

IMPORTANT INDICATORS OF PEDAGOGY AND PSYCHOLOGY: SCIENTIFIC-THEORETICAL ANALYSIS**Choriyeva D. N.**

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Abstract: This article covers the basic concepts of pedagogy and psychology and important topics related to the educational process. In particular, issues such as the essence and subject of pedagogy, educational effectiveness, the importance of the educational process, pedagogical competence and professional skills are analyzed. The essence of psychology, personality development and individual characteristics, motivation and needs, the problem of psychological health and stress, and the content and importance of inclusive education are also covered. The main purpose of the material is to explain the scientific, pedagogical and psychological foundations that serve the comprehensive development of the individual in the educational process and to show their practical significance. These topics play an important role in the effective organization of teacher and student activities in the modern education system.

Introduction. In the history of human development, issues of education and upbringing have always been one of the main factors of social development. The economic, political and cultural development of any state depends, first of all, on the level of development of its education system and human capital. From this point of view, the sciences of pedagogy and psychology are recognized as the most important directions of the modern scientific system. The science of pedagogy studies the laws, principles, methods and forms of the process of education and upbringing. Psychology, on the other hand, studies the scientific foundations of human mental activity, mental processes, personality traits and behavior. These two sciences are inextricably linked, and one serves the development of the other. Because the effective educational process requires in-depth knowledge of human psychology. Today, globalization, digital technologies, artificial intelligence and the development of innovative educational systems pose new challenges to the sciences of pedagogy and psychology. Therefore, a scientific analysis of the important indicators of these sciences is one of the urgent issues.

The essence and subject of the science of pedagogy. Pedagogy is a science that studies the process of education and upbringing, studies the laws of human development. It is based on the need of society for education and develops the scientific foundations for the formation of a person as a comprehensively developed person. The essence of pedagogy is that it studies the process of education and upbringing not only as a practical activity, but also as a scientifically based system. That is, pedagogy explains the processes of human knowledge, upbringing, socialization and development on the basis of laws and determines the ways of effectively organizing these processes.

The subject of pedagogy is the process of education and upbringing itself, its content, forms and methods, as well as the relationship between the teacher and the student. In addition, it studies the tools used in the educational process, didactic principles and pedagogical technologies.

Educational effectiveness is the main indicator of pedagogy. Educational effectiveness is one of the most important concepts in the science of pedagogy, which expresses the extent to which the results achieved in the educational process correspond to the established goals. That is, educational effectiveness is measured by the knowledge, skills and qualifications acquired by students and the level of their ability to apply them in practice. Educational effectiveness is the

main criterion indicating the quality of the educational process. It is assessed not only by students' grades, but also by their independent thinking, creative approach, ability to solve problems and use knowledge in real life situations.

In the process of effective education, the cooperation between the teacher and the student plays an important role. The teacher acts not as a provider of knowledge, but as a guide and assistant. The student is an active participant, acquiring knowledge not by rote, but through research and practical activities. There are many factors that affect the effectiveness of education. Among them, teaching methods, modern pedagogical technologies, the quality of educational materials, the convenience of the learning environment, and student motivation are important.

One of the most important indicators of pedagogical science is educational effectiveness. Educational effectiveness is determined by the extent to which students have mastered knowledge, applied it in practice, and developed the ability to think independently.

Factors affecting educational effectiveness:

1. Pedagogical skills of the teacher;
2. Quality of curricula;
3. Modernity of educational methods;
4. Psychological environment;
5. Use of information technologies;
6. Motivation of students.

Interactive methods are of particular importance in modern pedagogy. Methods such as "Brainstorming", "Cluster", "BBB", "Case study", "Debate" develop independent thinking of students.

Today, distance learning and electronic platforms are also important tools for increasing educational effectiveness. Multimedia tools, virtual laboratories, and electronic textbooks make the process of learning more interesting for students.

The importance of the educational process. Education is a complex and continuous process aimed at the spiritual, moral, intellectual and social formation of a person, which plays an important role in a person finding his place in society. The educational process, as one of the main directions of the discipline of pedagogy, serves to form a person's worldview, behavior, values and life views. Through education, a person not only becomes a possessor of knowledge, but also matures as a person with high moral qualities, responsible and useful to society. The importance of the educational process is manifested, first of all, in the correct guidance of the younger generation. Children and adolescents are first brought up in the family, and later in educational institutions and in the social environment. In this process, such qualities as hard work, honesty, patriotism, respect and kindness are formed in them.

Education also directly affects the sustainable development of society. Because educated, educated and spiritually mature individuals are the main force for the development of society. On the contrary, if education is insufficient, social problems may increase.

