

GOALS AND OBJECTIVES OF ORGANIZING SOCIO-PSYCHOLOGICAL TRAININGS IN EDUCATIONAL ACTIVITIES

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Annotation

The article analyzes the importance of organizing socio-psychological trainings in educational activities, its goals and objectives, the psychological importance of being able to correctly understand and analyze life contradictions through trainings, generate the skills necessary for the maturation of an individual, and generate the skills to be able to make the right decisions in unforeseen situations.

Keywords: training, communication, activity, creativity, communication, self-awareness, decision-making, idea, thought, stereotype.

Introduction

Today, there is an increasing need to determine the mental characteristics of certain categories of people and to relatively eliminate their problems through training. In this regard, the use of socio-psychological training serves to form a culture of mutual relations in interpersonal relations. In order to be active in social relations, a person is formed and develops as a person in the process of entering into positive and cultural communication and mutual relations with other people.

Communicative abilities of a person are a condition of his development and also a result of this development. In a broad sense, it is impossible to form a complex of personal qualities of a person without improving the communicative competence of a person, without changing his social relations, as well as without revising his general attitude towards the social world and himself. Social psychological training is not only a factor in the formation of interpersonal relationships, but also an adequate self-assessment of a person, creating opportunities for self-control in any situations, and differs from other practical training through the following goals.

Including:

- ☐ Forming communication skills in a person;
- ☐ To learn to understand and analyze contradictions in life correctly;

- ☐ Achieving a change in the internal state (psyche) of the person;
- ☐ Creating skills necessary for personal development;
- ☐ Such as forming the skills to make the right decision in unexpected situations [1].

The main tasks of training:

1. Increase the social psychological knowledge of the person.
2. Formation of clear knowledge, skills, skills and habits manifested in communication activities.
3. Necessary qualities manifested in effective communication, formation of social norms, correction of inadequacies.
4. Developing self-awareness, knowledge, and the ability to form correct relationships with others.
5. In general, such as ensuring and coordinating social relations of a person in relation to activity, pedagogical and social situations in it [3].

Especially today, in social relations, in the course of certain types of activities, we are witnessing the growing number of cases of emotional tension between people. It is appropriate to emphasize the possibilities of psychological training in solving these problems. Organizing and conducting trainings on stress and negative emotions management is one of today's requirements and includes the following practical tasks: creating conditions for conducting these trainings at a high level based on programs; developing the knowledge, skills and qualifications of specialists to increase the effectiveness of the trainings; improvement of methods of formation of skills of constructive expression of negative emotions and feelings; such as re-developing the sources of personality-forming training with modern improvements and creating new ones based on national values [2].

Based on the goals and tasks of social psychological training, the principles for training are as follows:

1. Principle of activity. This principle is more based on the idea of experimental psychology: A person absorbs 10% of what he hears, 50% of what he sees, 70% of what he is told, and finally 90% of what he does. Social activity is required from the members of the training group, because the members of the group have to use the existing knowledge and skills of the others in the situations and show specific forms of behavior according to the actions of the members of the group and the demands of the situation.

2. The principle of creativity. The main essence of this principle is that during the training, the group of participants will find and discover certain ideas and laws that have already been discovered in psychology, and most importantly, they will realize their personal resources, opportunities and qualities. The members of the training group must be constantly curious, understand the essence of the situation in a certain place and analyze the role, because the training requires thinking and views to be flexible and suitable for the situation.

3. The principle of objectification (understanding) of behavior. During the exercises, the behavior of the participants goes from impulsiveness to the level of objectivity and allows to make changes during the training. Feedback is a universal tool of behavioral objectivity. It is the trainer's responsibility to ensure that feedback occurs in the group. The objectification of the forms of behavior manifested in the social psychological training sessions, that is, based on the requirements of the role of the attitude of the group members, each participant strengthens the action corresponding to this role in real behavior and consciously changes it under the influence of others. must accept.

4. The principle of partnership (entity-entity) communication. Partnership, or subject-subject communication, is recognized as the interest of others, their emotions, feelings, sorrows, personal value of another person. Every training and dialogue should be based on maximum mutual respect of the partners, as a result of which the person learns to appreciate the opinions of others, to count with them and to express his opinions in a way that is suitable for listening. Its use creates a climate of trust and openness in the group [5].

The basic meaning of psychological training is to teach human relations. The field of psychology has evolved considerably over the years. Also, the training network has developed as separate areas of the field of psychology. Psychological training, which is developing as a science, and the method of conducting it, are also dedicated to clarifying the issue of the order in which training is organized and conducted in the field of education and training.

It should be noted that solving problems during training, as well as creating knowledge, skills and qualifications in this regard, requires the trainer to work with personal psychology and individual psychology. Therefore, in psychology, such trainings are called psychological trainings.

It is not for nothing that many people, especially the general public, as well as psychologists, are worried about the fact that the number of cases of mental

stress in social life is much higher than in the past, and as a result, many life problems arise. It can be said that such situations arise as a result of various levels of stress [4].

Social psychological training is the preparation of a person for various spheres of social activity. The main focus is to reflect the process of increasing the level of knowledge in the field of communication or communicative activity of an individual or a whole group. Therefore, social psychological training allows the formation of a person's level of communicative knowledge in a short period of time based on specific requirements and needs.

It is possible to think about natural and specially organized types of training. In specially organized training, special situations and personal needs of the participants of the game, the qualities that need to be formed in them, play a big role, and the person is deliberately directed to one or another social psychological situation by others.

Training sessions require a specific situation, a specific goal, personal needs, and a person conducting the sessions or a leader.

The success of training requires strict adherence to certain principles. First of all, social activity is required from those enrolled in the training. Secondly, the members of the 1st group must be constantly inquisitive, understand the essence of the situation in a certain place and analyze their roles, and it is necessary to enter this or that role. Thirdly, based on the attitude of the group members and the requirements of the role, each participant must strengthen the action corresponding to this role in real behavior and consciously accept it under the influence of others. Fourthly, every training and communication should be based on maximum respect of partners.

Social psychological knowledge is an important factor in effective interpersonal communication. Such interaction is considered effective if the interpersonal relationship leads to mutual understanding of the participants.

The use of social psychological training is effective in teaching people to be knowledgeable in the process of communication. Social psychological training is the psychological preparation of people for the process of communication, the formation of the necessary communicative skills in them in a short period of time within the framework of special programs. Most importantly, people's communication skills increase during social psychological training.

In short, to be free from the stereotypes established in the society, that is, to

accept opinions without analysis, to be free from stereotyped views related to hearing and acceptance, to express one's thoughts and ideas freely, to express oneself. If we can form a generation with a tendency to feel free and have competent communication skills in human relations, a layer of the generation suitable for the new era will be formed. In this process, the wide use of effective methods and exercises in the science of psychological training, which is one of the important fields of psychology, is of great importance.

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