

PSYCHOLOGICAL LITERACY IN STUDENTS AND ITS IMPACT ON EDUCATIONAL PROCESS

Shavkatobva Madinabonu Sanjarbek qizi

Samarqand davlat chet tillari instituti

2-bosqichK2309-guruh talabasi

Email: shavkatovam303@gmail.com

Annotatsiya: Ushbu maqolada o'quvchilarning psixologik savodxonligi va ularning o'quv jarayoniga qanday ta'sir qilishi haqida ma'lumotlar berin o'tiladi. Bir so'z bilan aytganda bunday savodxonlikka ega bo'lgan har qanday ijtimoiy odam o'zida yuz berayotgan tuyg'ularni boshqara oladi hamda u darslar davomida faolligini oshirib o'z muvaffaqiyatlaridan zavqlanadi. Shu sababli, ta'lim tizimida psixologik savodxonlikni rivojlantirishga alohida e'tibor qaratilishi kerak. Maqola davomida bu savodxonlik turining rivojlantirish yo'llari va ta'limga ta'siri haqida so'z yuritiladi.

Kalit so'zlar: psixologik savodxonlik, o'quvchilar, ta'lim, hissiyotlar, tanqidiy fikrlash, shaxsiy rivojlanish.

Аннотация: В данной статье представлена информация о психологической грамотности учащихся и о том, как она влияет на учебный процесс. Одним словом, любой социально адаптированный человек, обладающий такой грамотностью, умеет управлять своими эмоциями и чувствами, а также проявляет активность на уроках и получает удовольствие от собственных успехов. Поэтому в системе образования необходимо уделить особое внимание развитию психологической грамотности. В статье рассматриваются пути развития данного вида грамотности и его влияние на образование.

Ключевые слова: психологическая грамотность, учащиеся, образование, эмоции, критическое мышление, личностное развитие.

Abstract: This article discusses the psychological literacy of students and how it influences the learning process. In short, any socially literate individual with psychological literacy can manage their emotions, remain active during lessons, and enjoy their achievements. Therefore, special attention should be given to the development of psychological literacy within the education system. This article explores ways to enhance psychological literacy and its impact on education.

Keywords: psychological literacy, students, education, emotions, critical thinking, personal development.

In modern times, education is not limited to merely imparting knowledge; enhancing students' psychological literacy has become one of the most crucial issues. If students do not understand and acknowledge their emotions, they may struggle not only in their studies but also in finding solutions to life's challenges. Psychological literacy is the ability of an individual to manage their emotions, behaviors, and thoughts, adapt to the social

environment, and communicate effectively with others. Additionally, individuals with high psychological literacy find it easier to handle stress and pressure, improve their academic and work performance, enhance social interactions, and develop independent and critical thinking skills. The psychological literacy of students is not only influenced by psychology lessons but also significantly impacted by the pedagogical activities of teachers. In today's era of globalization, the growing need for communication among individuals—whether in the context of production, education and upbringing processes, family relationships, or maintaining emotional stability—is becoming increasingly evident. It is no secret that psychological training plays a significant role in resolving the various conflicts that may arise in such interactions, given its wide range of applications and effectiveness.

An analysis of psychological literature reveals various perspectives and practical recommendations regarding training. This leads us to ask several important questions: What exactly is training? What is the purpose of organizing such training? Can training contribute to the holistic development of an individual? First and foremost, training can be defined as an intensive and emotionally engaging type of educational activity aimed at changing and harmonizing an individual's communication style, instilling essential skills, and addressing interpersonal and subconscious conflicts that may arise in relationships with others. Training is a widely used and popular method of instruction across various fields of activity. Professional success consists of many components, and training technologies are among the educational methods that help individuals improve their emotional state, change their attitude toward a specific type of activity, and foster self-discipline and personal development.

Vygotsky emphasized that psychological literacy is formed through social interaction, and individuals acquire psychological knowledge and skills within social and educational contexts. He also studied the influence of language and culture on human thinking. When students receive individualized attention based on their psychological state, significant improvements in their learning outcomes can be observed. Moreover, this concept plays a vital role in students' personal development, including emotional stability and intellectual growth. Various research methods have been employed to examine psychological literacy in students.

