



ISSN: 3060-4613



MAKTABGACHA
VA MAKTAB
TA'LIMI VAZIRLIGI



O'zbekiston
Milliy Pedagogika
Universiteti



No5(5)
2026

- 13.00.00 Pedagogika fanlari
- 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
- 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
- 13.00.03 Maxsus pedagogika
- 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
- 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
- 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
- 13.00.07 Ta'limda menejment
- 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
- 13.00.09 Ijtimoiy pedagogika
- 07.00.00 Tarix fanlari
- 19.00.00 Psixologiya fanlari
- 01.00.00 Fizika-matematika fanlari
- 02.00.00 Kimyo fanlari
- 03.00.00 Biologiya fanlari
- 09.00.00 Falsafa fanlari
- 10.00.00 Filologiya fanlari
- 11.00.00 Geografiya fanlari

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AKTABGACHA VA AKTAB TA'LIMI

Pedagogika, psixologiya fanlariga ixtisoslashgan ilmiy jurnal



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Elektron nashr. 704 sahifa,
22-may, 2026-yil.

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Pedagogika fanlari bo'yicha: OAK Kengashi tavsiyasi (26.08.2024-y., №11-05-4381/01) asosida:

- Ekspert kengashi (29.10.2024-y., №10)
- Rayosat qarori (31.10.2024-y., №363/5)

Psixologiya fanlari bo'yicha: Toshkent davlat pedagogika universiteti murojaatiga asosan OAK tavsiyasi (24.04.2025-y., №11-05-2566/01):

- Ekspert kengashi (25.05.2025-y., №10)
- Rayosat qarori (08.05.2025-y., №370/5)

“Maktabgacha va maktab ta'limi”
jurnali

26.09.2023-yildan

O'zbekiston Respublikasi Prezidenti
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va ommaviy kommunikatsiyalar
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reyestr raqami tartibi bo'yicha
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Litsenziya raqami: **№136361**

MUNDARIJA

Matematika fanini o'qitishda kommunikativ va ijtimoiy-psixologik yondashuvlar	10
Esonturdiyev Mamatqobil Nurmamatovich	
Geografik axborot tizimlari (GAT) texnologiyalari asosida bo'lajak geografiya o'qituvchilarining innovatsion kompetentligini rivojlantirish metodikasi	13
Bahromova Muhayyo Imomqul qizi	
Geografiya ta'limida sun'iy intellekt texnologiyalaridan foydalanishning nazariy-metodik asoslari	18
Tuyg'unov Murodjon Salimqul o'g'li	
Biologiyani o'qitishda belgili-ramziy ko'rgazmalilik vositalaridan foydalanishning o'quvchilarning tadqiqotchilik faoliyatini rivojlantirishdagi roli	22
Azimov I. T., Daminova F. A.	
PISA 2025 doirasida raqamli ta'lim kompetensiyalarini baholashning innovatsion mexanizmlari	25
Doniyorov Muxiddin Normamatovich, Ishanov Almat Adilxanovich	
Boshlang'ich sinf o'quvchilarining tabiiy savodxonligini oshirishda zamonaviy pedagogik vositalarni qo'llash	28
Abdunazarov Bobir Normurodovich	
Raqamli ta'lim resurslari asosida kredit-modul tizimida talabalarning o'quv faoliyatini takomillashtirish	32
Jumayeva Ra'no To'ychi qizi	
Oila va maktab integratsiyasining shaxs kamolotiga ta'siri	36
Rasulova Dildora Shuhratovna, Raxmatova Zulxumor Alimovna	
Bo'lajak o'qituvchilarda kreativ kompetensiyani shakllantirishning zamonaviy pedagogik mexanizmlari va uning ijtimoiy ahamiyati	40
Sultanova Sahobar Ravshanbekovna	
Boshlang'ich sinf o'quvchilarida ekologik tarbiyani shakllantirishda tabiiy fanning o'rni	43
G'afforova Zarnigor Abdumo'min qizi	
Umumiy o'rta ta'limda o'qituvchi va ota-onalar ijtimoiy hamkorligini rivojlantirish	47
Xalikova Zaxro Mirshadmanovna, Xolbo'tayev Muzaffar Odilovich, Bozorova Xadicha Javlon qizi	
Nutqida kechikish kuzatiladigan bolalarda nutqni qo'l va barmoq motorikasini rivojlantiruvchi o'yinlar orqali shakllantirish	51
Ne'matova Hilola Ikrom qizi, Ahmadova Fotima Adizovna	
Taym menejment asosida bo'lajak o'qituvchilarda liderlik fazilatlarini rivojlantirish	55
Soliyeva Ruxsora Sharobiddin qizi	
Sun'iy intellekt va NLP texnologiyalari asosida elektron ta'lim muhitida talabalarning mustaqil ta'lim kompetensiyalarini rivojlantirish	58
Otakishiyeva Gulshanoy Abdulaziz qizi	
Pedagogik kvalimetriya asosida bo'lajak o'qituvchilarning diagnostik madaniyatini shakllantirishning nazariy asoslari	61
G'aniyeva Muattarxon Nodirbek qizi	
Образовательные технологии с учётом восприятия цвета: психологические и методические аспекты	64
Имамова Хурият Эргаш кизи	
Yosh erkin kurashchilarda chidamlilikni rivojlantirish metodikasini takomillashtirish	69
Ergashov Qaxramonjon Asqarovich	
Boshlang'ich sinf o'quvchilarini mantiqiy masalalar yechishga o'rgatish usullari	76
G'iyosova Dilovar Orif qizi	
Haykaltaroshlik fanining metodik qo'llanilishi	80
Qodirov Bobirjon Botirjonovich	
Ijtimoiy xavf ostidagi bolalarni qo'llab-quvvatlashning jahon tajribasi va psixologik-pedagogik asoslari	85
Manzura Qosmuratova	
Jahonda art-biznes klasterlarining ahamiyati va rivojlanish tuzilmasi	89
A. S. Umarov	
Автоматизация решения сложных математических задач графическим методом для углублённого изучения математики в школе	92
Эргашев Серожиддин Султонмуродович, Маматов Исломбек Ильесович	
Pedagogika darslarida raqamli va onlayn didaktik o'yinlardan foydalanish	97
Qodirova Feruzaxon Abdiyaminovna	
Sun'iy intellekt va tanqidiy fikrlashning kognitiv-konseptual komponenti va uni rivojlantirish metodikasi	102
Sobirova Munavvarxon Qaxramonjon qizi	
Media savodxonlik va axborot madaniyati fanida sun'iy intellekt savodxonligini rivojlantirishning pedagogik-metodik asoslari	106
Ermatov Sherzodbek Latipjonovich, Mirzayev Akramjon O'ktamjonovich	



