



## PSYCHOLOGICAL SIGNIFICANCE OF DISTANCE EDUCATION IN PERSONAL DEVELOPMENT

Sayitova Umida Hikmatillo kizi

Acting Associate Professor of the Department of Psychology

Doctor of Philosophy in Psychology (PhD)

umidasayitova00@gmail.com

<https://doi.org/10.5281/zenodo.17800442>

**Annotation.** As the human age develops, the effective use of new information technologies in improving education, opening up new avenues for obtaining modern knowledge, is becoming a requirement of today. Today, it is difficult to find people who do not use the Internet and do not receive online individual education, as is the demand of the time. However, it is no secret that in some cases, many people use the Internet only for services such as getting acquainted with the news, searching for information, watching movies, listening to music, communicating, using e-mail. All this is leading to an increase in the capabilities of the Internet day by day. A new stage in the use of the Internet has begun, that is, the Internet has been introduced into various fields. Internet technologies: distance learning, electronic libraries, telemedicine, telemetry, electronic entrepreneurship, electronic stores, etc.

**Discussion.** It is becoming increasingly clear that significant changes are taking place in the education system of our country. It is worth noting that, like abroad, various forms of education, especially distance learning, are widely used in our country. In this article, we will focus on online education and its psychological significance.

First of all, if we define online education, Online Education (OE) is the organization of the educational process using information technologies in real time, when the teacher and student are separated by distance or time.[1]

**Result and analysis.** Considering that this type of education is widely used and effective worldwide, online education has its own technological types and participants in the organization of this form of education.[2]

The main technologies of online education include: Interactive technologies:

- Internet online education portal.
- Video and audio conferences.
- Education via e-mail.
- Independent education via the Internet.
- Remote control systems.
- Online simulators and educational programs,

• A way to independently work with a large amount of information located on many sites on the Internet and obtain new knowledge.

• Education via e-mail is a way to learn by establishing communication between the student and the teacher through letters using the most popular Internet services. With its help, various tests, tasks, independent work, documents can be posted on online education portals and modules.

- Test delivery systems.

Non-interactive technologies:[3]

- Video, audio and printed materials.



- Television and radio broadcasts.
- Programs on disks.

In addition, in the real online learning process of the Internet, the following persons must participate in this learning process:[4]

- teacher,
- students,
- person supervising online learning

It should be noted that, just as everything has its advantages and disadvantages, online education also has its advantages and disadvantages, and psychological significance. Before going into them, I would like to say that no method and education gives 100% advantage, and it is important to remember that the resulting disadvantage should be the stepping stone to another advantage. Below I will list the advantages of online education.

There are methodological, economic, social and psychological advantages and advantages of online education. The following can be included in the methodological advantages and advantages:[5]

- Convenience of the lesson schedule. The student can participate in the learning process at a time convenient for him.
- Convenient access locations. The student can participate in the learning process from an Internet cafe, home, hotel, workplace and other places.
- Convenient learning pace. Education is conducted at the pace at which students understand new knowledge.
- Convenient curriculum. The curriculum can be organized in accordance with individual and state educational requirements for students.
- Database collection. The ability to collect and use the knowledge of previously studied students.
- Visual convenience. The ability to fully use multimedia capabilities.
- Selectively involve qualified teachers in the educational process.
- The ability to record the lesson process and review it.

The following can be included in economic achievements and advantages:

- Unlimited distance education. The distance between the teacher and students does not matter.
- Does not interfere with the work process. The student receives education in a state of separation from work.
- Increase in the number of students. The number of students in an educational institution that fully uses online education technologies can increase by 2-3 times.
- Price. Online education courses are 2 to 3 times cheaper than regular courses.
- Savings. If lessons are held online, a lot of things will be saved. Imagine what changes will occur if educational centers start operating via the Internet. They will not rent and use some building. The costs of using material assets will be saved. Teachers and students will not waste time traveling to get to class. The cases of late arrival of participants to the lesson will be eliminated. Time and nerves will be saved.

The psychological advantages of online education are as follows:[2]

- The student's ability to behave freely and have a sense of calm during the communication process in online education



- Due to the wide and wide range of research and information in the learning process, visual and auditory memory will be strengthened due to the extensive use of visual and auditory memory,
- The convenience of the process of re-perception of previously unperceived information due to the possibility of re-watching video lessons.
- The stability of a person's attention, the use of the scope of perception in the online learning process due to convenient time and conditions.
- The presence of the ability to create a variety of educational materials and tasks in online learning, allowing them to use a variety of personal thinking and imagination processes.
- Speed. Many practices can be automated in online lessons. In regular lessons, practices such as giving homework, checking tasks, repeatedly answering frequently asked questions, and paying attention to situations that cause the division of lessons due to necessity are automated.
- Lack of division into social groups. In an online learning course, students who receive a second higher or additional education, those who want to improve their skills and retrain; students who want to receive a second parallel education; residents of underdeveloped regions, far from the center; persons with physical disabilities; persons in military service; persons with restricted freedom of movement; and others may participate.
- No age restrictions. Age restrictions for those recruited for training are excluded.

The following can be attributed to the negative and psychological disadvantages of online education:

- Lack of trust in electronic learning and communication processes. For this reason, students prefer to study in regular (full-time and part-time) forms of education, not in virtual ones.
- Lack of state standards for online education and, as a result, the lack of a state-certified diploma. For this reason, graduates of many online education courses are only given certificates or certificates confirming that they have completed this course.
- Connection with the virtual environment and technical support. Online education depends on the availability of the Internet, its cost, speed and availability of services, the availability of special communication techniques and their operation.
- Inability to ask free questions in online education and not everyone can participate in education equally.
- In online education, the teacher cannot see all students equally and is psychologically exhausted.
- Online learning can damage eyesight and cause nerve fibers to become fatigued due to constant visual function.
- Online learning can improve memory, but it can also lead to a weakening of willpower and laziness.

**Conclusion.** The conclusion is that since online education is widely used worldwide, it is permissible to use such a system in our country appropriately and consistently. It is necessary to give importance to the psychological advantages and disadvantages of this system in its proper use and manage it effectively. It is necessary to strengthen the promotion of online education to students and other people who use or want to use online education, and to raise it to the level of the world education system. After all, this education will allow young people who



use the Internet and their time aimlessly and ineffectively to use their time and opportunities, and will provide the key to the world called knowledge.

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