

Psychological Effects of Game Activities in Developing the Attention of Preschool Children

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Annotation: The article discusses the process of attention in preschool children and its psychological impact on the individual in relation to play activities.

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In psychology, the study of personality development in different periods, which provides a unique opportunity to study the various psychological processes that take place in the individual.

Personal psychology is forced to undergo various mental influences and changes, sometimes various difficulties and crises, in the process of development. It is no exaggeration to say that these processes lead to the formation of individual psychological characteristics in a person and his cognitive processes.

One of the most important periods of a person's development is his early childhood. Scientists who have studied the individual at different ages, namely, early childhood and preschool, are very important processes in which we can observe the development of cognitive processes, attention and cognition, and the beginning of a full understanding of the world.

In the psychology of adolescence, these processes cause mental crises in the child, that is, as result of the predominance of play activities in him, cause various problems in the transition to learning activities, reading difficulties, low mastery and so on.

While the child is still small, his neglect is not a big concern, but as he gets older, it becomes harder for him to live. The "first call" worries parents when they start going to kindergarten, but when they go to elementary school, serious problems arise. He is often distracted in mastering the school program, forgets to write down the assignment, the teacher does not listen to the lesson, and these difficulties grow like a pile of snow. At home, they cheat on him first. then they start beating. However, this is not the way out of the situation. The child is not to blame for such neglect, and he cannot solve the problem alone.

Reasons for children's neglect:

1. Attention Deficit Syndrome, a diagnosis that doctors are making more and more often. The point is that this syndrome cannot be overcome on its own, only the "child-parent-educator medical staff" team can overcome it.

2. Frequent or chronic illness can also be a cause of neglect. Children with poor health get tired quickly and need easy tasks and strict adherence to an agenda.

3. School classes, homework, various clubs and extracurricular activities occupy most of the students' day. In this order, the child is not able to fully relax, which means that the ability to work is reduced, and as a result, there is neglect and neglect.

4. Sometimes a child can't concentrate on a task because it doesn't interest him. He is not interested in writing various notes in the script, solving problems and reading, fulfilling the requests of parents, teachers and educators.

How to help a child get rid of neglect?

Attention Games:

Game name	Rules of the game
Find the difference	Different things are put on the table and the child has to remember the name of these things. Then the child turns around and the game leader shifts things or takes something away. The child has to find out what has changed on the table.
Find the name of the item	This game can be played anywhere - at home, while walking, going to school or kindergarten. The child is asked to find something of a certain shape, color, made of any specified material, or whose name begins with a said letter.
Drawing ornaments	Using a colored pencil, draw any ornament, then allow the child to finish the picture. By the way, instead of ornaments can be used mosaic or simple numbered colored sticks.
Labyrinth	Who doesn't love spinning in a maze? Have a little adventure for the little one, let him pass through the drawn maze with his eyes, and if he finds it difficult, let him pass with the help of a pencil.
Text	Take any newspaper or magazine and ask them to delete a letter from the given text, such as J or R. In doing so, let him move in a row, and it is better if you set a time.

An example or problem can also be solved (not necessarily from the school curriculum) - it will be very interesting if the whole family is involved in the math process. The main thing is to dedicate the spirit of competition to this training. The child gradually learns to concentrate in the process of solving verbal mathematical solutions. Start with the easiest tasks first and then complicate them. It will be more effective if you emphasize your child's accomplishments in the process and reward him or her.

In addition to all of this, rebuses, board games, chess or checkers games also improve visual memory - it also increases the ability to concentrate and think.

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