Adabiy ta'limda kompetensiyaviy yondashuv	111
<i>To'ychiyeva Mahfuza Umarmulovna, Islomova Shalola Ismoil qizi</i>	
Comparative Study of Passive Constructions in English and Their Translation Into Uzbek.....	117
<i>Elmirzayeva Maftuna Dusmurod qizi, Mustafoyeva Nigina Shuhrat qizi</i>	
Bo'lajak o'qituvchilarda kasbiy kompetensiyalarni rivojlantirish orqali pedagogik mas'uliyatni shakllantirishning dolzarb muammolari	122
<i>Botirova Odinoxon Abdumutalib qizi</i>	
Oliy ta'lim muassasalarida mustaqil ta'limni tashkil etishning pedagogik modeli va metodik asoslari	126
<i>Haytbayeva S. R.</i>	
Imkoniyati cheklangan bolalarni psixologik qo'llab-quvvatlash orqali intellektual imkoniyatlarini ro'yobga chiqarish imkoniyatlari.....	131
<i>Kadirova Nigora Saxibjanovna</i>	
Bo'lajak maktabgacha ta'lim mutaxassislarini dual ta'lim asosida kasbiy faoliyatga tayyorlashning nazariy asoslari.....	134
<i>Samiyeva Zuleyxa Uktamovna</i>	
Insonlar orasidagi munosabatlarda noverbal muloqotning komponentlarining ko'rinishlari	139
<i>Soliyev Farxodjon Sodikovich, Karimov Jahongirjon Murodjon o'g'li</i>	
Virtual texnologiyalar vositasida texnika fanlarini o'qitish mazmunini innovatsion rivojlantirish	145
<i>Yuldasheva Dilorom Husniddin qizi</i>	
Maktabgacha ta'lim tashkilotlarida suzish mashg'ulotlarini tashkil etish texnologiyasi.....	150
<i>Toshpulatova Aziza Toyirovna</i>	
Harbiy xizmatchilarda kreativ tafakkurni rivojlantirishning pedagogik va psixologik asoslari	155
<i>Tursunov Shaxzod Ramazonovich, Mansurov Sardorbek Sirojiddin o'g'li</i>	
O'qituvchilar ruhiy salomatligini saqlashning amaliy strategiyalari	159
<i>Begmatov Raximkul Olimovich</i>	
Ona tili darslarida analitik faoliyatni tashkil etish imkoniyatlari	164
<i>Narziyeva Mastura Sunnatovna</i>	
Maktabgacha ta'limda Project-Based learning texnologiyasi asosida tarbiyalanuvchilarning kommunikativ kompetensiyalarini rivojlantirishning pedagogik imkoniyatlari	168
<i>Kubayeva Mavluda, Po'latova Gullola Ravshan qizi</i>	
Talabalarda iqtisodiy savodxonlikni shakllantirishning pedagogik shart-sharoitlari	173
<i>Qo'chqorov Nodir Bozorovich</i>	
Boshlang'ich sinf o'quvchilarini baholash jarayonida foydalaniladigan texnologiyalar va vositalar	178
<i>A'zamqulova Zilola Sunnat qizi</i>	
Raqamli ta'lim muhitida kommunikativ kompetensiyani rivojlantirishning didaktik asoslari.....	183
<i>Isaboyeva Dilyora Zokirjon qizi</i>	
Kimyo fanining tarixiy rivojlanishida metodologik yondashuvlar	187
<i>Begamov Shaxzod To'liqin o'g'li</i>	
Sport bilan shug'ullanishda qo'l va oyoq motorikalarini rivojlantirish mezonlari	190
<i>Imomov Asliddin Abdurazoqovich, Sattarov Qarshiboy Narqulovich</i>	
O'zbek va ingliz tillarida zamon kategoriyasining qiyosiy tahlili	194
<i>Xudoyberdiyeva Dilfuza Alisher qizi</i>	
Hayot faoliyati xavfsizligi fani o'qituvchisining kasbiy kompetentligi va rejalashtirish faoliyati.....	198
<i>Maxmudov Baxtiyor Xayrullayevich</i>	
Dizartriyal bolalarda motorikani rivojlantirish – nutqni rivojlantirishning asosiy omili	202
<i>Mamatova Muzayyana Batirovna</i>	
Expression of Lexical Economy in English and Uzbek Through Stylistic Means	205
<i>Omonov Baxtiyor Uktamovich</i>	
Boshlang'ich sinf o'quvchilarida ijodiy qobiliyatni shakllantirish.....	208
<i>Abrorxonova Kamolaxon Abrorxon qizi, Xamzayeva Sunbula Jasurovna</i>	
Xushmuomalalik strategiyalarining ijtimoiy vazifalari.....	212
<i>Alieva Navruza Xabibullayevna, Azizova Sanobarxon Valijon qizi</i>	
Bo'lajak boshlang'ich sinf o'qituvchilarida shaxslik sifatlarining kasbiy rivojlanishdagi psixologik ahamiyati	216
<i>Dusmetova Maksuda Matnazarovna</i>	
Maktabgacha ta'lim jarayonida bo'lajak tarbiyachilarning illustrativ yondashuv asosida kreativ va variativ faoliyat olib borish usullari va yo'llari.....	221
<i>Egamberdiyeva Madina Sharif qizi</i>	
Pragmatic Functions in Neurolinguistic Communication	224
<i>Fayziyeva Parvina</i>	
Sahro gavhari: ruslar istilosigacha bo'lgan davrda Xiva me'morchiligi tarixi	227
<i>Islomjon Xojjigitovich Mirzakulov</i>	
Moslashuvning psixologik mexanizmlari: ta'lim muhiti sharoitida shaxsning adaptatsiyasi.....	235
<i>Jaynarova Sayyora Isoqul qizi, Nuraliyeva Nasiba</i>	
Onalik psixologiyasi va o'rganishning nazariy jihatlari.....	238
<i>Kasimova Xulkar Atabayevna</i>	

