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Ozoda Askarovna Ergasheva

Fergana State University

Lecturer of the department of Department of sports games

Fergana, Uzbekistan

## PSYCHOLOGICAL CHARACTERISTICS OF MOVEMENTS OF PRIMARY SCHOOLCHILDREN

**Abstract:** The article deals with psychological basis of physical training of primary schoolchildren, and the role of national physical training in the process of educating children as well. There is information on the development of the child's beliefs, maturity, communication, the formation of independent behavior, initiative and the desire to overcome obstacles in physical education through national folk movement games.

**Key words:** Physical training, psychological basis, relationships between people, practical skills, psychology of child, physical prearrange.

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### Introduction

Nowadays a great attention is being paid on the rational system of training for the development of physical culture and sports in the Republic of Uzbekistan. Therefore, the goals and objectives of physical education are based on the decisions of our government on physical culture, and sports. The goal of physical education in our country is to prepare a healthy, mentally active and creative person for life. This goal is a necessary task for all institutions and organizations engaged in physical culture in Uzbekistan.

A person needs to understand the need for physical education and sports in order to train himself physically and to shape his health on the basis of a certain system of physical training that he diligently enjoys. The comprehensive development of the physical abilities of the younger generation is carried out in the process of physical education, which is an integral part of upbringing. The purpose of physical education is a long-term, organized pedagogical process, consisting of educating the builders of society healthy, cheerful, well-developed in all respects, ready to work and defend the Motherland. The need to collect and implement national action games in the solution of the tasks facing physical education, their

rational use is clearly demonstrated today. The important task before us, which has both theoretical and practical significance, has placed a great responsibility on physical education, which educates the younger generation in a healthy and harmonious way. Therefore, our goal is to carefully search for, develop and implement ways to pass on to the next generation the national games created by our people for thousands of years.

Upbringing has always played an important role in society, communicating and inheriting between different generations. The purpose, tasks, content, form and methods of education have changed over time. These changes are closely related to the relationships between people. Therefore, in education it is necessary to pay attention to the formation of a mature person who is ready to defend the motherland, to be workhard, to be active in social activity, in general, to be fully developed in life. In order to successfully solve these tasks in the process of physical education, it is necessary to understand the specific features of the content, means, and methods of each of the interrelated forms of education.

It was necessary to take into account these peculiarities in the education of the physical qualities of primary school students in the national movement

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games. Of the age periods accepted in psychology, the most important for us is the small school age. Each age group has a certain level of physical and mental development.

Studying at a small school age changes a child's entire lifestyle and places new demands on him. Because in kindergarten, children are mainly focused on the development of speech, the formation of moral norms. Specially organized play activities play an important role in their upbringing. Games are used for didactic education and teamwork to develop the child. At a young school age, against the background of the general maturation of the organism, the sphere of movement of children develops rapidly. This period is very convenient for active participation in physical education.

In this regard, the use of national folk movement games, which develop exactly these features of the child, accelerates the achievement of the intended goal in education. The intensity of physical development requires rapid growth of the skeleton, the formation of curvature of the spine, the developmental characteristics of the cardiovascular system. The whole life cycle of the child is rationally organized. Knowing the factors that affect the development and change of the psyche of children of different ages, the factors that positively affect their moral and physical development, their effective use has become extremely important for teachers, physical education specialists. [1.125p]

By conducting physical education classes, taking into account the mental characteristics of each student's age, the impact on their consciousness, spirit, creates a timely self-awareness. The earlier a child wakes up with a sense of self-awareness, the sooner a personal point of view, a sense of entitlement, and an assessment of mental and physical capabilities will emerge.

Features such as belief, behavior, communication, the formation of independent behavior, initiative and the desire to overcome obstacles can be nurtured in the child through national folk movement games, in which it is desirable to motivate them based on the characteristics of youth psychology.

The Uzbek national movement plays an important role in the spiritual development of children. In general, it is known that many psychologists and educators have made valuable comments about the importance of games. Educators and psychologists around the world have proven in different ways at different times that play plays a big role in shaping important aspects of everything, from the simplest mental process to the most complex.

Playing games is a means of reflecting reality for children. This reality is more interesting than the being that surrounds the child. The fun of the game is that it's easy to understand. Just as activity and service are

important in an adult's life, play can be just as important in a child's life.

The development of the content of the game is reflected in the deeper penetration of the child into the essence of adult life and activities, changes in attitudes to the surrounding events, as well as the content of the game increasingly reflects the conditions, life of members of society. Therefore, the growth of play ability in children does not occur spontaneously, but as a result of the influence of adults, educators, acquaintance with the environment, organization of excursions, explanation of the essence of interpersonal relationships. [2.316p]

Substitutes for the lives and activities of adults are the material basis for expressing their actions in a generalized way. Therefore, the development of a child's movement in play activities is more dependent on the content of the game. Because the more concise and generalized a child's behavior is, the more they move away from reflecting the content of an adult's activity. Consequently, it shifts to putting into practice a person's relationship to things and to each other, so it tends to accurately express the adult's attitude when dealing with things.

