

BOLALARDA DIQQATNING RIVOJLANISH XUSUSIYATLARI.

Oppoqxo‘jayev Xojixuja Azimjon o‘g‘li

Qo‘qon davlat pedagogika instituti

Maxsus pedagogika kafedrası o‘qituvchisi

Abdulazizova Shahnoza Muxammadsoli qizi

Maxsus pedagogika yo‘nalishi 3-kurs talabasi

Annotatsiya. Diqqat inson faoliyatini barcha turlarini muvaffaqiyatli amalga oshirishning va ularning samaradorligini ta‘minlovchi muhim shartlardan biridir. Kishi faoliyati qanchalik murakkab, serzahmat, davomiylik jihatdan uzoq muddatli, ma‘suliyat hissini taqozo qilsa, u diqqatga shunchalik yuksak shartlar va talablar qo‘yadi. Inson ziryakligi, farosatliligi, tez payqashi, sinchkovligi, dilkashligi, uning turmush sharoitida, shaxslararo munosabatda muhim omil sifatida xizmat qiladi.

Kalit so‘zlar: diqqat, tormozlanish, ixtiyoriy diqqat, o‘yin.

Diqqat aqliy faoliyatning barcha turlarida ishtirok etadi, insonning xatti-harakatlari ham uning ishtirokida o‘tadi. Psixologiya fanida diqqatga har hil ta‘rif beriladi, uni yoritishda psixologlar turli nazariyaga asoslanib yondashadilar. Diqqat deb ongni bir nuqtaga to‘plab, muayyan bir obyektga aktiv qaratilishiga aytiladi. P.I.Ivanovning fikricha, biz faoliyatimiz jarayonida idrok va tasavvur qiladigan har bir narsa, har bir hodisa, o‘zimiz qilgan ishimiz, o‘y va fikrlarimiz diqqatning obyekti bo‘la oladi. Shuni alohida ta‘kidlab o‘tish lozimki, diqqat sezgi, idrok, xotira, tafakkur, xayol, nutq kabi alohida jarayon emas. Shuning uchun barcha psixik jarayonlarda qatnashadi, ularning mahsulдорligini oshirishda ta‘sir etadi. Bolalarda diqqat juda erta rivojlana boshlaydi. Bir-ikki haftalik chaqaloqlarda diqqatning hech qanday alomati ko‘rinmasa ham, oradan sal o‘tmay, ya‘ni bolaning bir oylik davridan boshlab, ixtiyoriy diqqat alomatlari ko‘rina boshlaydi. Demak, bolaning bir oylik davrida uning diqqatini turli kuchli qo‘zg‘atuvchilar (qattiq tovush, ortiqcha yorug‘lik) beixtiyor ravishda o‘ziga jalb qila boshlaydi. Ikki-uch oylik bolalar

esa,shaqir-shuqurga quloq soladigan (shaqildoqning tovushiga ovunadigan) bo'la boshlaydilar.Bu yoshdagi bolalarning diqqatlarini yorqin(yaltiroq) rangli narsalar ham beixtiyor jalb qila boshlaydi.Bolaning ko'z o'ngidagi narsa qanchalik rang-barang bo'lsa,bola unga shunchalik ko'p e'tibor beradi.