Spheres of Language Use.....	243
Kumakbayeva Gulbanu Kuntuarovna	
Bo'lajak boshlang'ich ta'lim o'qituvchilarida kreativ tafakkurni rivojlantirishda nostandart topshiriqlar metodikasi.....	246
Muxammadiyeva Dinora Tursunpulatovna	
Bo'lajak boshlang'ich sinf o'qituvchilarida kasbiy-axloqiy qadriyatlarni shakllantirishning pedagogik mexanizmlari va didaktik tamoyillari.....	251
N. Jurayev	
Dunyo bolalari huquqlarini himoya qilish: global muammolar, tizimli kamchiliklar va tanqidiy tahlil	255
Nargiza Ergasheva	
Talabalarning dasturlashga oid agoritmik fikrlashini rivojlantirish orqali innovatsion faoliyatga tayyorlash usuli	259
Orziqulova Barchinoy Ixtiyor qizi	
Talabalarda o'z-o'zini boshqarish qobiliyatining tuzilmasi va psixologik komponentlari (motivatsion, kognitiv, irodaviy, emotsional-regulyativ komponentlar)	264
Otabekova Nargiza Avazbek qizi	
O'zbek va ingliz tillaridagi metaforalarda til va madaniyat uyg'unligi.....	269
Rasulova Munajat Akmaljonovna	
Limitlar nazariyasini kompyuter imitatsion modellar vositasida o'qitish metodikasi.....	273
Safarov Abbos Abdurasul o'g'li	
Ijtimoiy hamkorlik – barkamol avlodni tarbiyalash poydevori.....	278
Sharipova Gulruxsor Nurkabilovna	
Bo'lajak o'qituvchilarda kreativ kompetensiyani shakllantirishning zamonaviy pedagogik mexanizmlari va uning ijtimoiy ahamiyati.....	282
Sultanova Sahobar Ravshanbekovna	
Badiiy gimnastika mashg'ulotlarida innovatsion pedagogik texnologiyalardan foydalanish	285
Tuxtayeva Azizabonu Abdurasulovna	
Matematika fanini o'zlashtirishda boshlang'ich sinf o'quvchilarining semiotik yondashuvini shakllantirish ...	289
Xayrullayev Ismatulla Nurullayevich	
Pedagogik qadriyatlar asosida o'quvchilarni tarbiyalash mexanizmlarini takomillashtirish	293
Xoliqova Inobatxon Bo'ri qizi	
Umumta'lim maktabida elektron axborot-ta'lim resurslari.....	296
Xolmurodov Shuxrat Okboyevich, Norqobilov Hakimbek Nuriddin o'g'li	
Maktabgacha ta'lim tashkilotlarida bolaning kreativligini shakllantirishda innovatsion muhit	300
Xonnazarova Gulasal Yusuf qizi	
Ta'lim tizimida sinf rahbari faoliyatining joriy etilishining tarixiy asoslari va zamonaviy ko'rinishlari	303
Xusenova Sadoqat Botirovna	
Искусственный интеллект в методике преподавания русского языка: адаптивная обратная связь и развитие коммуникативной компетенции	308
Джалилова Феруза Намазовна	
Образовательные технологии с учётом восприятия цвета: психологические и методические аспекты.....	312
Имамова Хурият Эргаш кизи	
Межкультурный диалог как инструмент воспитания гармоничной личности в школе	317
Махмудхожаев Ориф Бахтиёрович	
Психологические факторы успешности профессионального обучения студентов	319
Рахимходжаева В. С.	
Специфика восприятия окружающего мира в лирике Афанасия Фета	325
Татьяна Викторовна Половинкина	
Анализ разработки женских коллекций с использованием стилистических и конструктивных особенностей ретро-моды	329
Абдурахманова Н., Рахматуллаева У. С.	
Использование современных образовательных технологий в начальной школе как средство развития познавательной активности учащихся	333
Фазилова Гулчебра Ахмедовна	
Nyuman (Newman) xatolar tahlili modelining geometrik isbotlash ko'nikmalarini shakllantirishdagi ahamiyati.....	337
Davletov Davronbek Egamberganovich	
“Informatika” fani mavzularini taksonomik yondashuv asosida o'qitish	343
Axrarov Baxtiyor Sagdullayevich	
O'qituvchi faoliyatida pedagogik texnologiyalarni samarali qo'llash metodikasi.....	347
Xomidjonov Abrorjon Olimjon o'g'li	
Rus-o'zbek tarjimashunosligining zamonaviy tendensiyalari.....	351
Kudratov Kamoljon Islomovich	
Kompyuterga qaramlikning o'smirlarga ta'siri va uning psixologik oqibatlari.....	356
Kushakova Nargiza Islambayevna, Ergasheva Sarvinoz Shavqiddin qizi	



