

THE IMPORTANCE OF CONCENTRATION IN ELEMENTARY SCHOOL STUDENTS

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Abstract

This article provides methods and recommendations for focusing the attention of elementary school students

Keywords. Attention. Voluntary attention. Involuntary attention. method. action.

Introduction

During the past period, within the framework of the Action Strategy for the five priority directions of the development of our country in 2017-2021, about 300 laws and more than 4 thousand decisions of the President of the Republic of Uzbekistan aimed at the fundamental reform of all spheres of state and community life were adopted. In 2022, as part of the tasks set for improving the quality of education in the development strategy:

starting from April 1, payments of up to 3 million soums per month of parents who send their children to non-state preschool educational organizations and schools should be exempted from income tax.

The Ministry of Finance (T. Ishmetov) together with the State Tax Committee (Sh. Kudbiyev) should submit to the Cabinet of Ministers the drafts of regulatory legal documents that provide for the introduction of relevant amendments to the Tax Code and other legislative documents within two months;

b) in order to adapt the secondary education system to modern requirements:

to allocate 605 billion soums from the State budget for the implementation of the textbook renewal program in general secondary educational institutions;

Create 141,000 new educational places and increase their number to 6.4 million by the end of 2026. Together with the Ministry of Public Education (B. Saidov), the Ministry of Finance (T. Ishmetov), the Ministry of Employment and Labor Relations (N. Khusanov) and other interested ministries and agencies, the creation of new educational positions and the occupation of schoolchildren - let him consider measures for vocational training. The rapid development of world education requires an innovative and creative approach to the educational process.

In developed foreign countries, including the USA, Canada, Russia, Finland, and Japan, teaching processes are carried out on the basis of an innovative and creative approach. The President of the Republic of Uzbekistan Sh.M. Mirziyoyev, who deeply analyzed this situation, on August 23, 2019, in a dialogue with public education and higher education staff, talked about the current tasks that should be carried out in the continuous education system. thinking "... raising the reputation of the teachers working in the institutions, as well as today the teachers themselves should have a new creative approach to the educational process".

As the Republic of Uzbekistan strengthens its independence year by year, the support and future of this country depends on the growing up of today's generation as a well-educated, healthy, spiritually mature person. The science of psychology and its methods play an important role in improving a person's mentality, emotions, independent participation in the process of education and upbringing, inner

experiences, and the effectiveness of self-formation as an active person. As the process of education and training is instilled in the child from a young age, we must prepare our sister, brother, child to find his place in every aspect of social life with his behavior and manners, knowledge and profession. , in order to become a well-rounded generation that will benefit our city and country, primary school teachers should work diligently as active participants in the education and training process. One of the most important issues is the ability of the teacher to focus the attention of the students during the implementation of educational activities.

Therefore, we aimed to publish a scientific article on "Important methods of attracting the attention of primary school students" on the issue of formation of knowledge, skills, competences of primary classes. In order to be able to provide good knowledge to students, to organize the lesson process well, and to fulfill his duties fully, the teacher must be knowledgeable in his profession and be an active participant in order to organize the lesson process. . The most important thing is that it should be able to attract the attention of students.

Method and Methodology. Attention is a cognitive process consisting of directing mental activity and focusing on an object of certain importance for a person. Orientation refers to the selective nature of mental activity, voluntary and involuntary selection of an object. When a student listens to what the teacher is saying at school, he has consciously chosen this activity of listening, his attention has been consciously stimulated and subordinated to this goal. The direction of the student's mental activity is expressed when the student concentrates on the content of the educational material without being distracted by something else.

Attention is related to the excitation of certain nerve centers and the inhibition of other nerve centers in the brain, which ensures the separation of stimuli important for the object, that is, the direction of mental activity. Any newly created stimulus, if it has a sufficiently intense tension, causes the corresponding excitation process, this reflex is expressed by the reflex "what is this" as I. P. Pavlov said. This is the physiological basis of simple attention.

Attention in human activity is divided into several types:

1. Involuntary attention;
2. Voluntary attention;
3. Coordinated voluntary attention

When we do not set the goal of attention, the direction and concentration of mental activity can be involuntary. In such cases, the activity can attract a person with its interesting, interesting or unexpected extraordinariness. A person is involuntarily addicted to things, events, activities that affect him. For example: if a person doing something hears a nice tune or song on the radio or hears an announcement, he will stop what he is doing and listen to the radio. However, since we know that we need to do a certain work due to the goal we have and the decision we have made, in this case, the direction and concentration of attention can be voluntary.

At such a time, we aim to focus on the work we are doing. For example: we consider the voluntary nature of a school student's conscious performance of a given task. And sometimes something completely different attracts? At this point, we usually have complex reasons that are closely related to each other in terms of attracting attention. In order to analyze these reasons, we conditionally divide them into different categories. In this case, the relative strength of the stimulus plays a more important role than the absolute strength.

The main feature of the attention of small children of school age is the growth of voluntary attention. The reason for the instability of voluntary attention in high school students is the rapid fatigue of their

nervous system and the weakness of the braking process. Therefore, the teacher should try to make the educational material as interesting and diverse as possible, try to activate the students, think in advance about the possibilities of giving a break during the training. must reach. The correct externalization of educational activities forms the basis for the habit of attentiveness, which is formed in the elementary grades and is strengthened in adolescence. Adolescents are interested in learning about various things, and have a strong desire to do many things independently. On the one hand, it allows to increase the concentration and stability of attention. On the other hand, distraction causes cases of light distraction, because only the active involvement of a teenager allows to determine the state of attention, to direct it to the lesson material and to keep it.

Summary. Primary school age students tend to be very distracted. There are many ways to help them focus. Pupils are distributed a white paper. A round dot is placed in the center of the paper with a black pen. The teacher sets a timer for 2 minutes. Students must look at this point within 2 minutes. If the mind or the eye goes to another direction, it should quickly focus on the point again. These exercises can be done to focus students' attention during the lesson. Concentrating students by doing this exercise continuously has a great effect on their concentration of thoughts in understanding the subject of the lesson. Each teacher should always carry out these or similar exercises among the students, based on the age of the students and their behavior.

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