Bog'cha tarbiya yoshidagi bolalarning diqqati nihoyatda beqaror bo'lishi bilan xarakterlanadi. Masalan, bolaga yangi o'yinchoq bersangiz, u o'yinchoqni juda qiziqib ko'ra boshlaydi. Lekin ayni shu paytda yana bir boshqa o'yinchoqni ko'satsangiz, birinchi o'yinchoqni tashlab, ikkinchisiga talpinadi. Yasli yoshidagi bolalar diqqatining beqarorligi fiziologiya nuqtai nazardan ularda hali tormozlanish protsesslarining kuchsizligi bilan bog'liq. Tormozlanish jarayoni qo'zg'alish jarayonining keng yoyilib ketishini to'xtata olmaydi. Ana shuning uchun kichik bolalarning diqqati bir narsadan ikkinchi narsaga osongina chalg'ib ketaveradi. Ilk bolalik davridagi bolalar diqqatining g'oyat beqaror bo'lishi turmush tajribalarining juda ozligi bilan bog'liqdir. Bolalarga hamma narsa yangilik bo'lib tuyulaverganidan ularning diqqatlari bir yoshdagi bolalarda diqqatning ayrim xususiyatlari, ya'ni diqqatning kuchi va barqarorligi ham tarkib topib,yuksala boshlaydi.Buni biz bolalarning(xususan, o'rta va katta guruh bolalarining)bir ish ustida uzoq vaqt davomida o'tira olishlaridan,ba'zi o'yinlarni zerikmay soatlab o'ynay olishlaridan,ta'limiy mashg'ulotlarda chidam bilan o'tira olishlaridan ko'rishimiz mumkun,bir narsadan ikkinchi narsaga tez-tez chalg'ib ketaveradi. Ana shu nuqtai nazardan bola ko'z o'ngidagi narsaning o'zi bolaga juda qiziq tuyulgani uchun ham diqqati chalg'ib ketadi. Masalan, N.M.Menchinskayaning hikoya qilishicha Sasha (1 yosh 8oylik) echki va uning bolalari haqidagi ertakni zo'r qiziqish bilan tinglaydi.Bo'ri kelib eshikni taqqillatganini ko'rmoqchi bo'lib , devorga tap-tap etib uradi, lekin ba'zan taqillatishga shu qadar maxliyo bo'lib ketganidan ertakni tamomila unutib qo'yadi. Ilk bolalik davridagi bolalarda diqqatning bo'linuvchanligi juda zaif, ko'lami esa tor bo'ladi.Bu yoshdagi bolalar diqqatlarini faqat ko'zlariga yaqqol ko'rinib turgan bir narsaga qarata

oladilar, ilk bolalik davridagi bolalar diqqatining rivojlanishida nutqning roli juda kattadir. Bolaning tili chiqib, nutqni egallay boshlashi, katta kishilar bilan muomalada bo'lishdan tashqari, ularning ko'rsatmalarini bajarish imkoniyatini ham beradi. Yuqorida aytib o'tganimizdek, kichik yoshli bolalar kattalarga qarashishni imkoniyatlari boricha ularning mehnatlariga aralashishni juda yoqtiradilar. Kattalarning iltimos va topshiriqlarini bajonu-dil ado etadilar. O'z-o'ziga xizmat ko'rsatishga oid oddiy yumushlarni qiziqib bajaradilar, otalarining uy-xo'jalik ishlarida qarashishga harakat qiladilar. Mana shularning hammasi diqqatni ma'lum darajada to'plash va muayyan bir maqsadga qaratishni talab etadi. Bu esa bolalarda ixtiyoriy diqqatning rivojlanishiga asos bo'ladi. Bog'cha yoshidan boshlab bolalarda ixtiyoriy diqqat rivojlana boshlaydi. O'yinlarning qanday qoidalar asosida yo'nalishini o'zlari mustaqil tanlab oladilar. O'yin qoidasidan chetga chiqib ketmaslik uchun o'z harakatlarini o'yin qoidalariga moslashtirishga va o'yinda qatnashuvchi o'rtog'larining harakatlarini ham kuzatib borishga kirishadilar.

Xulosa qilib aytadigan bo'lsak, bolalarning o'yin faoliyatlari ularda ixtiyoriy diqqatning rivojlana boshlashi uchun sharoit yaratib beradi. Shuni ham nazarda tutish kerakki, ixtiyoriy diqqat iroda bilan bog'liq. Shuning uchun ham ko'pincha bolalar diqqatining bu turini o'zlaricha mustaqil tashkil eta olmaydilar. Dastlabki paytlarda diqqatning ixtiyoriy turini har xil savollar va topshiriqlar berish yo'li bilan rivojlantirib borish kerak.

