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PEDAGOGICAL CONDITIONS FOR THE DEVELOPMENT OF THE HEALTHY THINKING IN STUDENTS

Student of group 302-21: Xidirova Dilnoza Nurali qizi
Scientific advisor: Teshaboyeva Nafisa Zubaydulla kizi

*Jizzakh branch of the National University of Uzbekistan
named after MirzoUlugbek*

*The Faculty of Psychology, the department of Foreign languages
Philology and foreign languages*

Annotation: *The article deals with the “Concept of healthy thinking” and even playing an important role in our overall health, well-being accompanied by improving physical health as well as perspectives on life. It also discusses the health benefits of being positive together with some of the strategies we can use to become a more positive thinker. Moreover, it explores the development of the inner world of each person, the development of spiritual consciousness, contributes to a full understanding of the concept of healthy thinking.*

Key words: *Thought, healthy thinking, ways of healthy thinking, Innovative Curriculum, positive thinking and negative thinking.*

INTRODUCTION

Uzbek society is entering a completely new era in terms of quality. The rapid movement of society towards renewal also requires the formation of a new way of thinking in the younger generation. The role of common sense in personal development has been in the spotlight of thinkers in different times and places. In particular, Philosophy: an encyclopedic dictionary defines the concept of “contemplation” as follows: “The rational stage of cognition, which reflects the connections”. Although a number of studies have been conducted by domestic scientists on thinking and its manifestations (creative, logical, artistic-aesthetic, ethical, ecological, independence, historical), but healthy in secondary school students the problem of developing thinking has not been studied separately. This is probably due to the fact that common sense applies to all forms of thinking. Attempts to study the pedagogical aspects of common sense in our country are reflected in the articles published by S. Atakhanova. However, it should be noted that the definition and description given by the researcher to the concept of “healthy thinking” is quite controversial. For example, in the researcher’s article “Thinking in an Innovative Curriculum,” according to the scientific and pedagogical definition of healthy thinking, the following are some important links - the concept of healthy thinking; the concept of the necessary social environment; the concept of pedagogical purpose and outcome; healthy living and the concept of lifestyle. These links do not fully explain the concept of common sense. However, at the end of the article, the definition of “healthy thinking” can be taken as a starting point: healthy thinking is the basis of people's own health (physical, spiritual and mental). is our thoughts, consciousness, consciousness, feelings, morals, aesthetic views, ideas, efforts, and their outcome, aimed at preserving ours. The term “thinking” is familiar to everyone. Traditional wisdom is that everyone thinks they are smart or smart enough. There is a popular phrase from the psychology category: “Everyone complains about their memory, but no one complains about their mind”. The concept of “thinking” refers to one of the basic and extremely important psychological abilities for a person. [1]Thinking is the study of not only psychology, but even, above all, dialectical logic. Each of these sciences that study thinking has its own problem or field of study. The problem of logic is a matter of truth, the existence of thought. The problem of

psychology is the process of thinking in a concrete relationship of thought with other aspects of consciousness, the thinking activity of the individual.

MATERIALS AND METHODS

What is healthy thinking?

Healthy thinking does not mean positive thinking! Or more precisely, no one can look at things positively all the time. Sometimes bad things happen, like getting fired at work, having an argument with a friend or losing someone you love. It's normal and healthy to feel upset and have negative thoughts when these things happen. Healthy thinking means looking at the entire situation—the positive, the negative and the neutral parts—and then coming to a conclusion. In other words, healthy thinking means looking at life and the world in a balanced way, not through rose-coloured glasses. It is essential to mention that you can learn to turn negative thinking into positive thinking. The process is simple, but it does take time and practice — you're creating a new habit, after all.[2] Following are some ways to think and behave in a more positive and optimistic way.

