

THE INFLUENCE OF PSYCHOLOGICAL FACTORS IN PHYSICAL EDUCATION ACTIVITIES WITH PRIMARY SCHOOL STUDENTS

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Introduction: Physical education activities play a crucial role not only in the physical development of primary school students but also in their psychological growth. At this stage, children's emotional state, motivation, and psychological characteristics significantly influence their attitude toward sports and active participation. This article analyzes the manifestation of psychological factors during physical education activities with primary school students and their impact.

Methods

The study utilized the following methods:

- **Observation** – Analyzing students' psychological reactions during physical education lessons.
- **Survey** – Collecting opinions from students and physical education teachers about motivation and challenges.
- **Experiment** – Studying and evaluating students' reactions to different types of exercises.

Results

The study identified the following key aspects:

1. The role of motivation – Students' interest in sports activities is reinforced by positive encouragement (praise, rewards).
2. Emotional state – Physical education classes enhance children's self-confidence, but excessive physical load can cause stress.
3. The impact of the team environment – Group activities help develop social skills, but differences in individual abilities may create difficulties for some children.
4. The importance of the pedagogical approach – A supportive and encouraging teaching style positively influences students' attitudes toward lessons.

Discussion

Considering psychological factors during physical education activities is essential for increasing student participation and interest. To ensure the effectiveness of lessons, the students' psychological state, emotional well-being, and motivation must be taken into account. The following psychological aspects greatly influence the effectiveness of lessons:

1. Student Cooperation and Social Environment

When students collaborate, a sense of teamwork develops, and they feel like an integral part of the class. Group activities foster social skills, support among peers, and enhance competitiveness in a positive way.

2. The Teacher's Role in Encouragement

Teachers should encourage students and strengthen their self-confidence. Praise, motivational words, and an individualized approach increase students' interest in lessons. It is especially important to recognize each child's unique abilities and tailor the approach accordingly.

3. Engaging Lesson Design

Physical education activities should not be monotonous or boring. Various games, competitions, new movement exercises, and innovative approaches capture students' attention. Music, technology, and interactive methods can also make lessons more appealing.

4. The Importance of Individualized Approach

Each student has different physical and psychological preparedness levels. Therefore, an individualized approach is crucial. Some students may be physically strong but lack confidence, requiring special attention and gradual encouragement.

5. Reasons for Psychological Unpreparedness and Lack of Participation

Some children may be reluctant to participate in physical activities due to:

- **Lack of self-confidence** – Doubting their physical abilities.
- **Fear of failure** – Worrying about not mastering new exercises or falling behind peers.
- **Attitude of teachers or peers** – Criticism, misunderstandings, or strict discipline may negatively affect motivation.
- **Low interest** – If lessons are dull or repetitive, students may lose engagement.

To ensure the effective organization of physical education lessons for primary school students, it is essential to consider psychological factors. Since children at this age are still developing physically, emotionally, and psychologically, their attitude toward learning depends on the teacher's approach and the lesson's structure.

The Importance of Psychological Factors in Physical Education for Primary School Students

1. Motivation and Encouragement

Motivation is a key factor in increasing students' interest in physical education activities. Various forms of encouragement, such as praise, rewards, game elements, and team competitions, stimulate active participation.

- **Intrinsic motivation** – The child enjoys physical activities and finds them interesting.
- **Extrinsic motivation** – Encouragement from teachers or parents through praise, rewards, or recognition.

Ways to enhance motivation:

1. Conducting lessons in a playful manner.
2. Recognizing each child's achievements individually.
3. Using encouraging words and creating a positive environment.

2. Emotional State and Positive Psychological Environment

Primary school students' emotional state significantly affects their attitude toward lessons. If children feel comfortable and relaxed, they will participate more actively.

- Creating a positive mood before lessons.
- Fostering cooperation and a friendly atmosphere among students.
- Avoiding excessively difficult or stressful tasks.

3. The Teacher's Approach and Pedagogical Methods

The teacher's attitude, encouragement methods, and teaching style influence students' participation in lessons.

- **Flexible approach** – Considering the individual characteristics of each student.
- **Support and patience** – Explaining new movements clearly and patiently.
- **Encouraging active participation** – Motivating students to take initiative.

Teachers should follow these principles:

1. Communicate with children in a friendly and sincere manner.

2. Acknowledge and appreciate each child's achievements.
3. Build students' confidence by teaching progressively and step by step.

4. Considering Individual Characteristics of Students

Each child is unique in terms of physical abilities, interests, and emotional experiences. Therefore, lessons should be planned based on:

- Temperament – Adapting to both active and reserved students.
- Physiological development – Assigning tasks appropriate to each child's physical capabilities.
- Learning pace – Allowing some children more time to master exercises.

Ways to enhance lesson effectiveness:

1. Incorporating tasks with varying levels of difficulty.
2. Selecting exercises that match each child's abilities.
3. Recognizing and rewarding each student's progress.

5. Using Play-Based Learning Techniques

Children learn faster through play; thus, incorporating game elements into physical education is important.

- Active games – Running, jumping, and ball games.
- Team competitions – Teaching students teamwork and collaboration.
- Role-playing games – Encouraging active participation.

Conclusion

Considering psychological factors in organizing physical education activities for primary school students is of great importance. Motivation, emotional well-being, and the teacher's pedagogical approach play a key role in shaping students' attitudes toward physical activity. These factors not only make lessons more engaging and effective but also increase students' interest in a healthy lifestyle. Moreover, pedagogical strategies that take into account each child's individual characteristics contribute to greater student participation and effectiveness in physical education. By implementing flexible and interactive approaches, it is possible to maintain students' interest, encourage them, and create a positive learning environment. Additionally, teachers should consider students' psychological characteristics, support them, and foster confidence to further enhance lesson effectiveness. In the future, developing and implementing individualized approaches tailored to each student's needs and abilities can improve the impact of physical education lessons. This will not only contribute to students' physical development but also positively affect their overall psychological state, social adaptation, and discipline. Therefore, ensuring the integration of pedagogical and psychological factors in physical education for primary school students should remain a key strategic direction.

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