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2. Куратором выпуска назначить члена президиума, академика МАПН, доктора психологических наук, профессора Баратова Ш.Р.

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EFFECTIVE SOCIO-PSYCHOLOGICAL ADAPTATION OF FOREIGN STUDENTS TO THE EDUCATIONAL SYSTEM OF UZBEKISTAN

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Abstract: *This article reveals the problem of psychological adaptation of people to another sociocultural environment, phenomena associated with global changes in today's modern world, the impact of a large number of migration and other types of actions (tourism, business trip, international exchanges, etc.) on personality psychology, the need to delve into the process of socio-psychological adaptation to the environment, it talks about various mental stresses, stresses that occur in immigrants. Also, the complex of signs of socio-psychological adaptation to a new culture, the explanation of the term "culture shock", the relevance of this term to the concept of "cultural shock", indicates psychological symptoms that manifest themselves in an unfamiliar environment, in contact with strangers.*

Keywords: *cultural shock, acculturation stress, adaptation curve, adaptation, role diffusion, psychosomatics, depression.*

Аннотация: *В данной статье рассматривается проблема психологической адаптации людей к другой социокультурной среде, явления, связанные с глобальными изменениями в современном мире, влияние многочисленных миграций и других видов деятельности (туризм, командировки, международные обмены и др.) на психологию личности, необходимость более глубокого изучения процесса социально-психологической адаптации к среде зарубежной культуры. приход, что в процессе возникли многие психологические проблемы, на которые психологи должны обратить внимание в первую очередь, речь идет о различных психических напряжениях, стрессах, которые возникают у иммигрантов. Также указывается на комплекс признаков социально-психологической адаптации к новой культуре, объяснение термина "культурный шок", связь данного термина с понятием "культурный шок", психологические*

симптомы, проявляющиеся в незнакомой обстановке, при контакте с посторонними людьми.

Ключевые слова: культурный шок, аккультурационный стресс, кривая адаптации, адаптация, распространение ролей, психосоматика, депрессия.

Introduction. Psychological adaptation of people to another socio-cultural environment in recent times is becoming very important in science. Many theoretical and practical conducted according to the reflection of research, the reason for such serious attention is the global in today's modern world is associated with changes. Large number of migration and other types of movements (tourism, business trip, international exchanges, etc.) have become commonplace today. As a result of this, the environment of foreign culture the need arose to delve into the process of socio-psychological adaptation. In this process, there are many psychological ones that psychologists should pay attention to in the first place the problems came to a head. One of these is the various mental stresses, stresses that occur in immigrants. A new "culture" to show a set of signs of socio-psychological adaptation to a new culture the term "shot" was introduced. The concept of cultural shock was popular until the 70s. This concept applied from the 1960s onwards, it reflects the process of entering a new ethno-cultural environment. This term is used by for the first time as a "cultural shock", K.Oberg included it in his scientific guide. Author stranger showing the following psychological symptoms that manifest in the environment, in contact with strangers passes:

- 1) strain of efforts to achieve socio-psychological adaptation;
- 2) more appetite for the feeling of loss (profession, status, familiar environment);
- 3) fear of the feeling that it is possible to refuse in contact with representatives of other cultures;
- 4) roll diffusion;
- 5) anxiety, hatred or dissatisfaction when analyzing differences between cultures;
- 6) feeling of inferiority.

The manifestations of cultural shock can be very diverse. Including water and food quality from excessive anxiety to psychosomatic disorders, general anxiety, insomnia, until situations such as fear, depression, alcoholism or drug abuse in humans and even suicide can lead to making. Of course, the concept of "Culture Shock" is only with negative consequences we cannot say that it will come. Modern researchers consider this to be the usual in the continuation of adaptation to new conditions know as part of the process, reaction. Last at times, the term "acculturation stress" has also become more and more widespread. "Acculturation stress" although the term is close to the concept of "cultural shock", but negative symptoms are less noticeable in this is obtained[1]. Often this places more emphasis on a higher level of anxiety and depression. From this in addition, during this process, the individual is not only a new culture and norms of behavior in it it will have knowledge about, but, although it will experience stress more culturally will be developed.

The first period is known as "honeymoon" because most immigrants study or work abroad. Aspire, and on their initial visits there, they experience feelings full of passion and hope over their heads. In addition, often they make long preparations to go to another state, alienating them there may be those who meet in the country and who initially provide them with assistance, as well as some they may also have additional benefits, but this period will pass quickly and an unusual environment and culture begins to show them its negative influence.

