

**XALQARO NORDIK UNIVERSITETI**

**«O‘ZBEKISTON — 2030” STRATEGIYASINI  
AMALGA OSHIRISH YO‘NALISHLARI VA  
ISTIQBOLLARI YOSHLAR NIGOHIDA»  
MAVZUSIDAGI RESPUBLIKA ILMIY-  
AMALIY KONFERENSIYA**

**Toshkent – 2024**



**I SHUBA**

<i>Qahramonova S. O'. Oliy o'quv yurtlarida ta'lim tizimining ilmiy va innovatsion jarayonlar bilan uzviylikini ta'minlash.....</i>	<i>10</i>
<i>Sobirxo'jayev X. B. Ta'lim tizimi islohotlari, ilm-fan va innovatsiyalar sohasidagi islohotlarning o'ziga xos jihatlari masalalari.....</i>	<i>13</i>
<i>Homidov J. Z. Tabiiy fanlarni o'qitishda innovatsion texnologiyalardan foydalanish .....</i>	<i>16</i>
<i>Qodirova N., Islomova G. U. Ta'limda innovatsion islohotlarni qo'llashning afzalliklari .....</i>	<i>21</i>
<i>Tursunov F. B. Ta'lim tizimi va ilm-fan sohasidagi islohotlarning ahamiyati.....</i>	<i>25</i>
<i>Matchonova M. M. Uchinchi renessans – ta'lim va taraqqiyot: o'tmish, bugun va kelajak .....</i>	<i>28</i>
<i>Ismoilov N.B Yoshlarga ta'lim-tarbiya berishda medita'limning o'ziga xos jihatlari .....</i>	<i>33</i>
<i>Mukhammadjonova D. Advancing society through reforms in education, science, and innovation.....</i>	<i>36</i>
<i>Baxrueva H.A., Shonazarova M. Роль коммуникативной культуры учителя в повышении качества образования.....</i>	<i>41</i>
<i>Sobirxo'jayev X. B. Ta'lim tizimi islohotlari, ilm-fan va innovatsiyalar sohasidagi islohotlarning o'ziga xos jihatlari masalalari.....</i>	<i>45</i>
<i>Jumanova Sh. I., Tojkarimova M. A. Boshlang'ich sinflarda matematika o'qitish metodikasi.....</i>	<i>49</i>
<i>Tojkarimova M. A. O'zbekistonda ta'lim sohasidagi islohotlar: inklyuziv ta'lim</i>	<i>53</i>
<i>Xalikova M. Texnologik tamaddun kontekstida axborot-ta'lim muhitini tashkil etishning bazaviy imperativlari.....</i>	<i>57</i>
<i>Pirniyazova M. K. Vitagen tajriba asosida talabalarda tadbirkorlik kompetensiyalarini rivojlantirishning ustuvor tamoyillari.....</i>	<i>67</i>
<i>Maxmudova Z. M. Ta'lim tizimini taraqqiyotini davlat tomonidan qo'llab – quvvatlash.....</i>	<i>81</i>
<i>Umarov T.M. Psychological help in adjusting primary class students to school .</i>	<i>85</i>
<i>Fayzullayeva M.A. Inklyuziv ta'limda raqamli texnologiyalarning o'рни va ahamiyati.....</i>	<i>89</i>
<i>Abdulkholiqova M.I. Specific characteristics of the reforms and transformation process implemented in the uzbekistan education system.....</i>	<i>93</i>

# PSYCHOLOGICAL HELP IN ADJUSTING PRIMARY CLASS STUDENTS TO SCHOOL

Umarov Tokhirjon Mamurjonovich<sup>1</sup>

<sup>1</sup>*Specialist Scientific Research Department  
Kokand university, Kokand city, Ferghana region, Uzbekistan*

**Teacher of the Department of Education Abstract:**For a primary school student, a school trip can be exciting and surprising, and it can be a new experience for them. Parents and caregivers should strive to make the transition as smooth as possible. Psychological support can be especially helpful when dealing with a new environment, teachers, and peers. Support can help reduce anxiety, improve academic performance and develop social skills. This article focuses on the study of methods of providing psychological support to elementary school students in adapting to school.

