, everyone chooses their own, more acceptable under the given conditions and opportunities, depending on the chosen direction of work on oneself. Each person has his own priorities and desires, so the ways of self-development and self-improvement of the individual must be formed in accordance with their main goal.

In other words, the motives will be fundamental when choosing:

The desire to stand out from the crowd;

Striving for a successful life;

Definition of the meaning of life;

Improvement of physical skills for adolescent boys;

Work on their appearance and the formation of taste in girls;

Work on your appearance or inner thoughts and feelings; etc.

In order for a person to begin to act, to change himself not only externally, but also internally, from the beginning he must put the whole thing according to the plan that he does every day. For example, you can ask the following question - what will a person do after he has taken a bath, put on his new clothes and stands at the threshold of the door? If he/she doesn't have plans for today? Answer: He will stand there not knowing where to go, so we need plans. And at the beginning of the development of himself from the material side, he should begin to see his future and visualize, at least 15 - 20 minutes a day, while his self-esteem and mood rise at least slightly.

² www.strategy.uz

³ www.wikipedia.org

A person begins to change from the beginning with his "habits" and at the same time use the "will", but this will is a short-term tool, you will not go far in the wild. In fact, you need to understand that changing habits is pointless, you can't change if you don't change the rules on the basis of which you acted until now, you don't change the rules until you change the principles, you don't change the principles until you change the values, you don't change the values until you change the belief – on the basis of which your worldview is based, and that's when you change the belief, as a rule, habits change. It may seem complicated at first, but when you understand and find the beginning of one thread, you can assemble yourself a roll of rope.

At the beginning of the path of development, it seems easy for a person and he can do everything and after a week or more than 10 days, it all seems boring to him and does the same thing every day. If, in such a situation, he does not draw conclusions, then he can throw everything that he started. As it has been said for a long time on the part of successful people, that, despite the fact that on the way to achieving something, you will have to do with difficulties, for example, from ten. In the current situation, knowing about this rule, a person rejoices that he has passed from one and nine remain, and what an ignorant person will do, let him pass from the first, but also from the second and with difficulties from the third, but he will eventually surrender in the fourth difficulty.

From what has been said, it follows that development is always a change. However, not every change is development. Development is associated only with a qualitative change in objects. Their quantitative changes, although they are associated with development (if the measure is violated, quantitative changes turn into qualitative ones), are not directly development in themselves.⁴

Development in its orientation can be progressive and regressive. Progress is the development of the system from a lower state to a higher state, and regression is the development of the system in the opposite direction - from a higher state to a lower one. Let us now consider the place of self-development of the individual in his holistic life. In it, in our opinion, it is possible to distinguish esoteric (translated from Greek - internal) and exoteric (translated from Greek - external) activities. [5]

At the beginning of the change of oneself, one must begin from the external form, that is, the physical form. Physical education is the beginning of everything you want. Part of the general culture of a person, characterizing the achievements of society in the field of physical, mental and social health. In its content, physical culture is a discipline identified by the processes of self-knowledge and self-development of the individual in a changing cultural environment. Physical education reflects the process of immersion, the process and result of its development in training and education. Physical culture as an integral form of general culture, by virtue of its inherent potential, strengthens the health (both physical and spiritual) of each person, thereby leading to recovery and intelligence. It contributes to the formation of a person as a whole, helps to resolve the main issues that modern life puts forward, therefore, contributes to the progressive development of a person. And when changing your body, you need discipline, and at the same time it must be very strong. At the beginning, many people are helped by the motivation that it is necessary or something else. There will be no motivation, every day there

⁴ Bayluk Vladimir Vasilievich ON SELF-DEVELOPMENT OF PERSONALITY 2018 Russia

⁵ Bayluk Vladimir Vasilievich ON SELF-DEVELOPMENT OF PERSONALITY 2018 Russia

will be days when you don't want to do anything, but at the same time you need to move, what you need to do, and every time you want to give up, you need to think that you started and did a lot and move on. And at the same time, you will make a concrete discipline for yourself, you will wake up in the morning and begin to do what you should, despite not motivation, not a pagoda, nothing you will do everything for.

Considering the phenomenon of physical culture, scientists note that in its content it is a discipline focused on the processes of self-knowledge and self-development of the individual in a changing socio-cultural environment (V.S. Makeeva, A.S. Novoselova, A.A. Opletin, A.A. Titova, etc.). Physical education reflects the process of immersion of the individual in the world of culture, the process and result of its development in training and upbringing. Physical culture as part of the general culture of society allows a person to evaluate not only its bodily, but also its social essence (V. K. Balsevich, M. Y. Vilensky, P. F. Lesgaft, etc.) [6]

Culture as a condition for pedagogical support of self-development can reach its optimum in coordination with the internal culture of the individual. The higher the individual's own culture, the richer and more voluminous the cultural function can be in the process of implementing pedagogical support for self-development on the part of parents and teachers. It is important for the teacher to take into account the peculiarities of youth culture in this complex process. As noted by I. S. Yakimanskaya, "Self-development" is a need for self-improvement, self-expression in building oneself as a person" [7].

If you start changes in your child from adolescence, then you need to be careful, while not forgetting that all these lessons can remain with him for life. It's not just that the knowledge that was gained in childhood is like patterns drawn on stones. And if you want to properly educate a child all the time, ask his opinion not so that breakfast was served to him and say, eat porridge, no! You have to ask, what will you do? Porridge, egg, sausages, you need to ask what you will, let the person learn to clearly answer what he wants. Because the main thing we do in this life is that we make a decision.

Five things that destroy a child's personality.