In the second stage, psychological factors arising from the misunderstanding of the local population are increasingly becomes important. The result will be situations such as frustration, wilt and even depression can. In other words, all signs of cultural shock

are observed. Therefore, during this period immigrants mainly try to avoid reality by communicating with their compatriots as much as possible.

The third stage will be very important, since the culture shock will reach its maximum. It's physical and can lead to mental disorders. Part of the emigrants surrender and return home. But many find the strength to overcome cultural differences, he learns language, with local culture get acquainted, make local friends, get the necessary help from them.

In the fourth stage, an optimistic attitude appears, a person is more confident and from his position will be satisfied.

In the fifth stage, adaptation to a new culture is achieved. Influencing the adaptation process depending on the factors, it can last from several months to 4-5 years.

Object of study: the problem of adaptation of foreign students in psychology since the 1950s began to be developed. New of foreign students who were depressed and "culturally shocked" the problem of the need for psychological support arose in order for them to adapt faster and easier to the environment. This the role of the teacher who, together with psychologists, teaches the student is also great in the matter. Foreign students the teacher who works with the organizer, psychologist and student at the same time to a new environment social- it should be a practical assistant in the formation of psychological adaptation. The duties of the teacher make the student the most convenient and quick inclusion in the socio-cultural continuity of the higher educational institution, internal to it helping to overcome obstacles, involving him in training and the social life of the University to do. The most important component of the socio-psychological adaptation of international students to educational conditions parts of their professional formation, in relation to their future profession, as well as to their country of Education is the formation of a positive attitude. Modern education, characterized by its humanistic essence in its concepts, the concept of "pedagogical support" stands out, which is a pedagogical phenomenon in which democratization of most education as a combination of socialization and individualization and humanization processes are clearly manifested. Pedagogical assistance to a foreign student not only his own provides sufficient ideas about the culture, but also about the culture of the host society. In addition, pedagogical-psychological support to create a system of further work on adaptation to international students is the basis for. From the international experience of socio-psychological support of foreign students in this regard it is advisable to use. A distinctive feature of multicultural education is that it is foreign to preserve their cultural identity by students and to promote socio-cultural, educational and aimed at accepting new ones of educational requirements.

Methods: the most for effective socio-psychological adaptation of foreign students important conditions:

- a) collective interaction of all educational subjects;
- b) cultural and educational space, process aimed at the effective adaptation of these students;
- c) from the existing cultural and historical capabilities of foreign students of the host country

awareness of the host community foundations serves as the basis for understanding the causes of success, it is also necessary to eliminate the failures in their studies, as well as the personality of the student promotes development.

- d) the use of a socio-psychological portrait of a foreign student it is to the foundations of a particular region reflects the inherent qualities, which in the future will make students of this region faster and easier customization tools serve as the basis for building a system model. We consider the above taking "modified scale of loneliness measurement" using the methodology we tried to study the mental processes of foreign

students at the moment. In foreign students, this by conducting a methodology, their relationship with those around them, autonomy for friendly communication, people how quickly to get along with, the place in the group of friends, how often to feel the feeling of loneliness, only his own thoughts, inner feelings and preoccupation with thoughts, his connections with the social environment to find answers to questions about them, as well as the levels of loneliness that are currently going on in them are studied, it was intended to provide practical assistance to them. The effectiveness of socio-psychological adaptation of international students in the cultural space complex determined on the basis of and multi-level system of assessment of the development of their main competencies, foreign includes assessment of their level of development by students. Foreign to the main powers to be considered as a full-fledged member of the student body by the student-receiving Society Foundations, also, a foreign student by teachers and curators of the institute is a full subject of the educational process includes evaluation as. Translated from Latin, the word "curator" means "reliable" means[2]. Such semantics with the main goals, objectives and functions of the activities of curators fully compatible. The first to foreign students when solving all the most pressing problems a leading role is played by the Group tutor. The concept of modern education is not only education, but also the student's means the upbringing of a person, including a foreign citizen. That is why the teacher-curators personal characteristics are noticeable to the dynamics and success of the process of adaptation of foreign students effect. The degree of adaptation of international students to the educational process with a number of questions defined:

- learning difficulties;
- interest and desire;
- study in a foreign language;
- choosing a suitable professional direction.