The focus of any game and play activity is the opportunity for the child to reflect and repeat the activities of adults, their interactions, their behavior in a unique way. Accordingly, play has a social significance, allowing the child to learn the valuable knowledge, practical skills, abilities and habits created by mankind over the centuries, the creative wealth of the people, and thus bring it to the essence of interpersonal communication.

Play plays an important role in a child's mental development. When talking about the impact of play on the development of movement in children, it should be noted that, first of all, the organization of play itself creates the most favorable conditions for the growth and development of the child's character. Second, the reason and feature that play affects a child's movement is that the subject acquires complex movement skills not directly during play, but through direct learning.

The motivating factor for a child to play is his or her perception of adults and their interpersonal relationships and their desire to try them out in their personal activities, as well as their desire to interact directly with their peers who play as a team. From this it can be concluded that: a) in play activities the child is eager to demonstrate the full range of actions, to show how to perform them; b) then tries to generalize and reflect all the behaviors. [3.140p]

It is really possible to prepare a child for great things by engaging in games. Playing game is not just fun for children, but an important tool to help them develop their strength and ability.

The activities of a child from infancy to preschool age grow to a level of self-control independent of adult-led activities. However, since all

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the conditions mentioned above are not mutually exclusive, they cannot serve as the basis of any game, and accordingly, for a certain period of time, the game activity takes place depending on the objects. Psychologists say that the game does not happen by itself, there must be at least three conditions for this:

- a) The child's mind has a variety of impressions of the reality around him;
- b) The existence of various forms of means and methods of educational influence;
- c) The child's frequent interactions and interactions with adults.

In this way, the indirect influence of adults on the future plays a role. This objective condition is not enough to organize and create the National People's Movement itself, but to change the relationship between the two parties. Otherwise, independence will not be achieved. It has long been known that our ancestors also inherited a lot of willpower, independence, and a lot of goals. It is important for adults to be more demanding of themselves and to be able to act independently. Similarly, the measures form the learning of independence and the organization of independent activities. Preschoolers gradually enter the world of adult life and activity, with positive emotions, courage, and courage in the past. Being a schoolchildren, he or she independently paves the way for adults to enter life and work. It reflects a willingness to participate in interpersonal relationships in all spheres of life and activity. Therefore, the national movement of the people has created a new relationship between the big and the big, and in this relationship, the national characteristics: valuing one's country, respecting it, building it up. The activity of the house is social with its content and essence. National Movement Games are a vivid example of independent activity, through which the content of the games gets to know the lives of those adults. It should be noted that in the relationship between the conditions of the game and the movement of the object, the main focus is often on the movement with objects, in which object games, for example, with stones, coats, skullcaps, etc., play a leading role in children's movement. However, there is a role to play in games, which should not be overlooked. This can be the case for games that are scheduled to be delivered from one object to another. In the process of using national action games, it is important to take into account the unique characteristics of the elementary school students:

1. The activity of the adult layer, their relationship to the subject, and their interest in mutual exchange, relationship.
2. Children's mobile games reflect the most expressive, intuitive aspects of the environment around them.
3. In national action games, the child is able to exercise his or her will in the same way as adults, in

the same way as when he or she feels that he or she is living under the yoke.

We know that one group of students learns materials faster, the second group learns them later, and the third group learns them much later. In addition, general physical fitness is of great importance in mastering the study materials. A child's physical fitness can be influenced by economic conditions: place of residence, financial status of the family, number of children, education of the parents, worldview and their place of work, title and others. Observations and collected data show that children's physical development and readiness, their psyche, outlook, speech, activity in the process of training are closely related to the factors described above.

There are also a number of tasks in the physical education of students that are addressed appropriately in the process of learning and teaching national movement games. These tasks can be successfully accomplished due to the impact of the entire physical education system on children. This requires the whole pedagogical team of the school to work together, to use different forms and methods of organizing lessons in the school, especially the national action games, the integrity of all means.

Children will be able to memorize and recall more speech in games than in other forms of the lesson, which will help them to unlock the voluntary memory feature more deeply. This leads to the following conclusion:

1. Play is the process of choosing and playing a specific role by a child and requires remembering a lot of information.
2. Therefore, the conscious goal of repeating the behavior appears earlier in the child and is easier to achieve.

Play not only improves cognitive processes, but also has a positive effect on a child's behavior. Preschoolers, both elementary and high school students, can develop their behavioral management skills through games. This is because behavioral skills can be acquired earlier and easier in national action games than in goal-oriented training. This factor finds its brightest expression, especially in preschool children, as a feature of adolescence. In young school-age children, the ability to self-manage their behavior is almost equal in play activities as well as in other contexts. Sometimes they can even achieve a higher score than in the game in certain situations, for example: during a race.

### Conclusion.

Fostering positive (solidarity, discipline, humility, kindness) and spiritual qualities (honesty, fairness, friendship, cooperation, ability to work with the times, ability to perform tasks responsibly), as well as willpower in children's movement during folk games (courage, perseverance, self-confidence,

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perseverance, endurance, etc.) the best conditions and opportunities are created.

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