

## PSYCHOLOGICAL READINESS OF STUDENTS FOR PEDAGOGICAL PRACTICE

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**Annotation:** Passage of pedagogical trial practice by students is a complicated process. They need not only to be given lessons, but to take into account some psychological aspects of pedagogical activity: getting to know students, building communication with them, building constructive communication with class teachers and teachers, preventing conflict situations, preventing stress.

**Key words:** practice, student, passing, stress, abilities, skills.

Pedagogical practice is an important part of the educational process in the preparation of future teachers and teachers. Pedagogical practice is organized with a break from training sessions for several weeks. Students undergo practical training in general education schools, preschool educational institutions.

Places of internship are distributed among students by the deputy director for educational and practical work. But sometimes students can choose an educational institution on their own. On graduation courses, students have the right to practice at their place of residence. Depending on the future specialty, trainee students can fulfill the duties of teachers or teachers of certain subjects, educators.

During practice, students write lesson plans, together with a teacher and a methodologist, or conduct them independently, organize leisure activities for children, spend class hours, accompany children at various events. There is also a summer teaching practice, when students work in suburban, urban, rural recreation facilities for schoolchildren, playgrounds, sports or labor camps. Here students work as counselors, educators, physical trainers, leaders of circles and sections.

The main tasks of teaching practice are:

- fostering students' interest in the teaching profession,
- formation of a holistic picture of pedagogical activity,
- formation of pedagogical skills and abilities,
- creation of experience in teaching.

At the end of the practice, students write a report on the work done and defend it in front of their teachers and classmates [2. with 4].

Thus, the passage of practice for each student is a very responsible period, requiring a lot of strength, creativity, self-discipline, volitional qualities. All this can lead to a breakdown, and as a result, to stress. To avoid this, it is necessary during classroom practice to teach students elementary ways to relieve stress and anxiety. The first lesson of the educational practice is devoted to stress management, namely management, they must be able to manage their internal state, they must be psychologically healthy, first of all, because they work with children. When a stress management lesson is designed, emphasis is placed on the types of stress, stages of stress development, and ways to relieve stress. Students should know that there is psychological stress and physical stress, there is positive and negative stress.

Physical stress occurs as a result of a person's experience of pain, hunger, thirst, heat, cold, infection, severe physical stress, etc.

Psychological stress is a consequence of a strong nervous overstrain caused by any experience. Any strong emotion, both positive and negative, is stressful for a person, especially if it affects him for a long time, since it is accompanied by a number of physiological processes, in the release of substances into the blood that affect the work of internal organs.

And in order to know how to deal with stress, we arm students with some stress relief techniques. For example; Exercise "Icicle" Purpose: to control the state of muscle tension and relaxation.

After all, the success of the teaching practice depends on whether the student-trainee organized his time correctly, without stressing both himself and the methodologist, in what mood he goes to school, what kind of communication he has built with students and teachers. Having felt the work of a teacher from a positive position during the period of pedagogical practice, this is in the future a disciplined, independent, and most importantly, a creative and competent specialist-teacher.

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