To successful socialization, international students are not only the norms of the social environment and it is achieved not only when they accept their values, but also when they are based on them. Activities with people in this and relationships, their circle of communication and interests expand significantly. Physiological adaptation foreign students in the process of climate change, changes in the usual way of Life, Nutrition have difficulties with (especially quality). Health in the process of acclimatization there are processes of deterioration and even a decrease in memory. The reason for the unfavorable mental state of the individual in addition, there may be an unfair attitude, even an involuntary attitude. The results obtained and their analysis: we as the object of our own scientific research work 100 foreigners currently studying at the Bukhara State Medical Institute named after Abu Ali ibn Sina we selected students. Of this, 43 are girls and 57 are guys. Unfamiliar culture, alien social environment, the difficulties associated with the educational process are certain to how deeply they feel the feeling of loneliness we have learned that there is no effect. The results are reflected in the table below:

V.A.Sonin's” modified scale of loneliness measurement methodology results analysis

Degrees of Lonely	High level	Middle level	Low level
Girls	27	10	6
Boys	38	10	9
Overall	65	20	15

Level 1-a high level of feeling lonely, a feeling of loneliness on at least one of the factors acute exacerbation (54-80 points).

Level 2-the middle level of the feeling of loneliness, the scarcity of individ socio-psychological connections codicity to compensating and weakening the feeling of loneliness (28-54 points).

Level 3-low level of feeling lonely, load of feeling heavy loneliness (0-28 points).

When the results are analyzed qualitatively, paying attention to the level of psychological contact with those around them must. Based on The "Loneliness Scale", three dimensions of this connection can be estimated:

"Love" - emotional component

"Understand" - cognitive component

"Accept" - social component

Considering that the amount of questions corresponding to each dimension and the sum of points are not equal, to calculate the arithmetic mean for all dimensions in order to ensure that the results are biased (dividing the point guy by the amount of questions – items) is necessary. Higher scores on the third dimension determine the specificity of "external " psychological connections and allows you to determine the presence of external alienation. The higher scores on the first and second dimension give the identity of " internal " psychological connections defines and allows you to determine the presence of internal alienation. The number of foreign students studying in Uzbekistan is only 709 as of 2017 if it has reached, now this figure is more than 7,000 people. Neighboring country-Kazakhstan in higher education institutions, the salmag of foreigners will externalize about 64 thousand. On top of that, the quality of higher education in the neighboring Republic is relatively high. So, the reputation of each university, including the number of international students studying in it, is also a factor defines. So why is this figure relatively low in the Uzbek higher education system? If we look, the reasons the number is Thousand. True, over the past 2 years, efforts have been felt to enter the world ranking. Reception examples include the liberalization of quotas, joint faculties, economic independence, etc. takes. The result of the studies shows that the education of foreign students in the higher education system of Uzbekistan the first of the problems that we face during it is an economic problem. With foreign students when we were interviewed they said that the contract payment for being a citizen of abroad was made by the local students pay almost 3 times the prescribed amount. They are also all local they do not receive scholarships like students. We were interested in the reasons for this situation. Below Is The State Of Uzbekistan former rector of the University of world languages Ganisher Rahimov also quotes: "Foreign the amount of the contract fee for students is determined by the relevant decision of the Cabinet of Ministers. This sum is in accordance with international treaties, it was approved as 2000 – 4000 US dollars. If you pay attention, no in the state, a foreign citizen is not awarded a scholarship in a higher educational institution, but a good result in his studies a grant is awarded to gifted students who show. Through this, universities attract foreigners. If we come to the contract-payment for foreigners in the universities of Uzbekistan, then the relief for them is given. Foreign citizen 2 types: who has a passport of permanent residence abroad and permanent residence in the Republic is allocated to the category of foreign citizen with a certificate for. In this case, the second category consists of a foreign citizen the contract fee will be slightly closer to the local amount. Permanent residence abroad, to Uzbekistan only and for those who come to study, the above price (depending on the direction) is set. About scholarship as far as I'm concerned, this is the social protection of students, and at the same time this system is numerous also causing problems. In particular, a sharpening of the attitude of the student and the teacher, reading led to a decrease in quality, an increase in the mood of immortality in young people. My suggestion is that, let