**Keywords:**depression, stress, group therapy, active listening, individuality.

Adjusting to elementary school can be a difficult time for students, and psychological support can help them cope with the change. Psychological support is associated with improved academic achievement and mental health. Research has shown that children with mental health problems learn and retain information (Vahedi et al., 2019). Children experiencing depression, anxiety, or stress may also be at risk of developing delinquent behavior. Psychological support is therefore essential in ensuring that children learn and grow in a safe and supportive environment.

Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On measures to further develop the system of compulsory one-year preparation of children for primary education" Resolution No. 132 of March 9, 2020 with amendments and additions on input

Accelerate the coverage of children in remote areas of the republic with preschool education, raise healthy, active, well-rounded, socially adapted children, create conditions for successful educational activities in the future, and provide plans for quality preparation for primary education. ‘tilde.[lex.uz]

Providing psychological support to elementary school students

Psychological support is necessary when dealing with elementary school students, educators and teachers should create a safe and supportive environment for children. And of course the following methods can be used:

**1. Active Listening.**Active listening is an important skill that helps parents and teachers understand students’ emotional and psychological problems. Active listening involves making eye contact, paying attention, and reflecting on what the child is saying. A teacher or tutor can be attentive and sensitive and create a safe space for the student to communicate their difficulties.

**2. Encouragement and positive reinforcement.**Encouragement and positive reinforcement go a long way in building elementary students’ confidence. Teachers, caregivers, and parents should offer positive feedback when children are doing well

academically or socially. This approach helps students develop a positive self-image and, in turn, feel comfortable in the school environment.

**3. Social support.** Social support is very important in school adjustment for elementary school students. Parents, caregivers, and school staff should encourage social activities such as playtime, sports, and group activities. These activities help children build friendships, develop social skills and build self-confidence.

**4. Consulting Services.** Counseling services can be a great option for children who are experiencing emotional or psychological difficulties. Counseling services offer a confidential and supportive environment where children can express their fears, frustrations and concerns. Counselors can help children develop coping strategies and give them tools to manage their emotions.

**5. Group Therapy.** Group therapy is another effective way to provide psychological support to elementary school students. Group therapy sessions can focus on specific topics such as anxiety, bullying or stress. Children can share their experiences and learn from each other. In addition, these activities help children develop social skills and make new friendships.

Adaptation of primary school students to school is a process that requires special attention and care of teachers, parents and psychologists. This period is an important stage in a child's life, because most of them are faced with daily activities, new rules of behavior and the need to communicate with new people for the first time.

Psychological support for the adaptation of primary school students to school includes a number of activities that help the child overcome emotional and psychological difficulties that arise during the adaptation process. Here are some of these activities:

**Individual interviews with a psychologist.**

At the beginning of the school year, a psychologist can conduct individual interviews with each elementary school student. During these conversations, the psychologist can determine what emotions the child is experiencing, how he reacts to a new situation and what difficulties he faces. As a result of such conversations, the psychologist can give the child the necessary advice and help him adapt to the new school.

**Group lessons on the development of social skills**

The ability to socialize and communicate with other people is very important for elementary school students. To help a child develop these skills, a psychologist can conduct group activities where children learn to communicate, listen to each other, and resolve conflicts.

**Play therapy.**

Game therapy is a method of psychotherapy based on the use of games to achieve positive psychological effects. This method can be very effective for children, because games help them relax, express creativity and understand their emotions better.

**Psychological training for parents.**

Parents also play a very important role in the adjustment of elementary school students to school. A psychologist can provide psychological training for parents to help them understand their role and better understand their child's needs.

### **Support and monitoring system.**

It is important to create a support and monitoring system to help young learners in the adjustment process. This system may include various tools and methods, such as emotional stability tests and feedback from teachers and psychologists.

In general, psychological support for school adaptation of elementary school students

The main task of psychological support is to help the child cope with the stress associated with a new environment and new demands. A psychologist should help a child overcome anxiety, develop interest in the learning process, and develop motivation to study.

Psychological support can be provided within the framework of individual and group training. During individual sessions, the psychologist communicates with the child, identifies his problems and helps to find solutions. Group activities are aimed at developing social skills and strengthening the children's team.

One of the important tasks of psychological support is working with parents. A psychologist should help parents prepare the child for school, give recommendations on organizing the educational process and advice on how to behave with the child during the adjustment period.

