

IMPORTANT METHODS OF ATTRACTING THE ATTENTION OF PRIMARY SCHOOL STUDENTS

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“What if you ask me It hurts?”
knowledge of our children and I answer that upbringing.

ANNOTATION

This article provides methodological tips for engaging primary school students.

Keywords: attention, direction, concentration, voluntary attention, involuntary attention, stability, mobility, divisibility, disorientation, reticular formation.

INTRODUCTION

As the Republic of Uzbekistan strengthens its independence every year, the backbone of this country, the future of which depends on the growth of today's generation as an educated, well-educated and spiritually mature person. The science of psychology and its methods play an important role in increasing the effectiveness of a person's psyche, emotions, independent participation in the process of education and upbringing, inner experiences, self-formation as an active person.

As the process of education and upbringing is inculcated in the child from an early age, we, the sisters, the brothers, the children, with their character and manners, knowledge and profession, so that they can find their place in all spheres of social life.

One of the most important issues is that the teacher can focus the students' attention on the learning process. Therefore, we aimed to publish a scientific article on "Important methods of attracting the attention of primary school students" on the formation of knowledge, skills and competencies of primary school students.

A teacher must be an expert in his profession and an active participant in order to be able to impart good knowledge to students, to organize the teaching process well and to carry out his duties to the fullest. The most important thing is to be able to attract the attention of students. A teacher who is not able to attract the attention of students will not be able to deliver BKMs well, and as a result will not be able to train good staff. Attention is the most important mental process that makes activities effective and increases the literacy of young professionals.

Attention is a rare psychological phenomenon, and psychologists still do not have a single opinion about it. As K.D. Ushinsky said, attention serves as a door to everything that enters the human psyche from the outside world. In the works of scientists such as S.L. Rubinstein,

A.N.Leontev, N.F.Dobrinin, attention is recognized as a separate mental process from cognition, considered as research.

There are also different opinions about which class of mental phenomena attention belongs to. Some people say that attention is a process of mental cognition. Others associate attention with the will and human activity, based on the fact that attention is a necessary condition of every activity, and attention itself requires the expression of certain willpower.

It is a process by which our attention is focused on one point and is actively focused on a specific object or event. It is a necessary condition for the effectiveness of any conscious activity. These animals are also a general definition of human attention. Human attention can be studied as the focus and concentration of a person's attention on certain objects while distracting them from other objects at the same time. It follows from this definition that the most important features of attention are its focus and concentration.

Underlying the direction of mental activity lies its selective feature, that is, the separation of specific objects, events, which are important to the subject, from the environment. That is, students focus on the shape they are interested in, the color they like. Some students are interested in the course of events in the classroom, others like to listen to the teacher, and still others are interested in the shapes of objects in the classroom. In these processes, students' attention is focused on something, depending on their interests. Orientation also includes maintaining mental activity over a period of time.

Another feature of attention is its concentration, which explains that it is more or less in-depth into the activity. The more complex the task, the stronger the intensity and tension of attention, that is, the distraction from foreign objects. Otherwise, students will find it difficult to complete the task if they are not distracted.

According to P. Ivanov, in the process of our activity, everything we perceive and imagine, every event, our work, our thoughts can be the object of attention.

Attention is always involved in the processes of perception, perception, memory, imagination and thinking. Attention is a constant companion to all our reflection processes. It is a necessary condition for the effectiveness of any conscious activity. Optimal sources of excitation in specific areas of the cerebral cortex are the physiological basis of attention.

Attention is divided into two types: involuntary-passive attention and voluntary-active attention. It is formed under the influence of some external cause, regardless of one's wishes. Such attention does not require manpower. The power of the stimulus is important for attention, for example, the teacher often changes methods in the classroom, the methodological tools used are not repeated, they are not similar in color, shape, function. These can be very engaging for students.

In voluntary attention, mental activity is consciously involved in a specific thing with a predetermined goal. This type of attention requires willpower, so this focus is also called volitional attention. All human conscious activity is carried out mainly through voluntary attention. Let's take a question-and-answer method that the teacher uses during the lesson. This method uses handouts to get students' full attention, and in the next lesson, the question-and-answer method is used to form a collective mind, not handouts.

Too many objects in the classroom can also have a negative effect on students' ability to concentrate, shifting their attention from involuntary to voluntary. Or the methods are outdated or not interesting enough, and the topics are not simple at the age of the students, which can cause the students to not listen to the lesson.

Attention has features and scale, such as stability, mobility, and divisibility. The stability of attention lies in the fact that it can be involved for a long time in something or an event that serves a single, common purpose. For example; like reading a book, solving a problem. In this case, the objects of movement and the movement itself may change, but the general direction of activity should remain unchanged. For example; problem-solving methods may vary, but the exact way in which the activity solves the problem should not change.

Motivation is the ability to move quickly from one activity or thing to another. This feature depends on how much attention is paid to the previous item and the nature of the new activity. The ability to focus is reflected in the fact that two or more actions are performed at the same time, and many professionals; especially important for the teacher, the driver, the pilot. This feature is created when one activity is highly automated and the second activity becomes more familiar.