Musiqa ning neyropsixologik rivojlanish va ta'lim jarayonidagi ahamiyati	360
<i>Xikmatova Shohida Xikmatovna</i>	
Innovatsion yondashuv asosida inklyuziv ta'lim o'quvchilarining yozma nutqini rivojlantirish	364
<i>Alimardanova Sitora Ikrom qizi</i>	
Comparative and Conceptological Trends in Linguoculturology	367
<i>Ablakulov Ilkhom</i>	
Boshlang'ich ta'limda kreativ ta'lim muhitini rivojlantirish asosida o'quvchilarning muammolarni hal qilish ko'nikmalarini shakllantirish	370
<i>Abdullayeva Uljalg'as</i>	
Rivojlangan mamlakatlar ta'lim tizimida talabalarni kasbiy faoliyatga tayyorlashda sun'iy intellektdan foydalanish usullari.....	373
<i>Aglamova Shahzoda Sobirovna</i>	
Bokschi qizlar texnik harakatlarining kinematik ko'rsatkichlar asosida takomillashtirish metodikasi	378
<i>Axmedov Latifjon G'ayrat o'g'li</i>	
O'quv jarayonida formativ baholashning evolyutsion-xronologik tahlili	383
<i>Davidova Dilnoza Tadjibayevna</i>	
Oliy ta'limda "Smart Education" texnologiyalaridan foydalanishning samaradorligi	388
<i>Dilrabo Amriddinova, Abdulxalilova Surayyo Ahad qizi</i>	
Zamonaviy ta'lim sharoitida boshlang'ich sinf o'qituvchilarini baholash kompetensiyalarini rivojlantirishning psixologik-pedagogik xususiyatlari	392
<i>Majidova Hilola Eshquvat qizi</i>	
Sun'iy intellekt texnologiyalaridan foydalanish madaniyatini shakllantirish usullari	396
<i>Mamatova Fazilat Ixtiyorovna, Xolmirzayeva Zebo Ravshan qizi</i>	
Jismoniy tarbiya o'qituvchilarini sport marketologi faoliyatiga tayyorlashning zarurati	402
<i>Samatov Javlonbek Abdukayumovich</i>	
O'zbekiston maktabgacha ta'lim tizimida strategik boshqaruvni takomillashtirish.....	406
<i>Saydullayeva Nargis</i>	
Integrating Literary Texts Into Early Foreign Language Education: A Mixed-Methods Investigation of Lexical, Cognitive, and Affective Outcomes in Primary Classrooms	410
<i>Shukurova Zamira Shodiyevna</i>	
Fizika fanini o'qitishda formativ baholash asosida tanqidiy fikrlashni rivojlantirishning metodik modeli.....	416
<i>Sobirov Avazbek Anvarovich</i>	
Maktabgacha yoshdagi bolalarning kichik motorikasini rivojlantirishda o'yinning ahamiyati va individual yondashuv	421
<i>Norboyeva Laylo Sapar qizi</i>	
Психологические особенности проявления творческих способностей у подростков, воспитывающихся в бикарьерных семьях.....	425
<i>Ишбобоева Гулбарчин Рустамовна</i>	
Maktabgacha yoshdagi bolalarga chet tilini vizual materiallar vositasida o'rgatishni takomillashtirish.....	433
<i>Olimova Shahlo Bahodir qizi, Inomova Mahliyo Yusuf qizi</i>	
Boshlang'ich sinf o'quvchilarida nutqiy kompetensiyani rivojlantirish metodikasining hozirgi holati va muammolari.....	439
<i>Diyoraxon To'htanazarova Zokir qizi</i>	
Turkiy xalqlarning an'anaviy sport o'yinlariga yil fasllaridagi o'zgarishlarning ta'siri.....	443
<i>Qodirova Xalimaxon Nurmuhammad qizi</i>	
Нововведения в шкале стоимости элементов и коэффициентах компонентов программы ISU на 2026 год	447
<i>Федорова Светлана Вячеславовна</i>	
Ingliz tilidagi conjunctionlarning grammatik tasnifi va sintaktik vazifalari hamda ESP darslarida ularni o'rgatishning kommunikativ va kontekstual usullari	451
<i>Mahammadiyeva Mashxura Maxmur qizi</i>	
Bo'lajak boshlang'ich sinf o'qituvchilarida lisoniy tahlil ko'nikmalarini shakllantirishning zamonaviy metodikasi	456
<i>Yo'ldashova Dilso'z Umar qizi</i>	
Voleybolchilarning sakrovchanlik ko'nikmalarini shakllantirishda harakatli o'yinlarning ahamiyati.....	461
<i>Artikov Xayrulla Baxtiyarovich</i>	
Effectiveness of Personalized Studying via Artificial Intelligence in Teaching English as a Second Language to Non-Native Speakers	465
<i>Irzakulova Raykhon</i>	
Texnologik ta'limda mustaqil ta'limni rivojlantirish yo'llari	469
<i>Yaxshiboyev Temur-Malik Erkin o'g'li, Jonuzoqova Charos Ziyodulla qizi</i>	
Maktabgacha yoshdagi bolalarda zamonaviy o'yin vositalarining aqliy va ruhiy rivojlanishga ta'siri.....	474
<i>Abduxamidova Dilorom Abdumuminovna</i>	
Nodavlat maktabgacha ta'lim tashkilotlarida pedagog kadrlar salohiyatini boshqarishning zamonaviy yondashuvlari tahlili	479
<i>Mamatqulova Shohsanam Dilshodovna</i>	



