

**BOURDON TEST AND ITS IMPORTANCE IN  
ASSESSING ATTENTION IN STUDENTS****Kholmirezayeva Madina Akramjonovna**

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**Abstract:** The Bourdon test is a psychological and physiological method designed to assess a person's ability to concentrate, stability and speed of work. During the test, participants are given a large amount of information (letters, numbers or figures), and they must distinguish certain elements. The article "The Bourdon Test and Its Importance in Assessing Attention" is based on theoretical provisions, statistical data and practical results

**Key words:** Berdon, theoretical, attention, method, stress, noise, fatigue, physiology, research, adaptation.

**Аннотация:** Тест Бурдона – психолого-физиологический метод, предназначенный для оценки способности человека концентрироваться, устойчивости и скорости работы. В ходе теста участникам предоставляется большой объем информации (буквы, цифры или фигуры), и они должны различать определенные элементы. Статья «Тест Бурдона и его значение в оценке внимания» основана на теоретических положениях, статистических данных и практических результатах.

**Ключевые слова:** Бердон, теоретический, внимание, метод, стресс, шум, утомление, физиология, исследование, адаптация

Attention is one of the human cognitive processes that provides the ability to process and analyze information in the environment. Various tests are used in psychology and physiology to measure attention stability. One of these is the Bourdon test, which is widely used to assess the duration and accuracy of attention.

The Burdon test is a psychological method designed to assess a person's ability to concentrate, sustain attention, and work speed. During the test, participants are presented with a large amount of information (letters, numbers, or shapes) and must select certain elements. In this article, we will discuss the theoretical foundations of the Burdon test, methods for adapting it to different age groups, and statistical analysis.

**The main indicators of the Bourdon test are as follows:**

Attention stability - a person's ability to work for a long time without distraction. Work rate - how many elements are allocated in a given time. Error rate - the number of incorrectly identified elements. Students in grades 5-7 participated in the study. A total of 48 students were divided into the following age groups:

5th grade – 12 students

6th grade – 12 students

7th grade – 12 students

Types of tests performed

**The following methods were used in the study to test attention stability:**

Classic Bourdon test - selecting the desired characters from random letters.

Colored Bourdon test - selecting only elements of a specified color.

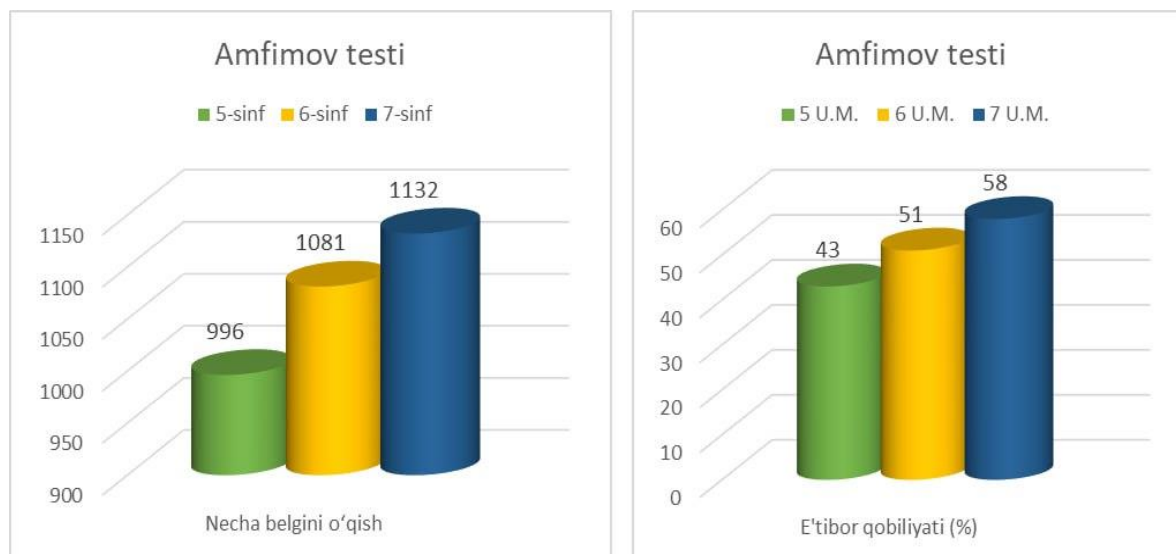
Method of increasing difficulty - first performing simple, then more complex tasks.

**Work pace and attention span;**

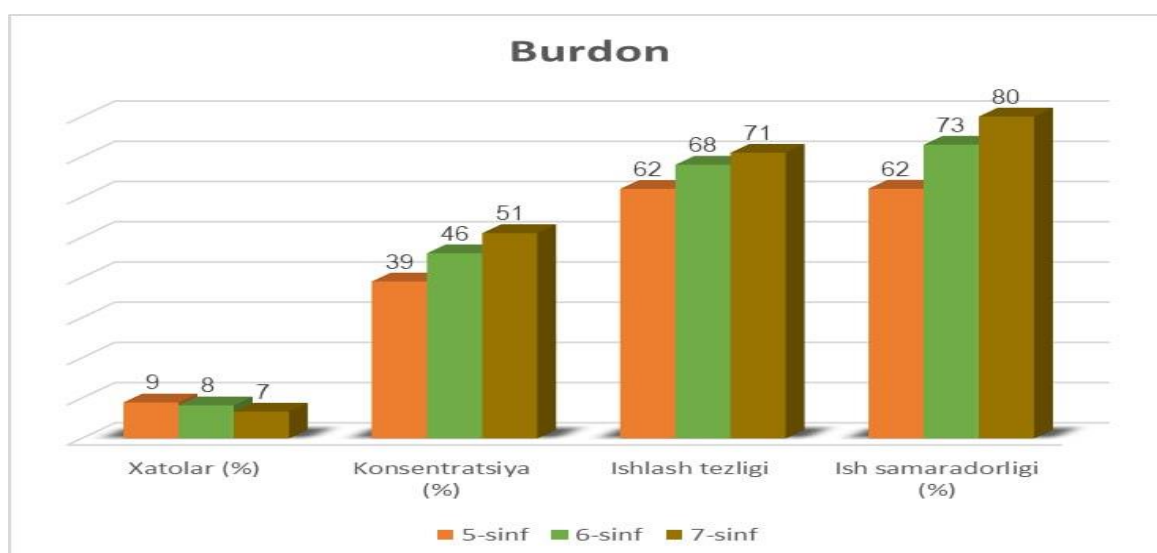
The average test completion time and accuracy in each class showed the following results:

**Results on students' attention span**

It is clear that with increasing age, attentional stability increases and error rates decrease.



### Color bourdon test results



Color-related tests were more difficult for students, which showed that they could be distracted. Finding words in noise or increasingly complex tests can be very useful for developing attention.

### **Students' Burdon test results at different times of the day**

The effects of stress and fatigue on attention span have been analyzed to see how students' performance on the Burdon test changes at different times of the day. The results show that: In the morning, students are more focused and make fewer mistakes. Attention spans wane in the afternoon, and decline even further toward evening..

Class	Average correct answer	Average error
Morning (8:00-10:00)	88%	6%
Lunch 12:00-14:00	82%	10%
Evening 16:00-18:00	76%	14%

Older students work faster and more accurately, while younger children make more mistakes.

### **Practical recommendations:**

- ✓ It is useful to conduct 5-10 minute Bourdon tests every week to develop attention in schools.
- ✓ Combining color tests and text tests helps students perform better even under the influence of distracting factors.
- ✓ Conducting tests in a noisy environment helps test attention stability in real-life situations.

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