

**“ZAMONAVIY PSIXOLOGIK
TADQIQOTLAR INTEGRATSIYASI”
MAVZUSIDAGI RESPUBLIKA ILMIIY-AMALIY ANJUMAN**

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

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Buxoro davlat universiteti Psixologiya va sotsiologiya kafedrasida tayanch doktoranti

Annotation. *This article will talk about the factors affecting the development of modern higher education in the context of the globalization and cultural integration process, the development of international cooperation of universities today, the development of educational exports, the expansion of academic exchange of students, a significant increase in the volume of exports of educational services of Uzbekistan in recent years and, as a result,, necessary recommendations are given for a faster and easier course of their socio-psychological adaptation.*

Keywords: *socio-psychological adaptation, globalization, cultural integration, educational export, academic exchange, confession, ethnic culture.*

Annotatsiya. *Ushbu maqolada globallashuv va madaniy integratsiya jarayonlari sharoitida zamonaviy oliy ta'lim rivojiga ta'sir etuvchi omillar, bugungi kunda universitetlarning xalqaro hamkorligini rivojlantirish, ta'lim eksportini rivojlantirish, talabalarning akademik almashinuvini kengaytirish, talabalarning akademik almashinuvini kengaytirish, bu boradagi muhim vazifalar haqida so'z boradi. O'zbekistonda so'nggi yillarda ta'lim xizmatlari eksporti hajmining ortishi va buning natijasida ularning ijtimoiy-psixologik moslashuvini tez va oson yo'lga qo'yish bo'yicha zarur tavsiyalar berildi.*

Kalit so'zlar: *ijtimoiy-psixologik moslashuv, globallashuv, madaniy integratsiya, ta'lim eksporti, akademik almashinuv, konfessiya, etnik madaniyat.*

Аннотация. *В данной статье речь пойдет о факторах, влияющих на развитие современного высшего образования в условиях процесса глобализации и культурной интеграции, развитии международного сотрудничества университетов сегодня, развитии образовательного экспорта, расширению академического обмена студентами, значительном увеличении объёмов экспорта образовательных услуг Узбекистана в последние годы и, как следствие, даются необходимые рекомендации для более быстрого и лёгкого протекания их социально-психологической адаптации.*

Ключевые слова: *социально-психологическая адаптация, глобализация, культурная интеграция, образовательный экспорт, академический обмен, конфессия, этническая культура.*

The processes of globalization and cultural integration of the modern world do not remain without influence on the development of modern higher education. As proof of our opinion, we can say that today international cooperation of universities is strengthening, educational exports are developing, academic exchange of students is expanding. In the last 6-7 years, the volume of exports of educational services of Uzbekistan has increased significantly, and as a result, the number of foreign students wishing to obtain higher education in our country has increased. The number of foreign citizens who came to Uzbekistan higher education institutions for higher education increased from 603 in the 2015/2016 academic year to 5,140 in the 2021/2022 academic year. In particular, during the admission process of 2018, a total of 286 foreign students were admitted to Bukhara State University, of which 270 began to study in the form of undergraduate full-time education, 15 in the form of correspondence education and 1 in the form of special correspondence education. A total of 318 foreign students are studying, counting with higher courses, a large part of which is from the neighboring state of Turkmenistan. Citizens of the Russian

Federation are also educated in Uzbekistan today. In the following years, a marketing strategy was developed to attract foreign students and professors in order to further increase the number of foreign students.

It should be noted that the problems of intercultural communication are studied by a number of fields of Humanities: psychology, philosophical anthropology, cultural studies, sociology. In modern Humanities, the understanding of culture as a way of life, a system of moral standards and values, a style of behavior of social communities is increasingly used. As society becomes more and more uniform in its structure in a globalized world, the intercultural problem of uniting different ethnic cultures, sharing their ideals and values is becoming increasingly relevant. According to many researchers, the barrier to integration into a new society is precisely the cultural differences studied at the level of primary socialization. Psychological, cultural, socio-political and religious factors have a significant impact on the educational and adaptation characteristics of international students. For higher education, foreign citizens arriving in our country are required to adapt in a very short time to the language, socio-cultural, confessional and national environment. The adaptation of foreign students to the educational system of Uzbekistan and the conditions of the university is associated with a number of difficulties caused by many factors. In our opinion, the most important ones include:

- language factor associated with a low level of local language proficiency: thanks to this factor, young foreign students face obstacles in communication with teachers, coursework, dormitory staff;

- sociocultural differences manifested in culture and civilization: this factor leads to the middle of a significant gap between the indigenous population who grew up in the environment of Islamic cultural traditions and foreign students who came of age influenced by a completely different culture;

- the problems faced by foreign students as a result of the many differences they face in everyday life;

- financial and economic factor conditioned as a material factor: difficulties in student families and difficulties in transfers, funds, as well as the inability of students themselves to distribute the budget.

The above-mentioned factors are closely related, creating a number of difficulties in the socio-psychological adaptation of foreign students. The training of teaching staff also plays an important role in the effective adaptation of first-year students to the educational field of the University. The organization and conduct of scientific and educational and methodological seminars, extracurricular scientific and educational-organizational activities contribute to effective work. Academic success the direct adaptation of foreign students is considered more dependent on the psychophysiological capabilities of the individual, the level of motivation and self-organization. The educational and adaptation characteristics of international students are influenced by both objective conditions and a number of subjective factors that pose difficulties for socio-psychological adaptation of international students.

It is necessary to be attentive to such processes as overcoming the problems of an unfamiliar socio-cultural environment (alien country), a new language environment, strict rules for organizing educational activities and an unusual academic environment with unfamiliar forms of knowledge control, the conditions of the process of socio-psychological adaptation of international students. There are also subjective factors: self-doubt, lack of independence and control skills by the family, unwillingness to learn, among others, pose serious challenges for adapting international students.

The concept of academic adaptation to the academic environment of a higher educational institution also deserves special attention. By academic adaptation, we understand the "process of introducing a student". Upon becoming a university student, a foreign citizen becomes the subject of a new relationship. This leads to the emergence of contradictions

between the conditions of the educational process, educational activities, the university environment, requirements, new conditions and the unwillingness of the student's personality to them. The resolution of these contradictions determines the dynamics and effectiveness of the educational process, as well as the restructuring of the activities and behavior of the student's personality, as well as the regulatory influence of objective factors.

The process of socio-psychological adaptation to the socio-cultural environment of Uzbekistan and the academic environment of the higher educational institution creates contradictions between personal and educational opportunities for foreign students and the requirements of the academic and socio-cultural environment. Solving these contradictions makes it possible for students to minimize stressful situations, to increase their comfort of being in a foreign country. The scientifically based selection of effective educational technologies will help to activate the educational and scientific-cognitive activities of students, increase their efficiency and living conditions, as well as the level of satisfaction with education.

Taking into account the above points, we consider it advisable to carry out activities in order to improve the work of academic adaptation of foreign students:

- organizational, methodological and informational support of the educational process, which ensures the Coordination of everyone's activities;
- structural units for planning the work of the university, its analysis and Correction, creation and distribution of information materials (information stands, newspapers, bulletins, internet sites, etc.;
- acquaintance of foreign students with the peculiarities of the educational process at the University (meetings, personal and group interviews, advice);
- Organization of additional classes, training courses to ensure faster adaptation of foreign students to the local language;
- socio-psychological, pedagogical support of the process;
- development of assistance programs that promote the social security of international students;
- development of a system of moral and material incentives for foreign students;
- create sufficient conditions for the participation of international students in the cultural life of the University.

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