



# CENTRAL ASIAN JOURNAL OF LITERATURE, PHILOSOPHY AND CULTURE

eISSN: 2660-6828 | Volume: 04 Issue: 12 Dec 2023  
<https://cajipc.centralasianstudies.org>

## Psychological Possibilities of Developing Professional Reflection In Future Teachers

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*Received 25<sup>th</sup> Oct 2023, Accepted 15<sup>th</sup> Nov 2023, Online 30<sup>th</sup> Dec 2023*

**Annotation:** *The article explains the psychological possibilities of developing professional reflection in future teachers. Also, the importance of pedagogical skills in the formation of professional reflection of future teachers during the educational process is described.*

**Key words:** *education, reflection, reflexive education, educational technologies, psychological service, person-oriented model, independent education, educational cognitive activity.*

### Introduction

As we aim to turn Uzbekistan into a developed country, we can achieve this only through rapid reforms, science and innovation. For this, first of all, it is necessary to educate the new generation of personnel who will be proactive reformers, who think strategically, and who will be educated and qualified. That is why reform of all stages of education, from kindergarten to higher education institution, is being carried out at an accelerated pace. In order to increase the knowledge and level of not only young people, but also the members of our society as a whole, first of all, knowledge and high spirituality are needed.

"In order for our youth to become independent thinkers, have high intellectual and spiritual potential, become people who are equal to their peers on a global scale in any field, and be happy, mobilize all the forces and capabilities of our state and society. we will."<sup>1</sup>

From these thoughts, the content and essence of the demands placed on today's teacher can be understood.

Indeed, today every teacher and educator is psychological should develop, enrich, deepen and strengthen knowledge. A teacher must be talented, capable, and skilled in psychological tasks and solving them.

are high in terms of providing people with professional knowledge and the process of acquiring a profession requires the organization of effective psychological support.

of the psychological service operating in educational institutions is of particular importance in the development of professional reflection in future teachers. Psychological service in the development of professional reflection in future teachers Pedagogical possibilities are as follows:

<sup>1</sup> Mirziyoev Sh.M. Together we will build a free and prosperous democratic country of Uzbekistan. - Tashkent: "Uzbekistan", 2016.B-15.

- at all stages of acquiring professional knowledge, skills and qualifications, as well as improving the qualifications of specialists;
- establishing efficiency in the interaction of the participants of the educational process;
- creation of conditions for increasing reflexive competence of students in a higher educational institution.

Therefore, a number of activities aimed at the organization and development of psychological assistance are being carried out at the Higher Education Institution. The work of a psychologist who helps students prepare for professional activities encouraging them to act as creative, active, self-improving subjects necessary. From this point of view, it is necessary to provide psychological support to students studying in higher education institutions by organizing correctional activities with them without delay.

The main principle here is that students have the right to choose their career path and take responsibility for their actions. Psychological services are person-oriented based on the model, it is characterized by the ability to meet modern requirements. It helps to create an environment of reflexive learning process and reflexive management of professional learning.

psychological assistance depends on the application of a comprehensive program in the form of professional assistance. The following principles should be taken into account:

- taking into account the individual's need for self-development and self-determination;
- taking into account the individuality of the learner;
- taking into account that a person is the subject of psychological support implementation, that is, a person-oriented model helps to eliminate shortcomings in the educational process.

Therefore, it is possible to form social and professional self-awareness in future teachers, to form a positive attitude towards oneself and the environment, to develop cognitive, motivational, regulatory, communicative aspects of a person, and others.

It is also permissible to cite examples of methods that create and develop reflexive activity in training. In particular, such methods as "Sinkway", "Generally unique," and "Amazing debate" are widely used in personal education as methods that create reflection.

#### "SINKWAY" METHOD

One of the most popular methods used in the development of reflection is —Sinquain. Cinquain is a poem that synthesizes information. The rules for writing such a poem are based on the following example:

- the name of the first line of the poem, the subject (usually a noun);
- the image of the subject of the second line (two adjectives);
- third-line action (usually three verbs belong to the subject);
- the fourth line of emotion (a four-word phrase that expresses the attitude towards the subject);
- the fifth line is a return of the content, words that have the same meaning as the first line (usually a noun).

The main purpose of writing a synopsis is a reflexive assessment of the topic. The syncway method is more commonly used in the final iteration of a theme or section. This method helps to explain complex emotions and topics in a concise manner. Including familiar and unfamiliar, I am reading, thinking, wondering, how wonderful these fairy tales are! A miracle!

#### "GENERAL INDIVIDUAL" METHOD

This methodology develops the ability to distinguish common and specific features of two or more subjects. According to Bloom's taxonomy, through this method, analytical skills are developed in a person, they operate at the level of synthesis and comparative evaluation.

In this case, individual pair-group methods are used. Here is the methodology graphic methods can be used (Venn diagram). As a result, general characteristics are written on one side, and specific aspects on the other.

#### "MENTAL ATTACK" METHOD

The purpose of this method is to strengthen knowledge and express new ideas. Mental an attack begins by posing a problem or question. With respect to each opinion it is necessary to relate. It is not possible to use the words "no", "can't be", "wrong".

#### " TWO-SIDED ROUND TABLE " METHOD

This method is useful in solving actual problems. Participants are divided into two groups. The first group sits in an inner circle and they feel free to express their opinions they get Participants sitting in the outer circle express their attitude to the opinions of those in the first circle. They can add, express their opinion or ask a question. In this process, the teacher should not allow conflict to arise and at the same time should not interfere in the discussion. At the end of the training, conclusions are presented in written and oral form.

At the end, the teacher presents his thoughts and conclusion. This method is the most important and necessary in the development of reflection.

The above-mentioned technologies aimed at organizing reflexive activities help future teachers to acquire self-awareness, control, and management skills in the educational process. In turn, this is important in organizing, managing and organizing the educational process.

#### Literature

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