For instance, studies have involved analyzing scientific literature, reviewing books and academic articles, conducting surveys and questionnaires, and exploring the factors influencing ethical self-awareness and personal development during adolescence. Additionally, the study examined students' reactions to stress. The results indicate that psychological literacy is an integral part of personal development, significantly contributing to an individual's intellectual and social growth. Secondly, individuals with high psychological literacy tend to approach problems and conflicts logically and with a balanced perspective. Thirdly, psychological literacy plays a crucial role in leadership positions. Leaders who can manage their teams without conflicts usually possess strong psychological literacy, enabling them to motivate their teams, enhance productivity, and achieve success. Lastly, emotional stability among youth is vital. Emotionally stable individuals are less

likely to experience depression and anxiety; instead, they set clear goals and strive to achieve them. The concept of training is derived from the English language, where the words "train" and "training" have multiple meanings, such as to teach, to educate, to coach, or to practice. Training serves several key functions and objectives.

Main Objectives of Training:

1. To enhance an individual's socio-psychological awareness and knowledge.
2. To develop clear and practical knowledge, skills, habits, and competencies that manifest in communicative activity.
3. To form essential qualities and social attitudes necessary for effective communication, and to correct inadequate ones.
4. To improve the ability to gain deeper self-awareness and to form appropriate attitudes towards others.
5. To ensure and coordinate the individual's adaptation of social relationships to activities, including pedagogical and social situations.

Overall, individuals with psychological literacy tend to handle life's challenges effectively, seek personal growth, and communicate freely. To further develop this literacy, schools and educational institutions should implement various training programs. Teaching emotional intelligence, collaborating with school psychologists, and engaging parents in discussions about children's mental well-being are some of the most effective strategies.

Cranney, Botwood, and Morris (2012) describe psychological literacy as "the general capability to apply psychology flexibly and intentionally to meet personal, professional, and social needs." They also define global citizenship as "understanding global interconnectedness and the ability to live, work, and contribute positively as members of global communities" (p.iv). Their research highlights key issues emerging from national and international developments in higher education (HE) and psychology education in Australia. The integration of psychological literacy and psychological literacy citizenship is advancing rapidly in Australia and the United States. Additionally, Cranney and Dunn (2011) suggest that the concept of psychological literacy and psychological literacy citizenship should be explicitly defined and supported with examples. Their work provides an understanding of these concepts within the UK academic psychology community and demonstrates their application in undergraduate psychology curricula. Their guide outlines the significance of psychological literacy in employability and global citizenship and provides curriculum-based examples of how to develop this literacy.

From these:

- Developing Skills to Recognize and Manage Emotions

In the section "Psychology of Emotions" within the Psychology subject, students can enhance their self-awareness and emotional intelligence by learning to identify and regulate their own emotions (such as happiness, anger, sadness, and fear). It is recommended to use practical discussions, visual materials, and real-life scenarios to facilitate this process.

- Fostering Empathy and Social Skills

In the topic "Interpersonal Relationships," students develop empathy, active listening, and a sense of social responsibility through methods such as role-playing activities and the analysis of problematic situations.

- Managing Stress and Promoting Positive Thinking

Within the topic of "Stress Psychology," students' mental well-being can be improved by teaching them how to assess their stress levels, use relaxation techniques (such as breathing exercises and visualization), and apply strategies for positive thinking.

- Enhancing Decision-Making and Problem-Solving Skills

Based on the topic "Cognitive Processes," students' critical thinking and analytical abilities can be strengthened by modeling real-life problems (e.g., choosing an academic path, time management) and exploring possible solutions.

- Deepening Self-Awareness Through Reflection

Students are encouraged to keep a weekly “reflection journal.” By regularly writing about their feelings, thoughts, and behaviors, they gain the opportunity to evaluate themselves and track their personal growth over time.

In conclusion, in today's evolving society, psychological literacy plays a crucial role in an individual's personal and professional success. Understanding and managing one's emotions, maintaining composure in conflicts, and approaching problems rationally contribute to social interaction and overall life quality. This concept is equally essential in education, as it positively influences students' academic and professional development, helping them find their place in life. Implementing psychological literacy programs in secondary education, organizing adaptation training sessions, and fostering social integration should be primary objectives. Acquiring this competency not only benefits personal development but also contributes to societal progress. Therefore, every individual should strive to enhance their psychological knowledge, acquire new skills, and work on self-improvement to become a well-rounded and accomplished person.