Bo'lajak ingliz tili o'qituvchilarini mustaqil ta'limni tashkil qilishga o'rgatishning pedagogik asoslari	485
<i>Xamdamon Usmon Ergashevich</i>	
Boshlang'ich ta'limda ona tili darslarini innovatsion texnologiyalar asosida tashkil qilish masalasi	490
<i>Adizova Nodira Baxtiyorovna, Ibotova Shahnoza Shuxrat qizi</i>	
Malaka oshirish tizimida sifat menejmenti: "sun'iy intellekt" va "boshqaruv mexanizmi" tushunchalarining ierarxik bog'liqligi.....	494
<i>Allanazarova Maftuna Qobul qizi</i>	
"Uglevodorodlar" bo'limini o'qitishni axborot kommunikatsion texnologiyalar vositasida takomillashtirish metodikasi (umumiy o'rta ta'lim maktablari 10-sinflar o'quvchilari misolida)	498
<i>Babajanova Nilufar Pirnafas qizi</i>	
Axborot texnologiyalari vositasida bo'lajak o'qituvchilarning kasbiy-kommunikativ ko'nikmalarini shakllantirish darajasini baholash mezonlari va ko'rsatkichlari.....	506
<i>Junaydullayev Oxunjon Kaxorjon o'g'li</i>	
Bo'lajak o'qituvchilarni aralash ta'lim texnologiyalaridan foydalanishga tayyorlashning pedagogik xususiyatlari va tarkibiy komponentlari	510
<i>Kabirova Zarifa Muqaddamovna</i>	
Maktabgacha ta'limda qoraqalpoq ertaklari orqali bolalar tilini rivojlantirishning kognitiv asoslari	516
<i>Matjanova Gulzada Annabayevna</i>	
Issiq sharoitiga marafonchilar va futbolchilarning fiziologik moslashuvi xususiyatlari	520
<i>Nurbayev Baxtiyor Shirinovich</i>	
Xorijlik talabalarining tinglab tushunishdagi qiyinchiliklarini metakognitiv strategiyalar orqali bartaraf etish ..	524
<i>Odiljonova Nilufarxon Avduvahob qizi</i>	
O'qituvchilarda kasbiy so'nish va psixologik stress holatlarini keltirib chiqaruvchi psixologik-pedagogik omillar	528
<i>Usmonov Salaxdin Alikulovich, Ortiqova Malika Odiljon qizi, Xolbekova Dinora Faxriddin qizi</i>	
Umumta'lim maktablarida texnologik kompetensiyalarni rivojlantirishning amaldagi holati va metodik muammolari	533
<i>Qurbonmurotov Eldor Abdusaidovich</i>	
Talabalarni kasbiy faoliyatga tayyorlashda raqamli texnologiyalar va ularning imkoniyatlari	538
<i>Xujaniyozova G. S.</i>	
Maktabgacha yoshdagi bolalarda ijtimoiy ongllilik darajasini baholash mezonlari va ko'rsatkichlari (oilaviy muhit misolida)	543
<i>Yakubov Odiljon Tolibjon o'g'li</i>	
Raqamli texnologiyalar davrida o'zbek tilining qo'llanilish istiqbollari	549
<i>Yuldasheva Dilnoza Bekmurodovna</i>	
Обучение образованию и употреблению форм числа имён существительных в школьном курсе русского языка	553
<i>Идиева Гульмира Изомовна</i>	
Yosh sportchilarda biokimyoviy ko'rsatkichlarning funksional tayyorgarlikka ta'siri.....	556
<i>Alimova Nasiba Adxamovna</i>	
Lingvistik kompetensiya: nazariy asoslari va mazmuni	566
<i>Eshbekova Dilnoza Ibraimovna</i>	
Jismoniy tarbiya tizimida sport o'yinlarining o'rni ahamiyati	569
<i>Muxamedjanov Umidulla Fayzullayevich</i>	
Delinkvent xulq-atvorning psixologik va ijtimoiy omillari, prevensiyasi va intervensiya usullari.....	572
<i>Xolmurotova Shoxista Mirzaliyevna</i>	
Matematika fanini o'qitishda raqamli texnologiyalar va dasturiy ta'minotlarning o'rni	577
<i>Sobirova Dinora Umidjon qizi</i>	
Maktabgacha ta'lim tashkilotlari maktabga tayyorlov guruhi tarbiyalanuvchilarini maktab ta'limiga ijtimoiy moslashuvchanligini rivojlantirish	583
<i>Akramova Dildora Ergashboy qizi</i>	
O'smirlarning kitobxonlik madaniyatini yuksaltirishda oila-maktab hamkorligining ijtimoiy-pedagogik mexanizmlari.....	587
<i>Xudoyberdiyeva Marhabo Abduqahhorovna</i>	
Bridging Jadid Reformism and 21 st -Century Pedagogy: The Structural Framework of Abdulla Avloni's Educational Legacy	591
<i>Lola Rakhmonovna Djurakulova, Karina Eduardovna Bushevskaya</i>	
Yengil atletikada ko'p yillik sport mashg'ulotlarini boshqarishning tashkiliy-metodik asoslari.....	595
<i>Hakimova Mushtariybonu Hamidovna, Tursunpolatova Ziyoda Jahongir qizi</i>	
Pedagogik oliy ta'lim muassasalari talabalari intellektual salohiyatini rivojlantirishda pedagogik artistizmning didaktik imkoniyatlarini takomillashtirish	599
<i>Karriboeva Lobarxon Fayzulla qizi</i>	
Chidamlilik tushunchasi, chidamlilikning turlari, ko'rsatkichlari va uni rivojlantirish metodlari	603
<i>Shaalimov Muxtorsha Atxamovich</i>	
X, Y va Z avlodiga mansub ayollarda qadriyatlar shakllanishining ijtimoiy-psixologik omillari	607
<i>Feruza Abduraxmonova</i>	