The process of education is carried out in cooperation with the family, school and society. In particular, the pedagogical skills of teachers, the health of the educational environment and the active participation of parents increase the effectiveness of this process. Pedagogy aims not only to impart knowledge, but also to form a harmonious personality. The process of education serves the spiritual, moral, aesthetic and physical development of a person.

The main areas of education:

1. spiritual and moral education;
2. aesthetic education;
3. ecological education;
4. legal education;

5. patriotic education;
6. labor education.

The effectiveness of education is inextricably linked with the family environment, society, educational institution and the media.

Eastern thinkers - such scholars as Abu Nasr Al-Farabi, Abu Ali ibn Sino, Alisher Navoi, Abdulla Avloni - paid special attention to the issue of education. It was not for nothing that Abdulla Avloni noted that "Education is a matter of life or death for us."

Pedagogical competence and professional skills are the main concepts that determine the most important qualities and abilities of a teacher in the modern education system. They express not only the teacher's possession of knowledge, but also the ability to effectively convey this knowledge to students, educate and develop them.

Pedagogical competence is considered within the framework of pedagogy as a set of knowledge, skills, qualifications and personal qualities necessary for a teacher to successfully carry out his professional activities. It includes aspects such as planning the educational process, organizing a lesson, using modern pedagogical technologies, and establishing effective communication with students.

Professional skills indicate the level of achievement of high results by a teacher in practical activities. It is formed as a result of a combination of experience, knowledge and creativity. A teacher with professional skills is able to organize the teaching process in an interesting and effective way, take into account the individual characteristics of students and increase their interest in learning.

Pedagogical competence and professional skills are inextricably linked. If competence represents theoretical and practical training, then professional skills indicate its high level of application in practice. Therefore, a teacher needs to constantly work on himself, update his knowledge and skills. The teacher's professional skills are one of the important indicators of pedagogical science. Pedagogical competence consists of the following components:

- methodological competence;
- communicative competence;
- information technology competence;
- psychological competence;
- creative approach.

A modern teacher:

- must know innovative methods;
- take into account the individual characteristics of students;
- be able to use modern technologies;
- strive for independent development.

The teacher's speech culture, communication skills and emotional stability also have a great impact on the quality of education.

Psychology is a science that studies the laws of the human psyche and mental activity. Psychology comes from the Greek words "psyche" - soul and "logos" - doctrine. Psychology is a science that studies the human psyche, that is, mental processes, states and personality traits. It analyzes the inner world, behavior and activity of a person on a scientific basis and explains the causes of their occurrence.

The essence of the science of psychology is manifested in the study of the mechanisms of the functioning of the human mind, the laws of such mental processes as sensation, perception, memory, thinking, attention, emotion and will. It also studies the character, temperament, abilities and motivation of a person. This science is of great importance in understanding and managing

human behavior in society. Because the actions of each person are closely related to their internal psychological state. Psychology scientifically reveals this connection.

Psychology is not only a theoretical science, but also has practical significance. It is widely used in education, medicine, labor activity, management and upbringing processes. For example, taking into account the psychological characteristics of students in the educational process is an important condition for effective teaching.

Psychology has the following main areas:

1. general psychology;
2. youth psychology;
3. pedagogical psychology;
4. social psychology;
5. clinical psychology;
6. labor psychology.

Psychology studies such mental processes as:

- ❖ intuition;
- ❖ perception;
- ❖ thinking;
- ❖ memory;
- ❖ attention;
- ❖ emotion;
- ❖ will.

Personality development is a complex and continuous process that lasts from the birth of a person to the end of his life, in which biological, psychological and social factors play an important role. During this process, a person's physical condition, mental potential, worldview, behavior and personal qualities are formed. Personality development occurs under the influence of many factors. It is greatly influenced by heredity, that is, genetic characteristics, environment, upbringing and the individual's own activity. In particular, the social environment in the family, school and society plays an important role in the formation of a person. This process is widely studied by the disciplines of Pedagogy and Psychology.

Individual characteristics are a set of psychological and biological characteristics that distinguish each person from others. They are manifested in the temperament, character, abilities, interests and needs of a person. For example, some people are quick and active, while others are calm and thoughtful.

Individual characteristics determine a person's way of life, approach to learning and work. Therefore, it is important to take into account the individual characteristics of each student in the educational process. This approach increases the effectiveness of teaching and helps to fully develop the capabilities of each individual.

One of the main indicators of psychology is personality development. Each person has their own temperament, character and abilities.

Types of temperament:

1. Sanguine;
2. Choleric;
3. Phlegmatic;
4. Melancholic.

Factors influencing personality development:

- ❖ heredity;
- ❖ environment;
- ❖ education and upbringing;

- ❖ activity;
- ❖ social relationships.

