

**PEDAGOGICAL TECHNOLOGIES OF ENSURING EMOTIONAL STABILITY OF A
PERSON IN THE EDUCATIONAL PROCESS BASED ON NATIONAL VALUES**

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ANNOTATION: This article discusses the issues of ensuring emotional stability of a person in the educational process based on national values from a scientific and pedagogical point of view. The harmonization of the system of national values with the educational content, the role of pedagogical technologies in the formation of emotional stability and their effectiveness are analyzed. Also, proposals and recommendations are given on creating a positive emotional environment in students by integrating national values in the teacher's work, ensuring their spiritual and moral maturity. The article reveals the possibilities of strengthening the mental and emotional stability of young people by organizing the educational process based on national ideas and values.

KEYWORDS: National values, education, emotional stability, pedagogical technologies, personal development, spiritual upbringing, educational system.

INTRODUCTION

In today's era of globalization, one of the main tasks of the education system is to educate the younger generation as a person who is loyal to national values, spiritually mature and emotionally stable. It is necessary to view the educational process not only as a system of imparting knowledge, but also as a process that comprehensively develops the individual and enriches his emotional world. Because the emotional stability of a person is the basis of his social activity, communication culture and creative thinking.

National values embody the historical experience, cultural heritage, traditions and spiritual views of the people. Therefore, organizing the educational process based on national values allows the formation of the younger generation not only as educated, but also as spiritually strong, strong-willed, loyal to their nation. Today, pedagogical technologies used in the education system, along with activating the cognitive activity of students, allow them to manage their emotional state and create a positive psychological environment. Therefore, one of the urgent issues is the development of pedagogical technologies based on national values, their implementation in practice, and their application as a means of ensuring emotional stability.

The purpose of this article is to analyze effective pedagogical technologies for ensuring the emotional stability of a person in the process of education and upbringing based on national values, to reveal their content and essence, and to develop practical recommendations.

MAIN PART

National values are a stable spiritual and normative system formed in the process of the historical memory, spiritual heritage and social development of the people. They are the essence of the nation, its identity, its spirit, and its worldview and is the most important factor determining the lifestyle. The role of national values in the education system is incomparable, they equip the student's personality not only with knowledge, but also form moral, emotional, aesthetic and patriotic qualities.

The inculcation of national values in the educational process is one of the main directions of pedagogical activity. Through this process, the younger generation is created the opportunity to understand national identity, appreciate historical heritage, and strengthen a sense of social responsibility. The system of values enriches the inner world of students, serves to form a positive emotional environment in them. Because a person brought up through national values loves the culture of his nation, embodies such high qualities as faith, belief, honor, patriotism.

From a pedagogical point of view, values strengthen moral standards in the human mind, form a certain position towards life. Therefore, values should be instilled in the educational process not only as a theoretical concept, but also through practical activities, that is, through the daily life, relationships and feelings of students.

Education based on national values is not just information in textbooks, but a process of deeply instilling the spiritual heritage of the people, national thinking, noble aspirations and aspirations into the minds of young people. Such an education system aims to harmoniously develop all aspects of the human personality - intellectual, emotional, volitional and social qualities.

Educational policy in the Republic of Uzbekistan is based on national values. The Law "On Education" and the "National Program for Personnel Training" emphasize the education of young people as independent-thinking, spiritually mature individuals, committed to national and universal values. Therefore, educators should use modern methods and technologies in harmony with the national spirit.

The role of national values in the educational process is manifested in the following areas:

1. Spiritual and moral direction - educates the younger generation in the spirit of goodness, humanity, honesty, honor, respect for elders, and respect for the younger.
2. Aesthetic direction - forms the ability to feel beauty through national art, literature, and folk oral culture.
3. Patriotic direction - cultivates respect for the history of the nation, loyalty and dedication to one's country.
4. Emotional stability direction - maintains a person's emotional balance, stress tolerance, and supports a positive mental state.

