

STAGES AND PSYCHOLOGY OF PRESCHOOL-AGE CHILDREN

Ergasheva Sarvinoz Ulug'bek qizi
Andijon davlat pedagogika instituti
"Maktabgacha ta'lim" yo'nalishi 2-bosqich talabasi
Telefon: +998-94-651-36-34
E-mail ergashevasarvinoz72@gmail.com

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Abstract:

This article will focus on changes in early childhood, the influence of the social environment on the child, and the natural states observed at this time. The growth of thinking, emotions, and will in preschool children is highlighted.

Keywords: Intelligence, thinking, speech, social environment, emotion, development, memory, imitation, the emergence of conditioned reflexes, skill.

Introduction

The child's physical development is very fast during the first years. A child goes through a very fast and complicated process during the mother's womb. Its further development will be inextricably linked with its development in the mother's womb. First of all, it is necessary to pay attention to the development of the child before birth. A normal course of pregnancy in all respects affects the healthy development of the child and its development. The appearance of newborns and children up to one year old is completely different from that of adults. Their head is four times smaller than the body, and in adults it is eight times smaller than the body. The heartbeat and breathing of children of the first age are fast. The average weight of a normal born child is 2800-3500 grams. When a child reaches half a year, its weight doubles, and when it reaches a year, it triples. Later, the weight gain slows down.

Currently, there is a lot of talk about scoliosis, which is caused by improper care of children's bodies. This disease is caused by improperly tying the child to the cradle, putting a tight blanket, and placing the head relatively high. In order to prevent scoliosis, the child's bed should be flat and the pillow should not be high. When the child is just learning to walk, we need to help him sometimes by holding his right hand and sometimes by his left hand. A child can be saved from scoliosis by following such normal rules.

The developmental stages of children's psyche consist directly of analyzers. The emergence of conditioned and unconditioned reflexes in connection with analyzers is a material basis for the development of the child's psyche. Babies first begin to distinguish between some bright colors and different sounds. A three-month-old child has the ability to distinguish many things. His emotional feelings develop. He stares at adults and learns by watching their actions. Gradually begins to imitate adults. A child can sit independently when he is six months old. Psychological development also increases. The development of processes such as perception, attention, and memory expands. An eight-month-old child begins to crawl. He recognizes and takes interest in new things around him, grasps them, moves them with the help of his hand muscles. A

physically healthy child starts walking at the age of 9-10 months. The activity of a child who starts walking increases day by day, and the function of free movement expands. The most meaningful, fast-learning, and understandable process in psychology is the child's imitation. The child is attentive in the process of observing adults, and they repeat exactly what they do. As soon as he starts teaching the child, he tries to say it the way it is, and the emergence of a reflex is observed. For example: If a child is shown pictures of pets and tells them with their voices, they will learn about which animal makes what sound. If a child is told the name of his body parts, he will remember them and show them. If we put a towel in front of the child before feeding, and always wipe around the mouth while eating, the child will learn to do so. If this situation is forgotten later, the child will begin to demand it. During their actions, they check everything without dissolving, as a result, they learn a lot of new things. The child develops his intuition and perception, imagination and memory, thinking and speech, emotions and imagination, and mental processes.

Children in early childhood learn experience from adults. Everything in life is interesting to them, fruits, colors, toys. Even if he comes across some insects, he will hold them without fear and observe how they are. At such a curious moment, it is necessary to be careful not to grab everything and put it in the mouth, so as not to endanger the child.

[1] Imagination, which is one of the complex mental processes, begins to develop in children in early childhood. But it is mostly involuntary. They are not yet able to think voluntarily based on a certain goal.

Children's lives in early childhood are completely connected with adults. The child begins to distinguish his loved ones from strangers. During this period, the emotional relationship of children with adults is the leading activity. It is from this period that proper education has a great impact on the child's future. At this time, if you pay attention to the child, talk to him, and have a good emotional relationship, the child's IQ will continue to increase. This means that children's abilities and level of thinking are getting higher and higher.

[2] A child's motor activity at an early age reflects its level of development and the functional state of the nervous system. According to N. D. Levitov, the acquisition of new actions is closely connected with the development of analyzers, since a small child is already a being who knows the world with the help of perception, the timely development of actions serves as a factor indicating the child's overall mental development.

The development of the child's personality is formed by biological and social laws together. They cannot be separated from each other. Children of the same age may have different exposures to the environment. The ability to see and hear, speed, activity, curiosity, thinking, laziness, alertness depends on the child's psychology. These are the processes of development of the child's nervous system, and the educator and pedagogue should notice these changes. A child's psychological and physical development is divided into several stages.

- 1) Infancy (one month)
- 2) Pre-kindergarten age (one to three years old)
- 3) Preschool age (three to seven years old)

In preschool age, care is required from the educator. At this age, the child is curious and eager to learn. It is necessary to organize interesting meetings, walks and sight-seeing excursions that satisfy the child's interest. During this period, their emotional thinking becomes more sensitive. If we talk about the changes in the child's nervous system, the child's nervous activity at the first age is directly related to the development of the first and second signal systems. The child moves voluntarily from two months. He starts to raise his head. His actions become more and more active. He hums with joy. When the child is five months old, he knows his mother well. At the age of six months, he begins to sit, and at the age of eight months, he begins to crawl.

When he is ten months old, he starts to say words. At this time, he can say 10-15 words. To make children less susceptible to diseases and develop in a healthy environment, taking outdoor walks, enjoying air and sun baths, gymnastics helps the child to grow up in all aspects. The first step of the state curriculum is aimed at the all-round mature, high-potential, intellectually educated, physically healthy development of children.

[3] The program was approved and recommended for publication by the decision of the board meeting No. 4 of the Ministry of Preschool Education of the Republic of Uzbekistan on July 7, 2018.

A special map has been created that determines the normal development of children of preschool age. This is a development map that every preschool educational organization has. In this case, children are monitored from the first time they come to the preschool. Every change in the child is marked. For example: a 3-4-year-old child can stand in a line in a circle. He jumps on his feet while standing, and jumps while moving forward. Performs physical education exercises. Can fly a tricycle. Independently puts toys in a box, rolls large balls with both hands while sitting and standing, uses the toilet independently, chooses a friend and plays with him, expresses his needs. He cares about the heroes of fairy tales, stories, cartoons. He expresses his feelings. Participates in role-playing games. Expresses his attitude towards the negative actions of other children. He talks about the pictures shown in the picture. Distinguishes geometric shapes and so on. The child's level of development is divided into groups such as not observed, sometimes observed, often observed, constantly observed.

[4] A child's development chart is the main form of documentation of their development. In order to complete the development map of the child, observation consisting of 3 stages is carried out.

This development map in the preschool organization is the main source of monitoring them in a healthy environment. Children are the creators of our future.

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