Foydalanilgan adabiyotlar:

1. Umumiy psixologiya E. G'oziyev Toshkent "Universitet"-2002
2. Azimjon o'g, Oppoqxo'jayev Xojixuja. "YUQORI SINF O'QUVCHILARINI OILAVIY HAYOTGA TAYYORLASH JARAYONINI TASHKIL ETISH TAMOYILLARI." *Science Promotion* 1.2 (2023): 18-25.
3. Azimjon o'g, Oppoqxo'jayev Xojixuja, and Muxammadjonov Shohruhbek Shuxratbek o'g'li. "INKLYUZIV TA'LIMNING HUQUQIY-ME'YORIY ASOSLARI." *Science Promotion* 1.1 (2023): 50-57.

4. Oppoqxo'jayev, Xojixuja, and Faxriddin To'ychiboyev. "MAXSUS EHTIYOJLI BOLALARNING TA'LIM-TARBIYASIDAGI TENG HUQUQLILIK MUAMMOSINI HAL ETISHDA INKLYUZIV TA'LIMNI AHAMIYATI." *Инновационные исследования в науке* 2.5 (2023): 27-33.
5. Oppoqxo'jayev, Xojixuja, and Qunduzabibi Yusupova. "MAXSUS PEDAGOGIKA FANLARINI O'QITISHDA INNOVATSION TEXNOLOGIYALARGA ASOSLANGAN AMALIY MASHG'ULOTLARINI LOYIHALASH." *Development and innovations in science* 2.5 (2023): 25-31.
6. Oppoqxo'jayev, Xojixuja, and Ozoda Samayeva. "INKLYUZIV TA'LIMGA JALB QILINGAN O'QUVCHILARDA TAYANCH KOMPETENTSIYALARINI SHAKLLANTIRISH USULLARI." *Молодые ученые* 1.2 (2023): 99-102.
7. Oppoqxo'jayev, Xojixuja, and Nozima Yakubova. "METHODS USED IN FORMING NATIONAL ETIQUETTE SKILLS IN PRIMARY CLASS STUDENTS OF SPECIAL SCHOOLS." *Молодые ученые* 1.2 (2023): 103-107.
8. Azimjon o'g, Oppoqxo'jayev Xojixuja. "INCLUSIVE EDUCATIONAL STRUCTURE AS A SOCIAL PHENOMENON." (2023).
9. Azimjon o'g, Oppoqxo'jayev Xojixuja. "THE EFFECTIVENESS AND DRIVING FORCES OF THE APPLICATION OF PEDAGOGICAL METHODS IN THE PROCESS OF INCLUSIVE EDUCATION." *Galaxy International Interdisciplinary Research Journal* 11.3 (2023): 558-562.
10. Azimjon o'g, Oppoqxo'jayev Xojixuja, and Yigitaliyeva Sarvinoz. "WAYS TO INVOLVE CHILDREN IN NEED OF SPECIAL HELP IN INCLUSIVE EDUCATION." *Galaxy International Interdisciplinary Research Journal* 11.3 (2023): 519-523.
11. Sadikovna, Rakhimova Khurshidakhon, and Oppoqxo'jayev Xojixuja Azimjon o'g. "THE IMPORTANCE OF INCLUSIVE EDUCATION IN SOLVING THE PROBLEM OF EQUALITY IN THE EDUCATION OF CHILDREN WITH SPECIAL NEEDS." *Open Access Repository* 4.3 (2023): 757-764.
12. Oppokkhujayev, Khojikhuja, and Makhliyo Yuldoshzoda. "PRINCIPLES OF WORKING WITH CHILDREN WITH COCHLEAR IMPLANTS." *International Conference on Education and Social Science*. Vol. 1. No. 1. 2023.
13. Oppokkhujayev, Khojikhuja, and Ziyoda Shavkatova. "PEDAGOGICAL CONDITIONS FOR THE FORMATION OF NATIONAL ETIQUETTE

