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Annotation. Through the article, you will learn about the place and importance of attention in a person's life. In students, you will have information about the peculiarities of attention, the strength and stability of attention and its scale.

Keywords: attention, voluntary attention, involuntary Attention, Attention scale, attention width.

When we study the environment and people, we study their behavior through our attention. When a person focuses his attention on certain things consciously, on his own, then other things involuntarily attract attention, that is, beyond our desires. It can be noted that a number of definitions have been brought to the concept of attention by scientists. P.I. Attention is said by Ivanov - to be actively focused on a particular object by gathering consciousness into one point. The source of strong excitation that occurs in the trunk of the Cerebral Hemispheres is a relatively long-lasting robust excitation. From this point of view I.P. Pavlov argued that "the physiological basis of attention is the optimal source of arousal in the cranial cortex". F.N. Dobrinin, N.V. Kuzmina, I.V. Strahov, M.V. Gamezo, N.F. According to Gonobolin and others, the emergence of attention means that the accumulation of consciousness to one point narrows the circle of consciousness, while the circle of consciousness is supposedly tightened for some time. 43 Psychologist G. K.D. Ushinsky's thoughts that "attention is such a single door of our spiritual life that all that enters our consciousness enters through this door" express its significance. S. Bakradze conducted an interesting scientific verification experiment about the role of activity in the accumulation of attention on the object. If the attention is noticed in a timely manner by the weak Examiner, he will recover again if he performs some kind of muscle movement towards him. In addition to these, the dependence of attention stability on the nature of the activity, on the personality itself, has been proven by several psychologists. A.P. Gazova studied the fragility of attention in many tin weavers and collected very valuable materials. He believes that attention may have been involuntary and involuntary balanced in people in this profession. As a result of the formation of working qualifications in several stanzas, a kind of involuntary balanced attention arises in these.

Research on the fragility of attention shows that two or three jobs can be done at once, with the exception of I.P. As Pavlov shows, one of them is familiar (reminiscent of the fact that the work was done before) and is carried out if there are "duty points" on the Cerebral Hemispheres bark. To carry out two activities within the same period, one of the activities is required to be one that does not require attention or is automated. In a person, such an opportunity can occur only through exercise.

In conclusion, nowadays, students are focused on what is causing the distraction, on various social and internet networks, the lack of responsibility of the student, the lack of interest in the lesson, and involuntarily on various objects coming around taevarak.

The place of attention has kata ahmatiyva in our life. School and kindergarten age are of particular importance in the development of attention. In adolescent and adolescent age, attention rises to a high level of progress. With the help of attention, a teenager is able to engage in a certain type of activity for a long time long enough. Separately, we need to insist that the quality of attention is influenced not only by your upbringing conditions, but also by age traits. Recommendations for

concentration in students. Now studying scientific heritage, socio-political activities and acquaintance youth charity of our above-stated ancestors is considered one of the main urgent objectives of the modern intellectuals.

Assignment 1. Passing 2-3 people in front of the group, they are asked to behave naturally. For a certain period of time, the “actors” should not be ignored so that they can calm down and get used to the new conditions. Then the head of the training offers the group (including the examiners) to talk about all the events that happened in the room. It's a chair crackling, a pen falling on the floor, someone's coughing. there may be changes in the position of the body of a single participant, etc.

Assignment 2. For several seconds, participants should calculate how many concubines, how many people from black people are in the room, how many square-shaped, how many circle-shaped items, how many bags, books, notebooks.

Assignment 3. To show participants how many simple things they are neglecting in life, they are given a well-known item to them, such as a bag, watch, slippers, etc.k. it is proposed to take a closer look and speak out aspects that they have not paid attention to before. Experience has shown that such aspects are more than the owners of the item think.

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