

Social Psychological Aspects of Optimizing the Profession of a Teacher

Tashmatov Bobokhon Egamshukurovich

TSPU in the name of Nizomi, General Psychology Department teacher

Article Information

Received: February 06, 2023

Accepted: March 07, 2023

Published: April 08, 2023

Keywords: *optimization, professional qualities, pedagogical activity, professional adaptation, creative attitude.*

ABSTRACT

In this article, optimization of the pedagogue's profession, pedagogical-psychological aspects, professional qualities, pedagogical activity is one of the important factors of success, tasks related to increasing the psychological efficiency of teachers' professional activity, studying the personality of students is closely related to their education. the psychological aspects of such concepts are discussed.

One of the conditions for the effectiveness of professional activity is the professional readiness of a specialist. According to the famous Russian psychologist I.K. Platonov, "professional preparation is the subjective state of a person who considers himself capable and prepared to perform the necessary professional activity and strives to perform it. Optimizing the teaching profession is a person's specific type of professional activity It is the process of mastering theoretical knowledge, skills and abilities that allow to develop. R. Ishmuhamedov, The basis of professional training should reflect the psychological, psychophysiological, physical and scientific theoretical and practical training of a future specialist. Therefore, the concept of optimizing the pedagogue's profession can be defined as follows can be riffed on:

Optimizing the teacher's profession - the level of physiological, psychological and physical preparation of a person for professional activity based on the acquisition of special theoretical knowledge, practical skills and qualifications, as well as spiritual and moral qualities. Vocational training means mastering and individualization of professional activity requirements of a future specialist.

Pedagogical-psychological aspects of the optimization of the teacher's profession are, in fact, professional adjustment is considered a complex and multifaceted process, based on the opportunities, personal orientation, professional knowledge, skills and qualifications, professional qualities that ensure successful work in a particular profession. , work experience is also shown as the main criteria.

We know that a person is an active object and subject of the educational process, and his activity in the process of professional adaptation of teachers is determined by his direction. While researching the problem of personality orientation, S. L. Rubinstein expresses it in terms of

needs, interests, ideals, beliefs, priority motives of activity and behavior, and worldviews. Psychologists L.I.Bojovich and R.S.Nemov interpret personality orientation as a system and sum of motives. Professional orientation is a specific form of personal orientation, which is reflected in the influence of motives and needs.

Professional qualities are one of the important factors of success in pedagogical activity, they are goal striving, determination, ability to divide attention, diligence, observation, development of pedagogical tact and pedagogical imagination, social activity, initiative, setting a personal example, universal and national values. characterized by aspects such as direct contribution to further enrichment.

Factors and conditions for optimizing the teacher's profession In developing strategic plans for the development of the labor and educational services market of the Republic of Uzbekistan, special attention is paid to the formation of the level of professional training of specialists and the ability to adapt to the requirements of activity. This, in turn, creates the need for teachers to solve the following tasks related to increasing the psychological effectiveness of their professional activities:

- determining the content of professional adjustment of teachers based on the modern demands and offers of the labor market for the training of pedagogic specialists;
- to determine the pedagogical and psychological factors and conditions that form the innovative potential of quality acquisition of professional knowledge, skills and qualifications;
- setting and implementing pedagogical conditions of professional adjustment based on a creative cooperation environment based on a systematic approach;
- development and implementation of new publications, electronic manuals, educational-methodical complexes serving the social-pedagogical-psychological aspects, theoretical issues of optimizing the pedagogue's profession and independent education of students.

It is known that professional training of teachers is a goal-oriented, systematic process. In modern pedagogical-psychological studies, the stages of professional activity of specialists are described in different ways.

It was determined that the social-pedagogical-psychological process of optimizing the pedagogue's profession takes place in the following stages:

Stage 1. Motivational orientation to professional activity

Stage 2. Mastering the requirements of professional activity

Stage 3. Professional self-awareness, adaptation

Psychological aspects of the pedagogical activity of teachers are of great importance. Because society develops through hard work of pedagogues. The growing young generation will become perfect people. The process of working with children of different ages and abilities is definitely the result of the teacher's love for his profession and tireless work. Therefore, every pedagogue should approach his profession seriously. Respect for one's profession, tireless research, contribution to the development of society is considered a sacred duty of every person.

When choosing a profession, the willfulness of the person choosing a profession, that is, choosing one profession with interest and seeing its difficulties, then turning away from it and trying to choose another profession, shows his lack of will. The need for a person choosing a profession is evident in the fact that he strives to master his chosen profession without changing it and, if necessary, tries to reach the level of a master in this field.

A person who chooses a profession requires that he should put in effort to get the profession he

loves, and for this he should have patience, endurance, and aspiration. In fact, the will is a process that encourages a person to be active, and it is considered one of the main tools for realizing a person's desires, wishes, wishes and desires.

Although there is a big difference between professional activities, the basis of my work is man as his subject. In general, psychological issues lie in this, that is, the desire to ensure the safety of a person during his work, and therefore to improve his work. Based on this, it can be said that the search for psychological security is a psychological activity of a person.

Psychological activity is a function of the human brain and reflects objects and events in real existence. Analyzing the psychological aspects of optimizing the teacher's profession, we see that it consists of psychological processes, psychological states and characteristics of a person.

Psychological processes form the basis of psychological activity. Without them, knowledge is not formed and life experience is not gained. Cognitive, emotional and volitional processes are distinguished.

Psychological state refers to the statistical level of psychological processing. They differ from each other in their variety and character of time. The psychological state serves to control the adaptation of a person to the surrounding conditions and situations. Due to the problems of psychological safety, the state of fatigue and tension in the activity is of great interest. It also includes stress, anxiety, affective state, alcoholic state, etc., which is a separate psychological state.

Studying the personality of students is closely related to their education. The teacher can notice the special characteristics of the student, find methods to develop the existing talent targets in him, eliminate the negative aspects of his behavior, etc. In some children, the tendency to a profession is well demonstrated, in most children this thing is not immediately identified.

It is important for the teacher to identify the child's talent targets, to help them develop and form their abilities. If a person has a creative attitude to the work he is doing, constantly increases his productivity, looks at his chosen profession with great interest, understands the social importance of his work, if his abilities improve at work, then only then will he be satisfied with work and be happy. In this case, each individual brings the most benefit to society.

List of used literature

1. Shavkat Mirziyoev. From national revival to national rise. Tashkent 2109.
2. Narzulla Boyrudov. Practical psychology. Tashkent. "Generation of the New Century" 2008.
3. A. Kenjaboyev. Theoretical and practical foundations of preparing future teachers for economic and innovative education. Surkhan-nash. 2019 year.