- SKILLS IN ELEMENTARY SCHOOL STUDENTS OF A SPECIAL EDUCATIONAL INSTITUTION." *International Conference on Multidisciplinary Research*. Vol. 1. No. 1. 2023.
14. Sadikovna, Rakhimova Khurshidahon. "Objectives and tasks of cochlear implantation." *ACADEMICIA: An International Multidisciplinary Research Journal* 12.4 (2022): 671-675.
 15. Sodikovna, Rakhimova Khurshidahon. "Preparation of preschool children with cochlear implants for independent learning." *European Journal of Research and Reflection in Educational Sciences* 8.8 (2020): 159-161.
 16. Sodikovna, Rakhimova Khurshidahon. "Use Of Innovative Technologies In The Formation Of Speech Skills In Children With Hearing Disabilities." *Euro-Asia Conferences*. Vol. 1. No. 1. 2021.
 17. Shahnigor, Rakhimova Khurshidakhon Sadikovna Khomidova. "FORMATION OF KNOWLEDGE, SKILLS AND COMPETENCES IN THE PROCESS OF TRAINING CHILDREN WITH HEARING DEFECTS TO WORK." *Confrencea* 3.03 (2023): 188-192.
 18. Sadikovna, Rakhimova Khurshidakhon. "COCHLEAR IMPLANTATION: AN INNOVATION IN THE DEVELOPMENT OF TECHNOLOGY, MEDICINE, DEAF PEDAGOGY AND SPEECH THERAPY." *Open Access Repository* 4.2 (2023): 321-330.
 19. Sadikovna, Rakhimova Khurshidakhon, and Rustamova Feruzabanu. "CONTRIBUTION OF CHARLES MIKHAIL EPE TO THE EDUCATION OF DEAF CHILDREN." *Galaxy International Interdisciplinary Research Journal* 11.3 (2023): 563-566.
 20. O'ghiloy, Rakhimova Khurshidakhon Sadikovna Kurbanuva. "CHILDREN WITH LOCAL MOVEMENT DEFECTS." *Confrencea* 3.03 (2023): 226-230.
 21. Raximova, Xurshidaxon. "NATIONAL AND FOREIGN ADVANCED TRENDS IN HIGHER EDUCATION EFFICIENCY IMPROVEMENT." *JOURNAL OF NORTHEASTERN UNIVERSITY* (2022).
 22. Sadikovna, PhD Rakhimova Khurshidakhan, and Nabiyeva Umidakhan. "ORGANIZING SOCIAL WORK ACTIVITIES OF STUDENTS WITH HEARING PROBLEMS." (2023).
 23. Sadikovna, PhD Rakhimova Khurshidakhan, and Odilova Rislig'oy. "PROBLEMS OF PREPARING HIGH SCHOOL STUDENTS WITH HEARING DEFECTS FOR FAMILY LIFE." (2023).

24. Sadikovna, PhD Rakhimova Khurshidakhan, and Sharafuddinova Zuhra. "FORMATION OF MATHEMATICAL CONCEPTS OF CHILDREN WITH HEARING DEFECT USING INNOVATIVE TECHNOLOGIES." (2023).
25. Komiljon, Raximova Xurshidaxon Sadikovna Sattarova Kamola. "PEDAGOGICAL AND EDUCATIONAL SYSTEM OF EDWARD SEGEN IN SPECIAL PEDAGOGY." *Confrencea* 3.03 (2023): 63-67.
26. Sadikovna, Rakhimova Khurshidakhan. "CORRECTIONAL AND PEDAGOGICAL WORK SYSTEM OF AUDITORY-SPEECH REHABILITATION OF CHILDREN WITH COCHLEAR IMPLANTS." *International Journal of Early Childhood Special Education* 14.6 (2022).
27. Madinakhan, Makhmudova, and Abduvahobova Irodakhan. "PECULIARITIES IN THE DEVELOPMENT OF PRESCHOOL CHILDREN WITH MENTAL RETARDATION." (2023).
28. Feruza, Teshabaeva, Mahmudova Madina, and Yuldasheva Dilbar. "The essence of inclusive education in developed countries." *European Journal of Research and Reflection in Educational Sciences Vol* 8.1 (2020).
29. Sobirkhanovna, Makhmudova Madinakhan, and Akhmedova Vazirakhan. "EFFECTIVE ORGANIZATION OF CORRECTIONAL-LOGOPEDIC WORK IN CHILDREN WITH CEREBRAL PALSY." *Open Access Repository* 4.3 (2023): 134-141.
30. Teshaboeva, Feruza Raximovna. "Literacy education of speech impaired children as a pedagogical psychological problem." *Confrencea* 5.05 (2023): 299-302.

