

The Role of Psychological Training in Human Development in The Development of Communication Qualities

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Anotatsiya: The emotional state of the participants in the educational process is a matter of serious concern today. In children, high anxiety, frequent general indifference or, conversely, increased nervousness or aggression are observed. Teachers also have minor nervousness, negative emotions, feelings of anxiety. All this leads to the need to find new means of psychological and pedagogical support to prevent negative emotions in the participants of the educational process today. One of the most widely used methods of psychological work by educational psychologists in recent years as a means of providing support is psychological training.

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The use of art therapy technologies in the work of a teacher-psychologist in education leads to the acquisition of new skills of interaction and thinking, self-awareness and self-acceptance, as well as the acceptance and understanding of others. will help.

Art therapies for working with children and adults are a safe way to break down harmful emotions. Increases a person's adaptability to daily life. Teaching children reduces the fatigue, negative emotional states, and their appearance associated with working with teachers and working with parents. It allows a parent to establish a relationship based on mutual love with the child. In the process of conducting art therapy sessions, the trainer-teacher should assist the participants in developing adaptive cognitive skills. We also found it necessary to cite 8 rules of communication in the process of leading the group :

Not to speak nonsense; Talk softly with grace; Being able to maintain sincerity on the face by speaking with an open face; Speaking in a way that does not tire the listener; Just say useful things;

To speak thoughtfully, to remember that thoughtless words bring regret; Not interrupting, not interrupting when speaking to people; Not talking much, after all, is not a sign of goodness.

Everyone should refrain from words that harm people. As it is said in the Holy Hadith: To do this, one must be careful with one's tongue, and never utter a word that hurts one's heart, disappoints one, insults one's honor , or tramples one's honor and dignity. It is always necessary to speak well, meaningfully, because the pain of the tongue is worse than the pain of the spear.

Well-known American orator and psychologist Dale Carnegie said, "A good interlocutor is one who knows how to listen, not how to speak well." Because in the process of speaking, you are giving a person the opportunity to fully express their thoughts. This can be the basis for the formation of a positive opinion about the interlocutor.

The role of the teacher-psychologist is to increase the interest of the group, to guide and motivate them. Of the participants itself performance for coach to them opportunity creating give should . That's it if done participants problems analysis to do and known a conclusions to come in the process reciprocal confidence and respect skills occupy goes _ Participants independent as any thought kelsa , coach uni right decision as acceptance do need _ From the coach har a of the participant success their stimulus _ secret talents show to do convenient situations formed can do get Demand are given .

The Uzbek people and people of other nationalities living in Uzbekistan have a culture of communication, moral qualities and values that have been formed and refined over the centuries, which are highly valued in the world civilization. However, there are some aspects of these noble human qualities that

give rise to specific features in the organization and conduct of socio-psychological training, such as understanding the views of others, age and life experience, reputation in society. to take into account in all circumstances, the qualities of facial memory in criticism or self-criticism, not to openly express their emotional experiences in front of others, to organize socio-psychological training in accordance with the standards of European countries, and may interfere with transmission.

Given the desire of the people, especially young people, to innovate, new innovative technologies, the desire to learn foreign languages and the talent of young people in this area, they have world-class training at all levels of continuing education, as well as the social environment. It is useful to organize and conduct trainings in the context of any situation or factor, taking into account the ethnopsychological and territorial specifics. At this point, it should be accepted without any objection that the use of active methods of socio-psychological training in all spheres of teaching and education at the present time and its widespread use of the most effective methods in accordance with the psychology of the nation. it and introduce in practice. In the implementation of the National Program of Personnel Training in the Republic of Uzbekistan, the widespread use of active methods at all stages of continuing education is bearing fruit. After all, one of the most important aspects of knowledge today is socio-psychological knowledge.

following aspects can be considered in the organization of socio -psychological training, taking into account the regional and national aspects:

First, as the purpose of each training is clarified, analyze it according to which category of people it is intended for; for example, some psychodramatic games involved a mix of adults and children, men and women, and even people of different professions and backgrounds. But in our conditions, if it is planned to train young people with adults, ordinary citizens with officials, men and women, it may not give good results. It is known from experiments that in the introductory part of the beginning of the training session, free communication or mood-boosting exercises to prevent psycho-emotional tension between the participants are also very difficult in mixed-sex audiences. There is usually an exchange of roles, and even when they are artificially altered, it can be found that they are shy in their behavior, unable to say what is in their hearts. Therefore, adding group members to their respective categories in short-term trainings leads to more lively conversations.

Psychotraining is widely studied and researched in psychology as a branch of theoretical and applied psychology in psychology, as well as in all branches of science. It is possible to study the influence of socio-psychological, emotional, spiritual-cultural and regional factors that shape the growth activity.

The role of psychological training in the development of communication skills in human development, the laws of organization and management of the educational process, teacher-student relations, the ability to effectively use in the formation of communicative activities.

Collaborative activities that define interpersonal relationships provide an opportunity to explore differences in the formation of adolescents depending on their age, personality, behavioral patterns, level of personal intimacy, psychological environment in the community.

Analysis of the psychological features, socio-cultural and socio-territorial bases of social psychological training in the acquisition of knowledge by students in the learning process, taking into account the important factors influencing the emergence of social psychological problems in young people, it is possible to ensure the effectiveness of communication in teacher-student interactions

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