scholarships such as higher education institutions abroad be allocated only for gifted students. Then the students between competition increases, the quality of education increases somewhat, and not social protection against scholarship, perhaps the view that it is an incentive arises". Focusing on the points expressed above, foreign students are studying on their own on the issue of obtaining scholarships only those who have achieved a high degree in their assimilation from higher educational institutions they can achieve a positive result. However, in the early stages of education, the acquisition statistics were development is almost impossible. It takes a little time which in turn is far from their home, yet economic problems in foreign students studying in a country unfamiliar to them surface. This in turn leads to various psychological stresses. The education of our motherland is as complex as the implementation of comprehensive reforms and reconstruction going through the process. It should be recognized that in developed countries, the field of education is huge in a period when changes are taking place, we have a new pedagogical, updating the content of education, managing it there are still shortcomings in the implementation of technology in the educational system. Effective education reform and in the current period, when implementation is required, Scientific and technological progress, a new technological revolution creating a system that can provide successful services to foreign students in the conditions, in education foreign experiences such as Initiative, opening up a wide path to creativity, creating its important systems learning is the same provision. It should be noted that it is located on the territory of the Republic of Uzbekistan Security of foreign students studying in higher education institutions of the Republic of Uzbekistan. It is fully protected under the Constitution and other legislative acts, and from foreign students The Republic of Uzbekistan is obliged to comply with the legislation of the Republic of Uzbekistan and other legislation. Education in developed foreign countries actively affects the domestic policy of the country, its economy it is a recognized fact that it is a social process. Thanks to this, too, the need for education in foreign countries the amount of funds allocated for economic provision is increasing from year to year. On education care has always been the focus of prominent politicians. That is why the United States former President R. Reagan, British Prime Minister M. Thatcher, President Of France F. Mitteragni it is not for nothing that they say that they are the initiators of educational reform. Pedagogical-psychological in developed countries there are a large number of scientific institutions that carry out research. In Germany, their number is 2 over a thousand. Hundreds of countries with problems of educational theory in France, USA, Japan and private organizations, universities, pedagogical research centers are engaged. While they operate international education centers, such as the Institute of international education in the United States, are coordinating. Economic in terms of power, Japan is the second largest country in the world after the United States of America. Of the world prominent psychics and economists have described this huge flight in Japanese development in the country

they note that the high level of attention given to the development of educational systems is effective. It is not for nothing. Step-by-step improvement of educational systems in this country, which is called the country of the day out how factorically the government, private companies, public organizations, parents are going to go given their approach, the above conclusions of World scientific researchers are justified we will witness that. In Japan, very high requirements are imposed on the quality of teacher training. These requirements are such that entering the profession of this talented and random people who do not correspond to the direction staying is practically impossible.

In conclusion, we can say that to eliminate the problems mentioned above if measures were taken, Uzbekistan's educational exports would have increased significantly. Foreign students themselves when choosing a higher education institution

for their education, a country that is convenient in all respects they choose, Of course. It will be useful to them both economically and socially, culturally and educationally they take into account the need. If we are participants in the educational process-rectors, teachers, curators, if psychologists can create a favorable environment for foreign students in every possible way, Uzbekistan will be provided with a foreign we can achieve an increase in the flow of students.

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ВЛИЯНИЕ ПРОФЕССИОНАЛЬНО-ИМИДЖЕВОГО ПОТЕНЦИАЛА ПЕДАГОГА НА ПРОФЕССИОНАЛЬНОЕ ПОВЕДЕНИЕ

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Аннотация. В статье рассматривается главная идея роли в развитии профессионально-имиджевого потенциала педагога в профессиональном поведении. В статье представлен анализ и современное понятие такого определения как педагогическая и профессиональная деонтология. Представлена модель структуры профессионально-имиджевого потенциала современного педагога. Раскрыт аспект формирования профессионально-имиджевого потенциала в контексте формирования высокой педагогической культуры.

Ключевые слова: Модель структуры профессионально-имиджевого потенциала современного педагога, профессионально-имиджевый потенциал, профессиональный имидж, имидж педагога, педагогическая и профессиональная деонтология, профессиональная культура поведения, профессиональное мышление, педагогическое поведение.

Annotation. The article examines the main idea of the role in the development of a teacher's professional and image potential in professional behavior. The article presents an analysis and modern concept of such a definition as pedagogical and professional deontology. A model of the structure of the professional image potential of a modern teacher is presented. The aspect of the formation of professional image potential in the context of the formation of a high pedagogical culture is revealed.

Key words: Model of the structure of the professional-image potential of a modern teacher, professional-image potential, professional image, image of a teacher, pedagogical and professional deontology, professional culture of behavior, professional thinking, pedagogical behavior.

Введение. Учитывая тот факт, что культура педагогической деятельности охватывает не только процессы создания социокультурных ценностей, но и

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