Another way is to be open to humor. Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed. Furthermore, follow a healthy lifestyle. Aim to exercise for about 30 minutes on most days of the week. You can also break it up into 5- or 10-minute chunks of time during the day. Exercise can positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. Get enough sleep. And learn techniques to manage stress. Besides that, surround yourself with positive people. Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.[3] Concentrate on practicing positive self-talk. Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you. Think about things you're thankful for in your life. Understanding positive thinking and self-talk. Or more accurately, positive thinking doesn't mean that you ignore life's less pleasant situations. Namely, positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst. It is evident that positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information or expectations due to preconceived ideas of what may happen. Start every day on a positive note:

- a. Create a ritual in which you start off each day with something uplifting and positive. Here are a few ideas:
- b. Tell yourself that it's going to be a great day or any other positive affirmation.
- c. Listen to a happy and positive song or playlist.
- d. Share some positivity by giving a compliment or doing something nice for someone.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist — someone who practices positive thinking. Did you know that your thoughts have a big influence on your mental health? That's because what you tell yourself about a situation affects how you feel and what you do. Sometimes your interpretation of a situation can get distorted and you only focus on the negative aspects—this is normal and expected.[4] However, when you interpret situations too negatively, you might feel worse. You're also more likely to respond to the situation in ways that are unhelpful in the long term. Fortunately, there are specific coping strategies to help manage difficult thoughts. Are all negative thoughts unhealthy thinking traps? No, there are times when negative thoughts are realistic. It can still be helpful to find different ways of looking at the situation, though. Try to find a meaningful personal challenge in the situation. See if you can find any opportunities for personal growth or skills development. Many people coping with

difficult situations find that their upsetting thoughts improve when they work on other coping skills, such as identifying the main sources of stress in their lives, problem solving issues that they can control, and finding social support. For more on coping with stress, see.

CONCLUSION

In short Common sense plays an important role in the student's independence in decision-making, responsibility, the formation of their own ideas and opinions, the reaction to events in social life. The development of the inner world of each student, the development of spiritual consciousness, contributes to a full understanding of the concept of healthy thinking. Of course, the environment and the family environment are important in creating the pedagogical conditions for the development of healthy thinking in students. Reading helps students get rid of bad thoughts, misconceptions, and symbols, and prevents them from recurring in the mind. In this situation, the reader adapts to the situation, even if the negative emotions are repeated, a bad impression does not occur. Common sense serves to develop in the student a purpose in life and a firm position based on the formation of an individual and realistic attitude to social reality. The next generation with a healthy mindset can be the real future of the country, the builder of a healthy society.

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SHARQ MUTAFAKKIRLARINING ILMIY ASARLARI NEGIZIDA O'QUVCHINING FIKRLASH QOBILIYATINI RIVOJLANTIRISH METODIKASI

Xolmuratova Nilufar

Jizzax davlat pedagogika instituti magistranti

Annotatsiya. Ushbu maqolada o'quvchilarda fikrlash qobiliyatini rivojlantirish malakalarini, mustaqil ravishda muammolarni hal qila bilish ko'nikmasini shakllantirishda sharq olimlarining ilmiy nazariyasiga asoslangan pedagogik yondoshuvning samaradorligi haqida so'z boradi.

Kalit so'zlar. O'quvchi, fikrlash, o'qitish, qobiliyat.

Kundalik turmush tarzida tasodifan uchraydigan jumboqlarini, tabiatdagi muammolarni o'rganish, ularga tegishli javob topish istagi, yana ham to'g'rirog'i, farovon hayotga erishish muammosi, insonning o'zini va olamni bilishga bo'lgan qiziqishi asrlar mobaynida fikrlashga, o'z fikrlarini mantiqiy asoslashga da'vat qilib keladi. Qadimdan sharq allomalari asarlarida bu muammoga alohida to'xtalib o'tilganligi bejiz emas. Zero, mustaqil, ongli faoliyat yuritadigan insongina o'z xalqi, Vatani, ota-onasi oldidagi burchini uddalay oladi va har qanaqa yot ta'sirlarga berilib ketmaydi. Inson degan ulug' nomga munosib ish ko'radi. Sharq olimlari bu muammoni o'zlari yashab o'tgan davr ijtimoiy muhitidan kelib chiqqan holda yechishga harakat qilganlar.[1]

Yaqin va O'rta Sharqdagi ilg'or pedagogik ta'limotning asoschisi Abu Nasr Forobiy o'z asarlarida fikrlash qobiliyatining rivoji haqida to'xtalib o'tgan. U bilim o'zlashtirish jarayoni haqida shunday deydi: "Inson bilimlarni aql va sezish organlari orqali qo'lga kiritadi ... seziluvchi obrazlar his etish orqali, aqliy obrazlar esa seziluvchi obrazlar orqali bilinadi...". Bundan tashqari Forobiy asarlarida didaktika masalalari, ta'limning nazariy muammolari,