As part of psychological support for a child at school, a psychologist can use various methods and techniques to help a child overcome anxiety and adapt to a new environment. For example, educational games can be used to help develop social skills and self-esteem.

Adapting to primary school can be a difficult process, and students need psychological support to adapt to the new environment. Parents, caregivers, and teachers must work together to provide a safe and comfortable environment for children. Active listening, positive reinforcement, social support, counseling services, and group therapy are effective methods of providing psychological support. By providing emotional and psychological support, children can grow and develop in a safe, supportive environment and succeed in their academic and personal lives.

### **List of used literature:**

1. D.Tashpulatova "Improving mechanisms of integrated teaching of academic subjects based on the cluster approach in primary education"
2. Maxmudova Zilola. (2023). TALIM MUASSASI RAHBARLARIDA YUKSAK AXLOQIY SIFATLARI RIVOJLANTIRISH. *International Multidisciplinary Journal of Universal Scientific Prospectives*, 1(2), 78–83. Retrieved from <https://izlanuvchi.uz/index.php/iz/article/view/17>
3. Мамурjonovich, У. Т. (2022). WORLD ECONOMY AND INTERNATIONAL RELATIONS. ФГБОУ ВО «КАБАРДИНО-БАЛКАРСКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ ИМ. ХМ БЕРБЕКОВА». КОЛЛЕДЖ ИНФОРМАЦИОННЫХ ТЕХНОЛОГИЙ

И ЭКОНОМИКИ (РОССИЯ) ИСЛАМСКИЙ УНИВЕРСИТЕТСКИЙ КОЛЛЕДЖ ТАЗКИЯ, 142.

4. Mamurjonovich, U. T. (2023). JAHON IQTISODIYOTIDA YANGI INDUSTRIAL DAVLATLARNING TUTGAN O'RNINI. QO 'QON UNIVERSITETI XABARNOMASI, 344-345.
5. Umarov Toxirjon Mamurjonovich. (2024). ERKIN IQTISODIY ZONALARDA TADBIRKORLIK FAOLIYATIGA INNOVATSIYALAR VA INVESTITSIYALARNI RAG'BATLANTIRISHDA KLASTER YONDASHUVINING O'RNINI. *INTERNATIONAL CONFERENCE OF NATURAL AND SOCIAL-HUMANITARIAN SCIENCES*, 1(1), 156–167. Retrieved from <https://universalconference.us/universalconference/index.php/ICNSHS/article/view/277>
6. Toxirjon, U. (2024). BOSHLANGICH SINFLARDA O 'QISHNI YETKAZIB OLIHGGA QIYNALAYOTGAN O 'QUVCHILAR BILAN ISHLASHDA INTERFAOL USULLARDAN FOYDALANISH. *Integration of Economy and Education in the 21st century*, 2(2), 9-13.
7. Umarov Tokhirjon. (2024). PROVISION OF PSYCHOLOGICAL SERVICES IN EXTREME SITUATIONS IS SOCIAL. *International Multidisciplinary Journal of Universal Scientific Prospectives*, 2(2), 1–6. Retrieved from <https://izlanuvchi.uz/index.php/iz/article/view/28>
8. Umarov Tokhirjon. (2024). PROVISION OF PSYCHOLOGICAL SERVICES IN EXTREME SITUATIONS IS SOCIAL. *International Multidisciplinary Journal of Universal Scientific Prospectives*, 2(2), 1–6. Retrieved from <https://izlanuvchi.uz/index.php/iz/article/view/28>
9. В статье представлена информация о роли педагогики и психологии в повышении качества и эффективности образования, формировании зрелого поколения. Данное научное исследование исследует решающую роль симбиотических взаимоотношений педагогики и психологии в . (2024). YANGI O'ZBEKISTONDA IJTIMOY-INNOVATSION TADQIQOTLAR, 2(2), 5-12. <https://nuzjournals.uz/index.php/yoiit/article/view/79>
10. Umarov Toxirjon. (2024). ПСИХОЛОГИЧЕСКИЕ ПРИНЦИПЫ ОТНОШЕНИЙ МЕЖДУ ПРЕДСТАВИТЕЛЯМИ РАЗНЫХ РЕЛИГИЙ. *Yosh Tadqiqotchi Jurnal*, 3(2), 18–25. Retrieved from <https://2ndsun.uz/index.php/yt/article/view/655>