

## SELF-EDUCATION AND SELF-IMPROVEMENT

Raximjanov Masrur Nugmanovich

PhD, Senior Lecturer of the Department of Social Sciences  
And Humanities Academy of the Ministry of Internal Affairs

### ABSTRACT

In order for a teacher to educate himself, he must first study himself in depth, be able to see the successes and shortcomings of his work. It is also necessary for self-study and understanding of the other person. It is impossible to study oneself as a person without learning other achievements and comparing oneself with others. Self-awareness, a feature of self-assessment, is formed in the process of interacting with other people, during joint activities.

### INTRODUCTION

The task of the pedagogue is not only to show the scope of volitional qualities, to reveal their internal connection with important moral principles, but also to help the student who seeks to cultivate his will, to show which methods of developing volitional qualities are less effective and which ones do not help. It is even more important if we pay attention to the simple and artificial methods used by the young people described in the pedagogical literature. One of the students tried not to laugh while the comedy was being shown to 'develop patience', someone cut his hand with a knife or traveled across a maid, and so on? The ineffectiveness of these methods of independent will training is, first of all, the fact that the adolescent can confirm the idea that his will is strong by performing a momentary "volitional action". In fact, the will is to systematically overcome the difficulties encountered in daily life, in study, and above all. In addition, every minute of work, study, sports activities create the conditions to strengthen the will to overcome the one-minute desires that interfere with the implementation of training, cocktails and other activities.

First of all, the teacher must learn what qualities of pedagogical ability he has. A teacher with a high love for pedagogical work works wholeheartedly and does not allow any formalism. A teacher who loves his profession is constantly raising his ideological and political level and expanding his scope of knowledge, working diligently on a deep knowledge of his subject.

It is well known that human beings have so many opportunities for perfection that we see in historical facts that they can be achieved by working on themselves patiently in the pursuit of their goals.

The great German pedagogue D. Disterverg: «Every teacher should define self-education as an honorable task».

The Russian pedagogue AB Lunacharsky said: «The educator must form in himself the ideal of humanity».

It is the formation of the beautiful qualities of humanity that form the basis of the professional training of every educator. On this foundation, the professionalism of the educator can grow day by day due to self-improvement.

On the issue of professional development, AS Makarenko said: «I had a pedagogical talent. I came into pedagogy unexpectedly and learned. I have risen to the level of a master of my own

work Every aspiring educator can achieve the level of a master of his own work. Helping him and working on him will play a key role in this».

Otto Yulevich Schmidt makes the most of every minute of his life. He proved that human potential is vast by engaging in self-education. A.A. Lyubishev said, «It is impossible for a person to have a bad, empty, extra time. He was not afraid to consciously count the minutes of his life».

K.D. Ushinsky achieved the following through self-discipline: calmness; verbal confidence and accuracy; a thoughtful approach to behavior; perseverance; not to say anything about himself without a reason; use only what is necessary; self-reporting every night; not to brag once.

It should be noted that many people waste their precious time. Man is under the influence of the monotony of the dominance of his habits, and begins to postpone his plans for the next day or week or year. Self-confidence can be achieved only through a steady step of willpower to demonstrate one's abilities. One of the psychological conditions of self-discipline is self-protest, which L.N.Tolstoy, «. . . I'm crazy, I'm not interested in others, I'm impatient and shy like a child».

1. Self-education begins with an analysis of one's own activities and the improvement of one's personality. The teacher works on himself, uses the following methods in self-education:

- self-knowledge;
- self-observation;
- analyze their actions;
- self-examination;
- be able to understand the opinion of their peers.

2. Self-assessment:

- self-observation;
- to characterize oneself;
- self-esteem.

Self-discipline encourages initiative and independence. It teaches them to analyze their personal qualities, to think about their behavior. For self-control, one observes an increase in one's behavior, discipline, positive habits, and conversely, a decrease in one's negative habits. Self-assessment helps the teacher to assess their own abilities, to create self-satisfaction.

Along with self-education, the teacher works tirelessly on himself, constantly developing his ideological and political consciousness and improving his pedagogical skills.

M.I. Kalinin said to teachers: "A teacher gives all his strength, opportunities, all the valuable things he has to his students, to the people. But, comrades, if you give everything you have today, tomorrow, and today, but you do not replenish your knowledge, your strength, your energy over and over again, then you have nothing left. The teacher, on the one hand, gives everything to himself, on the other hand, like a sponge, he takes and digs up all the good things from the people, life, science, and this gives all the good things to the children again.

An advanced teacher always seeks to keep abreast of innovations in the field of pedagogy, to use the experience of other teachers and to use his own personal experience, as well as to generalize his own personal experience.

If a person is sought, if he works on his abilities, if he develops his good qualities, his reputation and position will rise to the same level and he will always be in the public eye. The teacher must cultivate observation and care. Independent knowledge and skills development of the teacher is a prerequisite. Eastern thinkers have rightly said that a teacher can be a teacher only if he reads himself, and if he stops studying, then teaching will also die.

Self-discipline in the formation of will and character. The character of the teacher plays an important role in teaching. In this, the will, the control of emotions, plays an important role. Self-discipline should lead to certain results. These include: self-control, good mood, self-command, persuasion, adherence to a personal regimen, and having your own rules.

L.N.Tolstoy followed the following rules in self-education:

1. He does what he sets out to do quickly, no matter what;
2. Do well what you do;
3. He was always mentally trying to act within his means.

W. Shakespeare wrote: «Sleep is a strange, sweet food of mother nature, it is necessary to know the norm of eating».

Self-command is one of the most important ways of self-discipline. For example, A. Mereshev «Forward, forward, we must endure!»

According to U.G. Schultz, the program of self-education:

- Create a daily or weekly work plan, execute it;
- Not to despair, to overcome shortcomings;
- Believing in oneself, success;
- Use self-assurance formulas such as "I believe in myself", "I want to do this", "I can do it".

Self-education:

- Serious, imaginative work;
- Not to be neglected in lectures, seminars;
- Using the formula "I listen carefully", "I pay attention".
- Self-command. "The teacher's opinion should be followed."
- Self-reporting, ending the day or week.

Behavior (appearance culture):

- correct;
- sit upright, free;
- accumulated, working condition.

In conclusion, it is known that in the development of society, education, its content, goals and objectives play an important role. What should a young author be taught in determining the direction of socio-economic and political development? How to teach? Who should teach? Such questions have been sought in response to questions posed to the public. Finding answers to these questions, that is, the renewal of education, the reconstruction of its system, its content, the orientation to a new situation is one of the priorities of the Republic. Of course, this direction is a comprehensive, step-by-step process.

The need for young people to acquire knowledge independently and develop the skills to apply it in life, to improve morals and etiquette is formed during the student period.

If young people are supervised by their parents, school teachers, relatives, neighborhoods until they become students, this control will decrease after they become students. This situation must be understood by the student himself, after which he must begin to educate himself, having mastered the basic principles, concepts and rules of management theory.

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