



SPECIFIC FEATURES OF STUDENT'S MENTAL LABOR ACTIVITY

Uzokova Shahzoda Sobir kizi

Email:shahzodauzoqova7@gmail.com

Department of Physiology, Faculty of Chemistry and
Biology, Karshi State University

<https://doi.org/10.5281/zenodo.14729048>

Annotation: Improving the quality of education and protecting students' health are urgent issues in the current process of reforming and developing the education system. This article is devoted to studying the optimization of students' academic workloads, identifying their mental labor, abilities, and exploring ways to enhance them.

Keywords: mental labor, intellectual activity, attention, memory, motivation, effective study

Introduction

Mental labor activity is the primary type of activity for students in the learning process, encompassing the acquisition of knowledge, problem-solving, and the development of creative thinking. This article aims to analyze students' mental labor activity in depth, study its specific features, observe it, and propose methods to improve learning efficiency and productivity.

Methods

To study students' memory, attention, and reaction speed, we used modern methods. For this purpose, we utilized a special psychotest device brought from Russia. From the many methods available, we selected a few.

To test memory, we used visual and numerical methods. For this, 16 images were shown for 20 seconds, and students were given 1 minute to recall and identify the initial 16 images from a larger set.

To test attention, memory, and visual agility, we used the Schulte-Platonov method. In this method, numbers from 1 to 25 are displayed in a random order, and students must identify them in the correct sequence within a given time.

To test attention, colored lights were used. Red and green lights were displayed, and students had to press a button corresponding to the color as quickly as possible. The lights flashed 70 times, testing the student's attention and mental state.

We planned to conduct these tests three times during the academic year: at the beginning of the academic year, during mid-term assessments, and before final exams. Most tests were conducted in the morning.

Results

It was found that students' ability to maintain memory and attention is related to their sleep, rest, and study time. In some cases, over-exercising had a negative effect. The preliminary results from the beginning of the educational process showed error indicators for some students.

Category	Average Time (seconds)
Visual Memory Test	66.4
Schulte-Platonov Numerical Test	68.6
Attention Test	143

Discussions

The efficiency of students' mental labor activity depends on attention, memory, motivation, enthusiasm, speed, speech, thinking, and consciousness:

- Concentrating attention is crucial for students to correctly understand and assimilate information.

- Well-developed memory ensures the effectiveness of mental activity.

- Highly motivated students set high goals and act consistently.

- Good thinking abilities help students achieve their goals in the future.

To effectively implement mental labor activity, students must manage their time efficiently, choose appropriate study methods, and take timely breaks. Additionally, excessive use of electronic gadgets, television, and computer programs can negatively impact mental labor efficiency, leading to decreased productivity and mental stress, which in turn weakens attention and memory.

Conclusion

To properly organize the efficiency of students' mental labor activity, it is essential to develop their attention, memory, consciousness, thinking, and motivation, and to use modern methods that align with current knowledge. Proper time management helps students succeed in their academic endeavors.

References:

- 1.Xodjayev M. "O'quv jarayonida diqqatni rivojlantirish usullari" Toshkent, 2021
- 2.Ivanova E.V. "Psixologik stress va unng ta'sirini kamaytirish usullari" Moskva, 2020
- 3.Karimov A." Talabalarda motivatsiya va o'zini o'zi boshqarish " Toshkent, 2022
- 4.Omonov Z." Intellektual faoliyatda muvaffaqiyat omillari" Toshkent, 2021
- 5.Smith J." Effective Study Techniques for Students " New York, 2019
- 6.Brown P." The Science of Learning : How to Learn Smarter " London, 2021
- 7.Peterson L." Time Managemnt for Academic Success" Boston, 2020
- 8.Johnson K. " StressManagement for College Students" Chicago, 2019
- 9.White R." The Role of Motivation in Higher Education " Oxford, 2022
- 10.Blackwell M. " Enhancing Memory for Academic Success" Toronto, 2020