Musiqa terminlarini izohli lug'atlarda berishning zamonaviy ilmiy-amaliy asoslari.....	612
Abdialimova Maxfuza Safarboy qizi	
Ta'lim muhiti, pedagoglar malakasi va o'quv dasturlarini baholash.....	617
Mutalova Dilnoza Abdurashidovna	
The Role of Interactive Technologies in Developing the Cognitive Activities of Future Foreign Language Teachers	621
Shukurov Uktam Bakhodirovich	
Rezervga bo'shatilgan harbiy xizmatchilar ijtimoiy-psixologik reintegratsiyasining empirik xususiyatlari.....	625
Ikmattulayev G'ayrat Zokirovich	
Oliy ta'lim muassasalarining bo'lajak o'qituvchilarini ijtimoiy pedagogik faoliyatga kasbiy metodik tayyorlashning pedagogik shart-sharoitlari	632
Ali Tursaotov	
Kognitiv yondashuv asosida bo'lajak ijtimoiy ish xodimlarida sanogen refleksiyaning rivojlantirish modeli	636
Ismailov Murodulla Kaxramonovich	
Rang konseptlarini o'qitishga oid xalqaro tadqiqotlar tahlili: ilmiy bo'shliqlar va metodologik istiqbollari	643
Arabova Gulnura Yuzboy qizi	
Sun'iy intellektning inson tafakkur jarayonlariga psixologik ta'siri.....	648
Usmonov Sherzod Axmadjonovich, Raxmonov Sa'natjon Baxtiyorovich	
Milliy cholg'u ansambllari orqali o'quvchilar musiqiy dunyoqarashini shakllantirish	651
Dadamirzayeva Gulshanoy To'lanjon qizi	
Raqamli kompetensiyalar tizimi va talaba mustaqilligining pedagogik-psixologik ko'rsatkichlari	656
Qahramonova Xumora Qahramonovna	
Oliy ta'limda axborot texnologiyalaridan foydalanish madaniyatini shakllantirish mexanizmlari	661
Ochilova Gulnoza Odilovna	
O'zlashtirish psixologiyasining rivojlanish bosqichlari: psixometrik yondashuvdan raqamli ta'lim muhitigacha	665
Mo'minxo'jayeva Zuhra Alimjon qizi	
GeoGebra yordamida ko'pyoqlilarni o'qitish metodikasi.....	672
Pirlepsov Umrbek Baxtiyor o'g'li	
Boshlang'ich tayyorgarlik bosqichidagi dzyudochilarning umumiy jismoniy tayyorgarligini rivojlantirish usullari	675
Jumanova Iroda Shokirjon qizi	
O'zbekistonda nogironligi bo'lgan shaxslarni ijtimoiy integratsiya va tibbiy korreksiyalash istiqbollari.....	678
Jurayeva Mushtariy Muxaydinovna	
Oila hamkorligida ko'xlear implantli bolalarni inklyuziv ta'limga tayyorlash	684
Atamirzayeva Zebunniso Baxtiyor qizi	
Bulutli texnologiyalar va ularning ta'lim jarayonidagi o'rni	689
Shirinov Feruzjon Shuxratovich, Yuldasheva Gulsanam Odiljon qizi	
O'zbek tilida axborot-kommunikatsiya texnologiyalariga oid neologizmlarning shakllanishi va qo'llanish xususiyatlari	692
Bektosheva Mehinbonu Abdumalik qizi	
Ota-onalar va mahalla faollarining pedagogik kompetensiyasini rivojlantirishning zamonaviy mexanizmlari..	695
Abdurazoqova Marg'uba Muhammad qizi	
Forming Emotional Intelligence of Primary School Students Through Extracurricular Activities	700
Yusupova Diloromxon	

FORMING EMOTIONAL INTELLIGENCE OF PRIMARY SCHOOL STUDENTS THROUGH EXTRACURRICULAR ACTIVITIES

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Abstract: The rapid transformation of modern education requires schools not only to provide academic knowledge but also to foster students' social and emotional development. Emotional intelligence has become one of the key competencies that determine an individual's ability to understand, manage, and express emotions effectively while maintaining positive interpersonal relationships. This article examines the role of extracurricular activities in the formation of emotional intelligence among primary school students. The study analyzes the pedagogical potential of extracurricular programs, including clubs, creative groups, sports activities, and social projects, in developing emotional awareness, self-regulation, empathy, motivation, and social skills. Furthermore, the article discusses the theoretical foundations of emotional intelligence and proposes practical approaches for integrating emotional learning into extracurricular environments.

Key words: emotional intelligence, primary education, extracurricular activities, emotional development, empathy, self-regulation, social skills, social-emotional learning, personality development, educational psychology.

