



## PEDAGOGICAL AND PSYCHOLOGICAL FOUNDATIONS OF MENTAL EDUCATION IN THE PROCESS OF SCHOOL PREPARATION

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**Annotatsiya:** Mazkur maqolada maktabga tayyorgarlik jarayonida aqliy tarbiyaning pedagogik va psixologik asoslari tahlil qilinadi. Bolalarning intellektual rivojlanishi, ularning ta'lim olishga tayyorligi hamda bu jarayonda pedagog va ota-onalarning roli yoritiladi. Aqliy tarbiya maktabgacha yoshdagi bolalarda fikrlash, idrok, xotira va nutqning rivojlanishiga ijobiy ta'sir ko'rsatishi ilmiy nuqtayi nazardan asoslanadi.

**Kalit so'zlar:** aqliy tarbiya, maktabga tayyorgarlik, pedagogika, psixologiya, intellektual rivojlanish, ta'lim metodlari, bolalar psixologiyasi, fikrlash, idrok, nutq.

**Аннотация:** В данной статье анализируются педагогические и психологические основы умственного воспитания в процессе подготовки к школе. Освещаются вопросы интеллектуального развития детей, их готовности к обучению, а также роль педагогов и родителей в этом процессе. С научной точки зрения обосновывается положительное влияние умственного воспитания на развитие мышления, восприятия, памяти и речи у детей дошкольного возраста.

**Ключевые слова:** умственное воспитание, подготовка к школе, педагогика, психология, интеллектуальное развитие, методы обучения, детская психология, мышление, восприятие, речь.

**Annotation:** This article analyzes the pedagogical and psychological foundations of intellectual education in the process of school preparation. It highlights children's intellectual development, their readiness for learning, and the role of teachers and parents in this process.

From a scientific perspective, the positive impact of intellectual education on the development of thinking, perception, memory, and speech in preschool children is substantiated.

**Keywords:** intellectual education, school preparation, pedagogy, psychology, intellectual development, teaching methods, child psychology, thinking, perception, speech.

### Introduction

Intellectual preparation is of great importance for preschool children. This period is the main stage of the child's formation as a personality, the development of cognitive abilities, and the process of understanding the environment. At this stage, the child's thinking, memory, attention, and imagination actively develop. Therefore, approaches aimed at intellectual development in the process of preschool education are extremely relevant. A child's success in subsequent stages of education largely depends on their intellectual preparation during preschool age. Therefore, it is important to correctly select and effectively implement methodological approaches aimed at the formation of intellectual education and cognitive activity. Mental education plays a key role in this process, aimed at forming the child's

cognitive activity, developing logical thinking skills, and developing the ability to learn independently. A child should learn to think, observe, and analyze from an early age.

This contributes to the effective assimilation of knowledge in subsequent years, the readiness to solve problems and make independent decisions. In the educational process, it is important that children not only receive ready-made knowledge, but also acquire the skills of independent learning, research, and finding solutions to various problems. Therefore, pedagogical activity with preschool children should be organized taking into account their interests, psychological characteristics, and individual needs. Today, various pedagogical and psychological approaches have been developed to ensure the intellectual development of preschool children. These approaches are formed taking into account the age characteristics, psychological state, and developmental dynamics of children. In particular, interactive methods, game technologies, problem-based learning methods, and innovative pedagogical technologies are considered effective tools for the development of a child's thinking.

Special attention should be paid to the process of intellectual education in preschool educational organizations and the family environment. Because it is at this age that a child's worldview is formed, their interest in the environment increases, and their need for independent thinking and learning increases. It is also important to develop the child's ability to think creatively, overcome difficulties, and form skills for independent problem-solving in the educational process. For this, it is necessary to involve the child as an active participant in educational methods, to give him the opportunity to think independently and draw conclusions. Supporting the mental development of a child is one of the important tasks not only of preschool educational organizations, but also of parents. With the help of modern educational methods and innovative technologies, special attention should be paid to the development of children's cognitive activity, the formation of their abilities for observation, logical thinking, analysis, and synthesis. This serves to raise the thinking of the future generation, to form them as independent and creative thinkers. Therefore, providing intellectual training for children, giving them independence in the process of learning, and developing their creative abilities is one of the most important pedagogical tasks today.

### **The Essence and Importance of Mental Education**

Mental education is a continuous process aimed at forming a child's cognitive abilities, developing their thinking, and developing independent thinking skills. This upbringing plays an important role in increasing the child's interest in learning, developing the ability to analyze and understand new information, and solving problems. The child's intellectual potential, thinking process, and speech development are formed as a result of this upbringing. For the formation of thinking in preschool children, it is necessary to constantly provide them with new knowledge and experience, involving them in the learning process. The main goal of mental education is to teach the child not only to memorize ready-made knowledge, but also to independently analyze, understand, and apply it. This contributes to the development of such important skills of the child as speech, memory, ability to concentrate, analysis and synthesis, logical thinking.