Psychological research shows that a child's early development has a strong impact on his later life.

Motivation and needs are the most important psychological factors that drive human behavior and activity. They determine why a person performs a certain activity, what goal he strives for and what result he tries to achieve.

Needs are a system of internal demands and desires necessary for a person to live and develop. Needs are divided into biological (food, sleep, security) and social (communication, respect, recognition, self-development). The emergence of a need in a person encourages him to take active action.

Motivation is an internal drive formed on the basis of these needs, which directs a person to a certain goal. If motivation is strong, a person strives for his goal despite difficulties and achieves high results in his activities. Motivation can be in the form of external (incentives, rewards, grades) and internal (interest, desire for self-development). The role of motivation and needs in the educational process is very important. Because if a student does not feel the need to learn or is not interested in it, the effectiveness of learning will be low. Therefore, it is important for the teacher to form internal motivation for learning in students. This process is one of the main areas of study in the disciplines of Pedagogy and Psychology.

Motivation is the internal driving force of human activity. High learning motivation in the educational process increases the effectiveness of learning.

The main types of motivation:

- intrinsic motivation;
- extrinsic motivation.

Internal motivation is associated with interest in learning, while extrinsic motivation is based on incentives or punishment.

American psychologist Abraham Maslow developed the theory of the hierarchy of needs, which emphasizes the gradual development of human needs.

Psychological health represents a person's emotional, mental and social stable state. It is determined by a person's satisfaction with his life, the ability to establish healthy relationships with others, adapt to stressful situations and control himself. A psychologically healthy person correctly assesses his capabilities, sets goals and strives to overcome life's difficulties.

Stress is the response of the human body and psyche to external or internal negative influences. It is often caused by excessive pressure, anxiety, fear or fatigue. Stress can motivate a person to take action in the short term, but if it lasts for a long time, it can harm psychological and physical health. The main causes of stress include excessive workload at school or work, family problems, social pressure and lack of self-confidence. In a state of stress, a person experiences symptoms such as irritability, decreased attention, sleep disturbances and fatigue. A healthy lifestyle, rest, sports and positive thinking are important for maintaining psychological health. Also, solving problems in a timely manner, communicating with loved ones and seeking professional help if necessary help reduce stress. These processes are widely studied in the field of psychology, as it helps to understand the human mental state and develop ways to improve it.

Psychological health is one of the pressing issues in modern society. The rapid flow of information, social pressure and economic problems have a negative impact on the human psyche.

The main causes of stress:

- overload;
- social problems;
- family conflicts;

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- emotional pressure.

Methods of strengthening psychological health:

- ❖ healthy lifestyle;
- ❖ playing sports;
- ❖ meditation;
- ❖ psychological training;
- ❖ positive thinking.

The presence of psychological services in educational institutions is important in ensuring the mental stability of students. Pedagogy and psychology are inextricably linked. While pedagogy develops educational methods, psychology studies the psychological characteristics of a person.

For example:

- age psychology determines the age characteristics of students;
- pedagogical psychology analyzes psychological states in the educational process;
- social psychology studies team relations.

Psychological approach to the educational process:

- individual education;
- provides a differentiated approach;
- develops students' abilities.

Inclusive education is an education system that ensures equal participation in the general educational process of all children, including students with special needs in their physical or mental development. It is aimed at guaranteeing the right of each child to receive a quality education, regardless of their abilities, needs and opportunities. The main idea of inclusive education is the principle of "all children study together". In this approach, children with special needs are educated together with their peers in regular schools, not in separate institutions. Through this, they not only receive knowledge, but also develop the skills of adaptation to social life, communication and integration into society.

In the process of inclusive education, it is important for the teacher to take into account the individual characteristics of each student. Lessons are organized using adapted methods, special educational materials and supporting technologies. This increases the quality of education and creates conditions for each child to fully realize their potential.

This direction is one of the important modern concepts of the science of pedagogy, which serves to implement the principles of equality, humanity and social justice in education. Inclusive education implies creating equal opportunities for all children. The adaptation of children with disabilities to society is one of the important tasks of pedagogy and psychology. In conclusion, the sciences of pedagogy and psychology are one of the important scientific foundations of the development of society. While pedagogy ensures the effectiveness of the educational and upbringing process, psychology studies the laws of the human psyche and personality development. Educational effectiveness, pedagogical competence, motivation, psychological health, communicative abilities and innovative technologies are the main indicators of these sciences. The integration of pedagogy and psychology in the modern education system serves as an important factor in raising a harmonious generation.

In the future, artificial intelligence, digital technologies and innovative methods will serve the further development of pedagogy and psychology. Therefore, in-depth study and practical application of these disciplines is an important condition for the development of society.

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