Annotatsiya: Zamonaviy ta'limning jadal rivojlanishi maktablardan nafaqat akademik bilim berishni, balki o'quvchilarning ijtimoiy va emotsional rivojlanishini ham ta'minlashni talab etmoqda. Emotsional intellekt shaxsning his-tuyg'ularni anglash, boshqarish va samarali ifodalash, shuningdek, ijobiy shaxslararo munosabatlarni yo'lga qo'yish qobiliyatini belgilovchi muhim kompetensiyalardan biri hisoblanadi. Ushbu maqolada boshlang'ich sinf o'quvchilarida emotsional intellektni shakllantirishda sinfdan tashqari faoliyatlarning o'rni tahlil qilinadi. Tadqiqotda to'garaklar, ijodiy guruhlar, sport mashg'ulotlari va ijtimoiy loyihalar kabi sinfdan tashqari dasturlarning emotsional xabardorlik, o'zini boshqarish, empatiya, motivatsiya va ijtimoiy ko'nikmalarni rivojlantirishdagi pedagogik salohiyati yoritilgan. Shuningdek, maqolada emotsional intellektning nazariy asoslari muhokama qilinib, emotsional ta'limni sinfdan tashqari muhitga integratsiya qilishning amaliy yondashuvlari taklif etilgan.

Kalit so'zlar: emotsional intellekt, boshlang'ich ta'lim, sinfdan tashqari faoliyatlar, emotsional rivojlanish, empatiya, o'zini boshqarish, ijtimoiy ko'nikmalar, ijtimoiy-emotsional ta'lim, shaxs rivojlanishi, ta'lim psixologiyasi.

Аннотация: Стремительное развитие современного образования требует от школ не только предоставления академических знаний, но и содействия социальному и эмоциональному развитию учащихся. Эмоциональный интеллект является одной из ключевых компетенций, определяющих способность человека понимать, контролировать и эффективно выражать свои эмоции, а также поддерживать позитивные межличностные отношения. В данной статье рассматривается роль внеурочной деятельности в формировании эмоционального интеллекта у учащихся начальных классов. В исследовании анализируется педагогический потенциал внеурочных программ, включая кружки, творческие объединения, спортивные занятия и социальные проекты, в развитии эмоциональной осознанности, саморегуляции, эмпатии, мотивации и социальных навыков. Кроме того, в статье обсуждаются теоретические основы эмоционального интеллекта и предлагаются практические подходы к интеграции эмоционального обучения во внеурочную среду.

Ключевые слова: эмоциональный интеллект, начальное образование, внеурочная деятельность, эмоциональное развитие, эмпатия, саморегуляция, социальные навыки, социально-эмоциональное обучение, развитие личности, педагогическая психология.

INTRODUCTION

The contemporary educational system is increasingly focused on the holistic development of learners. Alongside cognitive and academic achievements, educators are expected to cultivate students' emotional, social, and moral competencies. In recent decades, emotional intelligence has gained considerable attention among researchers and practitioners due to its significant influence on academic success, social adaptation, and psychological well-being.



Primary school age represents a crucial period in children's emotional and social development. During this stage, children learn to recognize and regulate emotions, interact with peers, establish friendships, and respond appropriately to various social situations. The effectiveness of this developmental process largely depends on the educational environment and opportunities provided by schools.

Extracurricular activities offer a unique context for emotional learning because they create informal, interactive, and engaging environments where students can express themselves freely. Unlike traditional classroom instruction, extracurricular programs emphasize collaboration, communication, creativity, and practical experiences. Consequently, they serve as powerful tools for nurturing emotional intelligence and promoting students' personal growth.

In the twenty-first century, emotional intelligence has become a critical factor in personal and professional success. Numerous studies indicate that individuals with high emotional intelligence are more capable of coping with stress, building healthy relationships, and achieving long-term goals. Therefore, educational institutions are increasingly recognizing the importance of developing emotional competencies from an early age.

Despite significant progress in educational technologies and instructional methodologies, many schools continue to prioritize academic achievement over emotional development. As a result, students may experience difficulties in managing emotions, resolving conflicts, and maintaining positive social interactions. Such challenges can negatively affect both learning outcomes and psychological health.

Extracurricular activities provide valuable opportunities for addressing these issues. Through participation in clubs, artistic programs, sports teams, and community service projects, students acquire practical emotional and social experiences that cannot always be achieved within formal classroom settings. Therefore, investigating the role of extracurricular activities in fostering emotional intelligence among primary school students remains a highly relevant and significant research topic.

The aim of this study is to investigate the role of extracurricular activities in developing emotional intelligence among primary school students and to identify effective pedagogical approaches for enhancing emotional competencies.

The objectives of the study are:

1. To analyze the theoretical foundations of emotional intelligence.
2. To examine the educational value of extracurricular activities.
3. To identify the components of emotional intelligence that can be developed through extracurricular participation.
4. To determine pedagogical conditions that facilitate emotional development.
5. To provide practical recommendations for educators and school administrators.

LITERATURE REVIEW

The concept of emotional intelligence was first introduced by Peter Salovey and John Mayer in the early 1990s. They defined emotional intelligence as the ability to perceive, understand, manage, and utilize emotions effectively. Later, Daniel Goleman popularized the concept and emphasized its importance in educational and professional contexts.

Despite the constant improvement of forms and methods of work, there are significant gaps in the development of cognitive abilities in oral speech. Previously, the student was completely subordinate to the teacher, now active actions, thoughts, ideas and doubts are expected from him. Most classes contain children of different levels of readiness, which requires tasks of different levels of difficulty. The teacher must develop any student according to individual abilities and identify the creative capabilities of each individual. Each lesson lasts 35 minutes. During classes, the student develops developed forms of self-awareness, self-control and self-esteem. The absence of grades reduces anxiety and unreasonable worry among students, and the fear of wrong answers disappears. As a result, children develop an attitude towards these activities as a means of developing their personality. The classes use entertaining and easy-to-understand tasks and exercises, tasks, questions, riddles, games, puzzles, crosswords, which is attractive for younger schoolchildren to develop oral speech. Most of the time in class is occupied by children independently solving search problems. Thanks to this, children develop the ability to act independently, make decisions, speak correctly, and manage themselves in difficult situations. Through new approaches, methods, and technologies, promote the speech development of children. A child's oral speech skills are formed under the influence of many factors. That is why it is so important to create conditions for children's speech activity, for communication, for expressing their thoughts.

