

DEVELOPMENT OF PSYCHOLOGICAL COMPETENCE IN TEACHERS OF PRESCHOOL EDUCATIONAL ORGANIZATIONS

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*JDPUI, Assoc. Prof. **L.T.Turakulov.***

Department of General Psychology,

Annotation

The development of psychological competence of educators of preschool educational organizations is one of the important factors in increasing the effectiveness of child education. An educator with psychological knowledge and skills will be able to correctly assess the individual characteristics of children, understand their emotional state and apply appropriate pedagogical approaches. Also, this competence serves to increase the educator's resistance to professional stress, effectively resolve problem situations and create a healthy psychological environment. Therefore, the organization of special programs and trainings to improve the psychological literacy of educators is one of the urgent issues.

Keywords

Preschool education, educator, psychological competence, children, development, emotion, intellect, pedagogical approach, stress, stressogen, environment, profession.

Introduction: Educators working with preschool children play an important role not only in the formation of children's knowledge and skills, but also in the process of their personal development, emotional well-being and social adaptation. Therefore, educators must have a level of psychological competence. This article discusses the importance of developing psychological competence in educators of preschool educational organizations, its main components and ways of development.

The concept of psychological competence and its importance

Psychological competence is the ability of educators to understand the psychology of children, to organize an effective educational process, taking into account their individual characteristics. This competence includes the following aspects:

- Emotional stability - the educator must be able to control their emotions, overcome stressful situations.

- Understanding child psychology - taking into account the developmental characteristics of each child.
- Communication competence - effective communication with children and their parents.
- Problem-solving skills - eliminating problems that arise in the pedagogical process.
- Self-development and reflection - the ability of a teacher to evaluate and improve their professional activities.

Methods for developing psychological competence in teachers

1. Psychological training and seminars Conducting special training for teachers helps them manage their own emotions, increase stress resistance, and develop skills in effective communication with children.
2. Psychological counseling and support system The presence of professional psychologists in preschool educational organizations can help teachers and ensure their emotional stability.
3. Professional development of teachers Teachers should improve their skills through regular training courses, seminars, and exchange of experience.
4. Developing cooperation with parents It is important for teachers to maintain constant communication with parents and gain more information about the upbringing of children in the family.
5. Self-analysis and reflection Educators need to analyze their pedagogical activities and improve their work style by identifying successes and shortcomings.

Emotional stability

The emotional stability of an educator is of great importance in their work. Various stressful situations may arise during work with children. The educator must be able to control their emotions in such situations and maintain a positive atmosphere.

Emotional stability includes the following aspects:

1. Ability to manage emotions - An educator must be able to control their emotions in any situation. Stressful situations, conflicts, or unpleasant situations may arise when working with children. In such situations, the educator must resolve the situation calmly without losing control.
2. Stress coping strategies - Various methods can be used to manage the stress that accumulates during work. For example, breathing exercises, meditation, sports or psychological counseling can help reduce stress.
3. Positive communication and patience - It is important to be patient when working with children. Understanding their needs and approaching them with kindness increases the effectiveness of the educator.

4. Teamwork skills - Maintaining good relationships with colleagues and parents helps to strengthen the emotional stability of the educator. Openness and cooperation in communication improve the environment.

5. Self-assessment and development - The educator should regularly analyze himself and determine which aspects need to be developed. Professional development, new pedagogical approaches

In general, emotional stability helps the educator to perform their professional activities more effectively, have a positive impact on children, and reduce stress.

Understanding the psychology of children

A deep understanding of the psychology of children by the educator allows them to take into account the characteristics of their individual development and effectively organize the educational process. Each child has their own unique characteristics, which differ in terms of physical, emotional, intellectual, and social development.

Understanding the psychology of children includes the following main aspects:

1. Taking into account the age characteristics of the child

-Preschool children (3-7 years old) learn the world through emotions, experiences, and games.

-At this age, children's attention, memory, speech, and thinking develop rapidly, but their thinking processes are not yet fully formed.

-The educator should use teaching methods appropriate to the age of the children. For example, games, visual materials, and interactive activities can be effective.

2. Understanding temperament and personality traits

Each child has a different temperament, which is divided into the following types:

-Sanguinic - an active, cheerful, quick-learning child, but easily distracted.

-Phlegmatic - a calm, thoughtful, often thoughtful and slow-moving child.

-Choleric - an energetic, mobile, easily irritable, but proactive child.

-Melancholic - a very sensitive, taciturn, sensitive and self-protective child.

-The educator should take into account the temperament of children and approach them individually. For example, more attention should be paid to very active children, and slow children should be encouraged and motivated.

Understanding the emotional state of children

-Preschool children do not fully understand their emotions and cannot control them.

-Some children express their feelings openly, while others bottle them up.

-The educator should understand the emotional state of children through their actions and provide help when necessary. For example, it is important to show support and affection to a child who is worried or afraid.

Understanding motivation and the learning process

-Children learn more through play. Therefore, the educator should conduct the educational process in interesting and interactive ways.

-Rewarding and encouragement (praise, small gifts, star system) increase children's interest in learning.

-It is important to determine the needs of each child in terms of teaching methods: some learn faster through hearing, some through visual materials, or some through practical activities.

1. Social development and social adaptation

-Children need to learn how to act in a team, make friends, and resolve conflicts.

-Some children are open to socialization, while others may be shy or aggressive.

-The educator should help children develop their social skills by involving them in team games and cooperative activities.

2. Forming behavior and problem-solving skills

1. Sometimes children can express their feelings through aggression or stubbornness.

2. The educator should teach the child how to solve the problem correctly, approach him patiently and give explanations.

3. It is important for the educator to instill in the children such skills as self-control, managing emotions and resolving conflicts peacefully.

Conclusion

The development of psychological competence in preschool educational organization educators directly affects the healthy psychological development of children. As the educator's psychological knowledge and skills increase, the effectiveness of the educational process also increases. Therefore, improving the psychological preparation of teachers is one of the most pressing issues today.

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