There are also cases of neglect among students

Neglect is the inability to focus on a specific object. In this case, the student's attention is focused on what is real or unreal, due to the inability to concentrate. The incomprehensible nature of the lesson and the inability to engage students can also lead to diminished attention. There are two types of distraction, one is the inability to focus on anything at all, and the other is the inability to focus on a specific object and focus on other things. Depression can be either a temporary condition of the student or a permanent natural one.

Attention, along with other mental processes, is associated with certain physiological phenomena. The physiological basis of the separation and processing of individual stimuli in a certain direction is the excitation of some nerve centers, and the inhibition of others. The stimulus that activates the pupil is the activation of the brain by reticular formation.

Among the mechanisms of "activation" of the reticular formation, it is worth noting the hypothetical reflex, which is an innate reflex to all changes in the environment of humans and animals. For example; as soon as there is a rustling sound in the room, the kitten is frightened and stares in the direction of the sound. Students in the class write an essay summarizing their thoughts. Suddenly, the classroom door slams open, and the students, who are writing, look at the door involuntarily.

Student Attention Exercises:

1. Remember the matchbox biography.
2. With a short 5-second focus, order all objects on the table to be photographed internally.
3. "Take pictures". You are commanded to close your eyes. The educator shuffles the objects and asks the test taker to place them as they were before.

The teacher selects one of the students and asks about the changes on the table. After the student speaks orally, the other students correct the mistake. The teacher asks the student to

put the items on the table in their place, and if the student makes a mistake again, it becomes clear that he did not pay attention to the items, again, in such a process, the educator should give the student an additional task or impose a “ fine ’so that the student does not repeat the mistake. Punishment or encouragement of the student in the situation: helps to attract attention, become more attentive, better acquire knowledge and improve the quality of education. We need to work not only with attention, but also with memory. We can organize this process as follows: we write on the board words that all students can understand and order them to read them, and the children have to remember not only how the words are spelled, but also their order. When all the students are there, we delete the words on the board. We give them 5 minutes to write the words.

K. S. Stanislavsky, in particular, highlighted the special role of attention in the educational process. "Attention is not cold, thoughtful attention, but emotional, active attention - it helps to evoke a state of stable attention". The focus should be multifaceted. Creative pedagogical attention has the following characteristics: multi-objectivity, enthusiasm, practical stability; It is also has mental, emotional, and volitional qualities.

In an adult, the volume of attention reaches 4-6 objects. Therefore, when the number of objects increases, the untrained person may lose control and become confused. Of course, children also lose control. In young children, the amount of attention reaches 3-4 or 5 objects. Increased attention span in children can lead to carelessness, irritability, infancy, idleness, or no attention at all.

In short, a teacher who fails to attract the attention of students will not be able to maximize the quality of the lesson.

Ways to get students' attention:

1. Actions. The teacher freezes in a certain place during the lesson or restricts the movement of students, which leads to boredom and distraction of the student. For this reason, the teacher should be able to make hand movements and walk frequently during the lesson. Rarely do people develop two parts of the brain. Normally, either the right hemisphere or the left hemisphere is relatively well developed. As the teacher moves, the students' attention shifts from one point to another, so that mental activity is exchanged between the two brain spheres. This allows the student to keep the student's attention. Or the exercises in the classroom, the movement games, the movements in the process of applying the methods can also keep the students' attention.

2. Unexpected coincidences. Changes in teaching methods not only keep students' brain activity focused on one thing, but also exchange tasks, shape their adaptation to innovations, and most importantly, prevent brain tension. It is advisable for the teacher to replace the question-answer method with the questionnaire method, the questionnaire method with the test method, and the test method with non-standard tests. In the process of explaining the topics to the teacher, BBB-I know, I want to know, I learned that after conducting the survey, the method is replaced by various pictorial, graphic tests, which form the ability of students to adapt to new situations.

3.Data chain. The teacher should tell the students the information in order so that they can absorb the lesson well.

4.Hold on to the question. Asking logical questions related to the topic during the course of the lesson, creating a discussion process, and forming an opportunity to compete as a group will also help to attract the student's attention and prevent mental fatigue.

5.Bring news. Just explaining the topic and teaching at the same pace can be boring. Unfortunately, there are also those who work without leaving the textbook to meet the requirements of the course. Students' participation in the learning process is also reduced, cognitive activity and interest are reduced, and the rate of formation is significantly reduced. To prevent this from happening again, updating the lesson process and introducing new information on the topic will help make the lesson more interesting and engaging.

6.Proper distribution of information. It is a mistake for a teacher to break all the knowledge he knows into one lesson in one lesson. Just getting acquainted with a new topic statement, or the process of the lesson with practice, will make the student both mentally and physically exhausted. It is important that a certain amount of information is organized and distributed. If the lesson time is 45 minutes, 5 minutes should be filled with an introductory part, 10 minutes should be repeated, a new topic statement should be completed in 10 minutes, exercises, conclusions, homework should be done in the remaining minutes. The distribution of information is a complex process. There will be challenging and challenging situations throughout the lesson that need to be taught, learned, and explained. The teacher, the skilled educator, must be able to cope with all these situations and distribute the lesson correctly.

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