



## PROGRESS OF PEDAGOGICAL COMPETENCE IN THREE DIRECTIONS

N. Toshmanov, I. Toshmanov

Teachers of the Shakhrisabz branch of the Tashkent State Pedagogical University named  
after Nizami  
Karena88@mail.ru

**Anatation:** it is known that a teacher (teacher) is a specialist who conducts educational work with students of secondary schools, academic lyceums and vocational colleges in various areas. Since a teacher influences the formation of members of society, his personal qualities are more important than professional ones. Because it shapes the image of society today and tomorrow. Therefore, it is not enough for a teacher to be professionally mature. He must be impregnated with noble human qualities to be grafted into the spirit world. The article focuses on these aspects of craftsmanship.

**Key words:** pedagogy, teacher, form, style.

Modern pedagogy notes that the teacher is faced with such tasks as practical, research, organizational, mediatory, executive, and only a teacher who fully fulfills these tasks can influence the formation of the modern young generation as harmoniously developed people. Only teachers of the period of independence can ensure the development of the country. (National Encyclopedia of Uzbekistan Kazakhboy Yuldashev State Scientific Publishing House of Uzbekistan "National Encyclopedia of Uzbekistan")

If we look at history, a lot of data has been collected through observation, research, and experimentation. According to the specifics of this information, they were closely related and divided into groups. In the future, science arose at the basis of these groups. As a result of the

deepening of this or that science, the directions of this science arose.

Any forced activity negatively affects the body. This effect is caused by the nervous system. In particular, the educational process itself is a compulsory activity. To maintain the health of students during the lesson and at the same time improve their academic performance, the teacher must be aware of the requirements of educational hygiene, classroom and classroom equipment.

At the same time, it is necessary to master such concepts as the physiological foundations of learning, the performance of students, the hygiene of the student's nervous system.

During the course, students are influenced by many external and internal factors. Deviation of any of these factors from the norm becomes a pathogenic factor and harms the



student's health. For example, the height of the desk does not correspond to the height of the student, the lighting in the classroom is below or above the norm (norm 175-350 lux), the temperature is low or high, the air circulation and the composition in the room. the classroom is a mess, the teacher deviates from hygiene standards.

All mental processes are closely related to the nervous processes in the cerebral hemispheres, because each mental process is based on nervous processes: excitation, inhibition, distribution, concentration, dominance, and others. In addition, mental processes are formed on the basis of speech (Sodikov KS Tashkent "Teacher". 1992).

Mental work is the result of the activity of the cortical cells of the cerebral hemispheres. Therefore, when you work a lot mentally, the nerve cells in the brain are depleted and the person gets very tired.

Fatigue is the suppression of brain cells. Fatigue is manifested by absent-mindedness, lethargy, drowsiness. If fatigue is not prevented, this leads to overwork, in which the child develops a headache, dizziness, loss of appetite, or the person becomes very impressionable, talks in a dream, wakes up, etc.

The lesson does not enter the brain well, the materials are not very memorable. Fatigue often occurs when the load increases, the schedule is violated, the child is less likely to be outdoors, and does not eat well.

Efficiency means the ability to perform work over a long period of time without compromising quality. Work capacity varies from person to person and depends on age, health, strength, mood, work experience, exercise, team and family relationships, responsible work, and many other factors.

The ability to work changes from day to day, from week to week, from year to year. When a student wakes up from sleep, the performance is not so high, the body gradually begins to move into a working state. As the work progresses, it gradually increases, reaches a certain peak, then remains in this state, then subsides.

If a person does not rest on time, he will get very tired. It negatively affects the functions of the body, especially the central nervous system, as a result of which mood worsens, sensitivity increases, insomnia, interest in work decreases, and working capacity decreases.

The mental abilities of the student in the classroom are divided into 5 stages:

Start-up period - lasts a few minutes in the classroom and adapts to the student's conditions;—

the optimal period of work - the period of stabilization of mental work;—

period of full compensation - the first signs of overwork begin to appear, but they are not compensated by the will of a person and do not appear;—



Period of unstable compensation - increased fatigue is characterized by decreased performance.→

period of progressive decline in labor activity - this period is characterized by a rapid increase in fatigue, a sharp decline in labor productivity;→

To ensure high productivity of mental work in the classroom, to prevent overwork, it is necessary to carry out the following activities:→

visit and fill out the journal at the beginning of work;→

Explain new material when the student is at optimal performance;→

In the first half of the lesson, using active teaching methods, the student explains without holding on to one subject for a long time;→

change the teaching method;→

Wide use of visual, didactic and technical means when explaining the course material;→

keeping physical minutes between lessons;→

High mood of the teacher when presenting new material, the teacher speaks in different tones. (Aripova Kh.S. Physiology and hygiene of youth. 2010)→

In conclusion, the knowledge of a teacher means not only the knowledge that he acquired in his subject, but also the ability to transfer this knowledge to the student, that is, knowledge of his pedagogical skills and the student in accordance with the rules of hygiene.) Is understood as a body of knowledge in the field of health care. Therefore, in pedagogical and

educational institutions, in addition to the disciplines of their profile, subjects related to pedagogy and hygienic standards of education are taught.

Personal characteristics - variable qualities such as sound timbre, temperament, greatness;

Pedagogical competence and education - level of lesson organization, pedagogical skills, level of audience management, non-use of parasitic words, fairness in management, level of ICT knowledge, speaking skills, level of lesson organization;

Knowledge of a subject - the level of knowledge of the subject, the ability to apply knowledge in practice;

Educational hygiene - the sanitary condition of the classroom, the suitability of the equipment for the student, the high spirit of the lesson, the ability of students not to get tired, distraction when symptoms appear.

One of the important aspects of the experience is to know about the shortcomings and achievements of teachers based on the assessment of their characteristics by students, to discuss this information with their own participation. Discussions with professors and teachers on the results of the experiment gave excellent results. This made the learned professors understand what qualities they should work on, and prompted them to work on it.

This experience proved that professors are motivated to work on themselves. There is no doubt that only experienced, potential teachers will be formed in the future from



**IJARST**

# International Journal For Advanced Research In Science & Technology

A peer reviewed international journal

[www.ijarst.in](http://www.ijarst.in)

ISSN: 2457-0362

teachers who tirelessly worked on their shortcomings.

## References

1. Karimov I.A. Towards a great future T. 1998.
2.  
I. A. Karimov. Answers to the questions of the correspondent of the Turkestan newspaper 1999. February 3rd.
3.  
Karimov I.A. A dream of a harmoniously advanced generation. T. 1999
- four.  
Abu Raikhan Beruni. Psychology and Education. T. 1992.
- five.  
Munavvarov A.K. Pedagogy 1996