

SOCIAL-PSYCHOLOGICAL FEATURES OF PROVIDING PSYCHOLOGICAL SERVICES TO PRESCHOOL CHILDREN

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ABSTRACT

This article covers the types and approaches of psychological services that support the emotional state, social adaptation, communication skills and personal development of preschool children. In particular, the importance of psychological diagnostics, correctional training and family psychological approaches for preschool children is revealed. Also, cooperation between the pedagogue-psychologist, educator and parents is considered as an important factor in increasing the effectiveness of psychological services.

Keywords: Preschool age, psychological service, art therapy, emotional intelligence, psychological training, individual psychodiagnostics, cognitive development, communication therapy, cognitive-behavioral, humanistic approach, expressive therapy, "Luscher test", "Ravenna matrices", correction, psychodrama.

INTRODUCTION

Although the number of psychological service institutions in the education system is expanding today, there is a need to deeply study and implement the socio-psychological characteristics of these services in preschool educational institutions.

Preschool age is one of the important stages of development in human life. During this period, the child's mental processes, emotional state, adaptation to the social environment, personality and social relationships, and communication skills begin to form. Therefore, it is at this stage that providing children with the necessary emotional and social preparation through psychological services, and providing various psychological services are an important task in ensuring the healthy development of each child. Currently, these psychological services are being improved based on innovative psychological approaches.

Emotional states of preschool children. At this age, children have strong and unstable emotional reactions. They have difficulty expressing and managing their emotions. Therefore, they are prescribed to conduct games and exercises that form emotions. These are;

Art therapy - serves to express the inner world of children and relieve their emotional state. Working with colors - through colors, the child's mood is determined and emotional balance is restored.

Developing emotional intelligence - training is conducted on recognizing, expressing and managing emotions.

Social adaptation and communication skills.

When a child moves from a family environment to a collective environment, he may encounter difficulties in social adaptation. To alleviate this, the following services are recommended: Socio-psychological training - through working with a group, social skills such as friendship, waiting in line, and cooperation are developed.

Role-playing games - through various scenarios, the child learns social roles in society.

Conversations and consultations - psychologists discuss the child's problems together with parents and teachers.

Psychological services that support personal development.

Personal development is formed on the basis of the child's self-awareness, manifestation of abilities, and positive self-assessment. To achieve this:

Individual psychodiagnostics - determining the child's level of development and providing appropriate services.

Games aimed at cognitive development - activate memory, thinking, attention and imagination.

Communication therapy - increases the skills of expressing oneself through language, asking questions, and exchanging ideas.

Psychological approaches. Several approaches are used to effectively implement psychological services:

Cognitive-behavioral Aims to change the child's behavior and thinking.

Humanistic approach Valuing each child as an individual creates the opportunity to realize their abilities.

Play therapy Relieves internal state and reduces psychological stress through games.

Expressive therapy Creates a sense of emotional calm through drawing, musical activities and storytelling.

The importance of psychological diagnostics in preschool children.

Psychological diagnostics is a set of scientific methods aimed at determining the level of mental development of a child, his personal and emotional state, problems, and various difficulties experienced by the child. Psychological diagnostics for preschool children is carried out for the following purposes:

To determine the individual characteristics of the child;

It is important for the early detection of deficiencies in speech, emotional and mental development;

It is important for the process of assessing the level of social adaptation, determining and evaluating the extent to which the child was able to adapt to the team, group, peers - the social environment;

When setting directions for correctional work;

It is carried out for the process of explaining to parents how to help the child adapt, overcome difficulties and accept new things normally, based on his condition.

The main diagnostic methods:

Project methods (drawing, composing a story);

Observation (situation during the game);

Conversation;

Psychological tests (for example, "Tests for Toddlers", "Lusher Test", "Ravenna Matrices").

The role of correctional training

Correctional (corrective) training is training aimed at eliminating the identified psychological problems in a child, eliminating negative behaviors and changing development in a positive direction.

Important areas:

Development of the emotional sphere. Reducing fear, aggression, internal shyness in children;

Development of speech (phonemic hearing, sound pronunciation, increasing vocabulary);

Activation of attention, memory and thinking;

Strengthening social adaptation (behavior in a team, communication skills);

Correctional methods:

Psychodrama;

Art therapy (color therapy, sand therapy);

Play therapy;

Music therapy;

The importance of family psychological approaches

The family environment is one of the decisive factors in the psychological development of children. The attitude of parents to their child, their emotional warmth, and their upbringing methods directly affect the child's mental state.

Important corrective tasks for a psychologist are:

Increasing parents' knowledge of child psychology;

Conducting psychoprophylactic conversations with the family;

Forming positive parent-child relationships;

Providing psychological counseling;

Involving parents in the correctional process.

Family psychological approaches help identify the root causes of many problems in children and solve them through family communication and working with the family. This approach is especially important in cases of parental divorce, stressful situations in the family, or lack of harmony in upbringing.

All of the above processes contribute to the normal development of the child, the normalization of his mental state, his good adaptation to the social environment, and the prevention of various problems

Concept of psychological service and cooperation

Psychological service is a multifaceted activity that ensures the emotional, mental, social and personal development of the child in an educational institution. This service covers the following areas:

Diagnostics, that is, observing children, talking with them, studying them thoroughly, and making a diagnosis based on the specific information obtained;

Correction is the elimination of the problem after the diagnosis is made;

Consultation is the process of advising parents on the causes of the psychological conditions identified in the child and the factors that cause them;

Educational psychoprophylaxis.

To achieve effective results in these areas, regular cooperation between the teacher-psychologist, educator and parents is necessary. This cooperation serves to develop a unified psychopedagogical approach to the child.

Cooperation between a teacher-psychologist and a tutor

The tutor observes the child throughout the day and actively communicates with him. The teacher-psychologist scientifically analyzes these observations and develops appropriate

psychological recommendations. Their mutual cooperation is important in the following aspects:

Completing psychological diagnostics based on the educator's observations;

Exchange of views on the child's behavior and emotional state;

Working together to organize corrective exercises;

Improving the psychological literacy of educators (trainings, seminars).

Through this cooperation, an individual approach is developed for each child.

Cooperation between psychologists and parents

Parents are an important personal and social factor affecting the psychological state of the child. Therefore, they should be active participants in psychological services.

Forms of cooperation:

Psychological consultations are a process of organizing separate conversations with parents and the child,

Trainings and seminars for parents;

Sharing information about the child's development;

Recommendations for improving the family environment.

Such cooperation allows parents to better understand their child, establish a positive attitude, and eliminate mistakes in upbringing.

Results of tripartite cooperation:

In the case of strong relationships between the teacher-psychologist, educator and parents, the following positive results can be achieved:

Problems in the child's development are identified early and are much easier to eliminate;

A single strategy for comprehensive development is created;

The effectiveness of correctional activities increases;

The socio-psychological environment improves;

The child feels safe, protected and understood.

Conclusion

Psychological services for preschool children are an important factor in their healthy mental development, adaptation to society and emotional stability. A well-organized psychological service system provides effective assistance not only to children, but also to their parents and educators. The implementation of these services based on modern approaches has a positive effect on the formation of children as full-fledged individuals. Through the joint actions of the psychologist, educator and parents, a favorable psychological environment is created for the child, which is the basis for his comprehensive healthy development. It is also very important to ensure the healthy psychological development of preschool children by using an integrated approach to psychological diagnostics, corrective training, and family approaches. These processes not only identify problems in the child's development, but also eliminate them, unleash the child's potential, and create the basis for the formation of a complete personality.

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