Researchers such as Howard Gardner, Lev Vygotsky, Jean Piaget, and Erik Erikson have also contributed to understanding children's emotional and social development. Gardner's theory of multiple intelligences highlights interpersonal and intrapersonal intelligence as essential components of human competence. Vygotsky emphasized the role of social interaction in cognitive and emotional growth, while Piaget and Erikson examined developmental stages that influence emotional maturation.

Recent studies in social-emotional learning (SEL) demonstrate that emotional competencies can be effectively developed through structured educational experiences. International organizations, including UNESCO and OECD, advocate integrating social-emotional learning into educational systems to prepare students for the challenges of modern society.

Although numerous studies have explored emotional intelligence in educational settings, further research is needed to identify effective extracurricular strategies specifically designed for primary school students.

RESEARCH METHODOLOGY

This study employed a qualitative research approach based on the analysis of scientific literature and pedagogical sources related to emotional intelligence and extracurricular activities. The research involved theoretical analysis, comparison, and synthesis of educational and psychological studies. Particular attention was given to the role of extracurricular programs, including clubs, sports activities, creative groups, and social projects, in fostering emotional intelligence among primary school students. The collected information was analyzed using descriptive and comparative methods to identify effective pedagogical approaches for emotional development.

ANALYSIS AND RESULTS

Emotional intelligence refers to an individual's ability to recognize, understand, regulate, and appropriately express emotions while effectively interacting with others. According to contemporary psychological theories, emotional intelligence consists of several interconnected components:

1. Self-awareness;
2. Self-regulation;
3. Motivation;
4. Empathy;
5. Social skills.

Self-awareness enables children to identify and understand their emotional states. Self-regulation allows them to manage emotional reactions and maintain behavioral control. Motivation encourages persistence and goal-oriented behavior. Empathy promotes understanding of others' feelings, while social skills facilitate effective communication and cooperation.

These competencies are particularly important during primary school years because they form the foundation for future academic, social, and professional success.

Extracurricular activities represent organized educational experiences conducted outside formal classroom instruction. These activities include academic clubs, arts programs, sports competitions, environmental projects, cultural events, and volunteer initiatives.

Such activities create authentic situations where students interact with peers, solve problems collaboratively, and experience diverse emotions. As a result, they provide ideal conditions for emotional learning and personal development.

Participation in extracurricular programs encourages students to take responsibility, express opinions, respect diversity, and develop leadership qualities. Moreover, the informal nature of these activities reduces anxiety and creates a supportive environment for emotional growth.

Empathy is one of the most important dimensions of emotional intelligence. It involves understanding and sharing the feelings of others. Group-based extracurricular activities promote empathy by encouraging students to cooperate, communicate, and support one another.

Drama clubs, storytelling sessions, collaborative projects, and community service activities allow children to experience different perspectives and understand the emotions of their peers. These experiences contribute significantly to the development of emotional sensitivity and social responsibility.



CONCLUSION AND SUGGESTIONS

When organizing extracurricular activities for the development of oral speech of primary schoolchildren in various conditions of the educational process, the principle of illustration and clarity in teaching remains leading in teaching, since the peculiarity of primary schoolchildren is: visual-figurative thinking, reading poems. Taking this feature into account, we create visual aids, tables, diagrams, drawings, from which the child can draw, expressively read, read information syllable by syllable: read correctly, analyze, summarize, voice, characterize. It should be noted that all manuals are simple and understandable. In addition, emotional and intellectual illustration also involves the use of such techniques as dramatization of literary works, fairy tales, proverbs, which contributes to the development of the spiritual and moral sphere through the development of ethical feelings, goodwill and emotional and moral responsiveness, understanding and empathy for the feelings of other people. And the most important thing is to master the skills of semantic reading of Russian texts of various styles and genres. That is why we consider "Children's Theater" to be one of the important areas of extracurricular activities for the development of oral speech. We have been teaching this course in schools for several years now. With performances and productions, our students annually perform oral readings in front of elementary school students and parents. We share our best practices with colleagues and help them in their work. She introduced teachers to the peculiarities of her work and at seminars, speaking at round tables, and conducted open lessons in schools in the city of Termez, the Republic of Uzbekistan.

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- 13.00.00 Pedagogika fanlari
 - 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
 - 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
 - 13.00.03 Maxsus pedagogika
 - 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
 - 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
 - 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
 - 13.00.07 Ta'limda menejment
 - 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
 - 13.00.09 Ijtimoiy pedagogika
 - 07.00.00 Tarix fanlari
 - 19.00.00 Psixologiya fanlari
 - 01.00.00 Fizika-matematika fanlari
 - 02.00.00 Kimyo fanlari
 - 03.00.00 Biologiya fanlari
 - 09.00.00 Falsafa fanlari
 - 10.00.00 Filologiya fanlari
 - 11.00.00 Geografiya fanlari



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2026. №5(5)

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"Maktabgacha va maktab ta'limi" jurnali 26.09.2023-yildan O'zbekiston Respublikasi Prezidenti Adminstratsiyasi huzuridagi Axborot va ommaviy kommunikatsiyalar agentligi tomonidan №C-5669363 reyestr raqami tartibi bo'yicha ro'yxatdan o'tkazilgan.
Litsenziya raqami: № 136361.

Manzirimiz: Toshkent shahar, Yunusobod tumani
19-mavze, 17-uy.