1. This is abuse on the part of parents. When they swear.
2. Comparison. This has a very destructive effect on the personality.
3. Love with condition.
4. False information. His personality is destroyed
5. Never make fun of your child.

At the beginning of self-development, a person should begin to acquire something new, new habits, new goals, tasks, information, and so on. And one of the main ones, at my discretion, is to read or you can say to acquire new and important information.

The content, purposefulness, motivation, range, dynamics, and other parameters of this complex, systemically organized internal and external in form, means of manifestation of activity - reading (communication with music, with fine arts, other arts), of course, depend on age, gender, living conditions, general development of the reader, listener, viewer. From their value-semantic orientations, attitudes, interests, preferences, from the historical time of his

⁶ PHYSICAL CULTURE FOR SELF-DEVELOPMENT OF THE STUDENT A.A. Opletin – Ph.D. in Pedagogy, Associate Professor, Perm National Research Polytechnic University (PNRPU), Perm, Russia

⁷ Yakimanskaya, I.S. Personality-oriented education in a modern school / I.S. Yakimanskaya. Moscow: September, 1996. – 96 p.

life, because a person is to a large extent a person it is his century. These parameters depend on the originality of the idea, content, poetics, features of the genre of the work, on special conditions, circumstances of its creation. This means from the unique originality of the organization, the implementation of different spheres of the author's life. All of these factors affect the features, the results of the interaction of the subject of perception, the work of art and its author. [8]

The first trainings appeared in the first half of the last century and gained immense popularity thanks to the works of Dale Carnegie, Kurt Levin, Carl Rogers, Alexander Everett, Manfred Forberg. The word "training" comes from the English "to teach, educate", so this form involves active teaching methods to improve the personal and professional sphere of a person. The driving force of the trainings was, first of all, the desire to earn more with minimal expenditure of human resources.

In accordance with the purpose of the proposed changes, the trainings are divided into professionally oriented, psychotherapeutic and personal growth trainings.

Professionally oriented training always has a clear goal, which is achieved as a result of the application of a number of techniques, such as role-playing games, dialogue, situational modeling, increasing personal and professional effectiveness. Participants usually set themselves the task of developing leadership skills, career success, the formation of an important skill, the ability to speak and persuade, etc. It is very convenient to conduct such classes in a group form, when there is active communication and interaction between the participants.

Psychotherapeutic training involves the use of the most flexible methods that exclude stress reactions in participants. Its goal is a smooth natural transformation of the personality, the formation of the necessary individual characteristics and overcoming negative psychological manifestations. In the classroom, there is a relaxed harmonious atmosphere, emotional comfort, which allows you to objectively analyze the experience of the past, to understand your mistakes.

Personal growth training allows you to achieve a change in a person's life position, his habits and stereotypes that prevent him from finding happiness and success. From this type of training, we should expect qualitative positive changes in the human psyche, which will allow him to move to a new stage of development. [9]

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Psychological support is one of the factors in minimizing deviations in the behavior of military personnel and is aimed at updating existing and creating additional psychological resources that ensure the active actions of military personnel in everyday life. It is provided in a preventive plan (in order to prevent the development of negative psychological phenomena) to all military personnel, and for the purpose of psychological correction it is applied to persons with disabilities symptoms of non-pathological and pathological psychogenic reactions. The main ways of psychological support for military personnel are: a) communicative, b) organizational and activity. (Table 1). [11]

[12]

The name of the group.	The content of methods of psychological support.
Communication.	<p>Verbal: a) bringing mobilizing information to the military: like "we coped with not such tasks, we will cope with this"; b) suggestion like: "You can handle it!"; c) reinforcement, d) psychological contagion of mood:</p> <p>Visual: eye contact, approving gestures and facial expressions.</p> <p>Tactile: touching, shaking hands, patting on the shoulder.</p> <p>Emotional: being close to someone in need of support, empathy, a friendly smile.</p> <p>A personal example: active and decisive action.</p>
Organizational and activity.	<p>Cessation or weakening of the intensity of the action of psycho-traumatic factors - blocking the sources of trauma.</p> <p>Prevention of contacts of military personnel with persons subjected to demoralization.</p> <p>The rearrangement of military personnel, enhancing the effect of a positive psychological impact on those in need.</p>

¹⁰ Bern E. "The leader and the group. On the structure and dynamics of organizations and groups, Ekaterinburg, 2000;

¹¹ Karayani A.G., Evenko S.L. Psychology of deviant behavior of military personnel in a combat situation. Moscow, 2006.

¹² Karayani A.G., Evenko S.L. Psychology of deviant behavior of military personnel in a combat situation. Moscow, 2006.

The benefits of training sessions are obvious for the development and self-improvement of a person. Interaction in the group makes it possible to carry out: Formation of the necessary knowledge, skills, social attitudes. And if you come to my opinion that trainings should be conducted more often at this time, even though it will be school students or students or undergraduates, if you do it very well, then they themselves will ask for the next training. If you conduct trainings among schoolchildren, then it will be correct from 7 to 11 classics, but separately, without gathering everyone in one audience, all seventh-graders, and so on. And if among students, then from the first year they need to hold such big meetings, teach them the direction or show them the right path in their lives. And if sophomores or third-year students, then they need to find such interesting facts and topics that they can replenish their "archives", that is, collect the information they need for the future. In the end, if you conduct a training among the fourth year, then you need to put an exclamation point, because they need a bright future, someone needs a job, someone needs certificates, and another personal business, and so on, at this time, topics need to be chosen for their future, so that they gain self-confidence and continue what they started in the first year.

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