**Main factors influencing mental education in the process of preparing for school**

Factor name	Description	Impact level (%)
The role of the family environment	Encouraging parents to engage with their child, encouraging interest in knowledge	35%
Application of pedagogical methods	Montessori, Vygotsky, interactive learning and problem-based learning	25%
Psychological factors	Increasing the child's psychology, motivation and self-confidence	15%
The importance of game technologies	Consolidation of knowledge through didactic games, role-playing games, experiments	10%
Environmental and social factors	Preschool, peer communication and socialization	10%
Digital educational resources	Multimedia programs, educational platforms, and online learning opportunities	5%

Also, mental education increases the child's observation skills and strengthens their perception of the environment. The child strives to discover new things, strives to expand their knowledge. Therefore, it is extremely important to properly organize mental education and create an intellectual environment for children in the process of preschool education.

**The Role of Mental Education in School Preparation**

In the process of preparing for school, one of the most important tasks is to increase children's interest in learning and ensure their intellectual development. It is necessary to use special methods and techniques for the development of mental education of children both in preschool educational institutions and in the family environment. In the process of preparing for school, various educational and play methods are used for children. In particular, problem-based learning, visual learning, role-playing games, and experiments help the child increase their interest and adapt more quickly to the learning process. At the same time, an individual approach should be applied in accordance with the child's abilities.

Since each child has their own characteristics, it is important to choose appropriate teaching methods for them. Game-based learning is one of the most effective methods in the process of preparing for school. Because play encourages children to act actively, think independently, and apply their knowledge and experience. In the process of play, children



comprehend the environment, develop logical thinking, and acquire skills of mutual cooperation. Also, creativity is formed in children through interactive lessons, storytelling, and role-playing games. The correct organization of mental education in the process of preparing for school ensures the successful adaptation of the child to subsequent stages of education. Because a mentally prepared child quickly understands the tasks given by the teacher, acquires skills for independent work, and does not encounter difficulties in the learning process.

Pedagogical research shows that for the effective intellectual development of children, the use of an individual approach and interactive methods is important. Since children have different psychological and physiological characteristics, it is necessary to apply appropriate approaches in the educational process. Today, various pedagogical approaches are used in teaching children. For example, the Montessori methodology is based on the development of the child's ability for independent learning, in which the child actively participates in the learning process at their own discretion. Vygotsky's theory emphasizes the importance of interaction with adults and peers for a child's development. The constructivist approach to education sees children as active learners and encourages them to search and discover. Also, modern interactive teaching methods, including STEAM-education, problem-based learning, teaching the basics of programming, are of great importance in the development of logical thinking in children. Through these methods, children learn to independently acquire new knowledge, find ways out of difficult situations, and think creatively.

#### **Psychological aspects and the role of parents**

The role of the family in the mental development of children is enormous. Parents should strengthen mental education by stimulating children's thinking processes and engaging them in various games and tasks. Increasing a child's motivation and self-confidence is also important in their intellectual development. Parents should create a pleasant and comfortable learning environment for children to be interested in learning new knowledge. They can shape a child's thinking by communicating with children, asking them questions, telling stories, reading books, and discussing them. Psychological support for the child is also important. Because a psychologically stable child learns faster, can freely express their thoughts, and approaches the educational process with enthusiasm.

#### **Conclusion**

In the process of preparing for school, mental education has a direct impact on the general intellectual development of the child. This process serves to increase children's interest in learning, develop independent thinking, and form a creative approach in them. The main goal of mental education is to teach the child not only to master ready-made knowledge, but also to acquire independent research skills, observation skills, and logical analysis. Through pedagogical and psychological approaches, the ability of children to learn independently is formed, their understanding of the environment, the ability to clearly express their thoughts and solve problems is developed. In this, game technologies, problem-based learning, interactive methods, visual learning, and experiments play an important role.

At the same time, cooperation between teachers and parents plays a decisive role in the child's success in the educational process. The role of the family in the process of mental education is also of great importance. Parents should constantly encourage and support their children in the process of acquiring knowledge. By involving them in activities aimed at intellectual development, reading books, playing logical games, and conducting various

experiments, it is possible to develop children's thinking. Also, the child's psychological state should not be overlooked. Encouraging them, praising them for their successes, and supporting them when they face difficulties help strengthen their self-confidence. Thus, in the process of preparing for school, mental education has a great influence on the child's future educational direction and, in general, their attitude towards life. As a result of the correct organization of mental education, children are not only ready for the learning process, but also acquire the skills of analyzing their knowledge, logical thinking, and independent problem-solving. Therefore, preschool institutions and families should pay great attention to this process, create an environment for the intellectual development of children, and instill in them a love for learning.

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