Also, the personal example of the teacher is of particular importance in instilling values in the educational system. The teacher directly influences the hearts of students through his speech, manners, behavior, and emotional culture. Because it is more effective to convey values not through words, but through practical activities, attitudes and feelings.

The incorporation of national values into the educational process also has a positive effect on the emotional stability of the student. The more deeply a student understands the history, language,

art and traditions of his people, the more he feels himself to be an important member of society, which is an important factor in maintaining mental balance. Thus, the educational process based on national values is not only a system of imparting knowledge, but also a complex pedagogical environment that ensures the emotional, spiritual and social stability of the individual. Its effectiveness depends on the teacher's activity, the content of education and the active participation of students, and plays an important role in educating them in harmony with the national idea and spirit.

Emotional stability of the individual and the psychological factors that shape it

The comprehensive development of the human personality is closely related not only to his knowledge, skills and qualifications, but also to his mental and emotional stability. Emotional stability is the ability of a person to control his emotions in various life situations, maintain positive mental balance in stressful situations, and demonstrate stable emotional reactions to external and internal influences. In psychology, emotional stability is considered one of the main indicators of a person's mental health. It is closely related to a person's self-control, adaptation to the social environment, control of his emotions, and making the right decisions in conflict situations.

A stable emotional state increases a person's self-confidence, strengthens motivation in his activities and forms a positive life position.

Psychological factors that affect a person's emotional stability can be considered in several directions:

1. Social factors

The family environment, the psychological environment at school, the relationship between a teacher and a student, and friendships directly affect a person's emotional stability. A child brought up in a warm, supportive, loving social environment learns to tolerate stress. On the contrary, an environment dominated by violence, indifference or criticism leads to a violation of emotional balance.

2. Biological and physiological factors

The type of temperament of a person, the strength of the nervous system and the mobility of nervous processes affect the level of emotional stability. For example, individuals with a sanguine or phlegmatic temperament are usually stable, patient and self-controlled in relation to situations. Choleric or melancholic individuals are emotionally impressionable and have high emotional variability. Therefore, it is important for the teacher to take into account the individual psychophysiological characteristics of each student in the educational process.

3. Personal factors

Self-awareness, self-confidence, motivation, and strong-willed qualities constitute the internal supports of emotional stability. Individuals who believe in their own strength and persistently strive for their goals are more emotionally stable. On the contrary, in the presence of low self-esteem, a tendency to worry, or internal conflicts, emotional balance is quickly disrupted.

4. Spiritual and value factors

A person's spiritual world, moral views, and attitude to national values also directly affect emotional stability. The system of values provides a person with spiritual support and makes him or her more resilient to life's trials. For example, values such as patience, forgiveness, honesty, loyalty help to manage a person's emotions in stressful situations. Therefore, deeply instilling

national values, educating them in the minds of the younger generation plays an important role in strengthening emotional stability.

5. Pedagogical factors

The psychological climate of the educational environment created by the teacher, the methods used in the lesson process, the form of interactive classes affect the emotional state of the student has a significant impact. The teacher's positive mood, patience, and trust in the student are the main factors in forming emotional stability. In this regard, the psychological culture, communication ethics, and empathy of the teacher are of particular importance. Psychological and pedagogical approaches play an important role in developing the emotional stability of a person. In particular:

Direction to self-awareness - a person learns to correctly analyze his emotions;

Self-control exercises - techniques for controlling breathing, concentrating, and restoring internal balance are used. Reflection exercises - students have the opportunity to express their state in words and understand their feelings;

Developing empathy - through feeling the feelings of others, the qualities of humanity and tolerance are strengthened.

In the pedagogical process, these approaches make the spiritual climate of students healthy, strengthen mutual trust, and ensure emotional stability in the educational institution.

Therefore, ensuring emotional stability should be considered not just a psychological issue, but the foundation of the educational system. Because a mentally balanced person is a socially active person who understands himself and others, is resistant to stress, and persistently strives for the goal.

Pedagogical technologies for ensuring emotional stability in education based on national values

Ensuring the emotional stability of a person in the educational process is one of the most urgent issues of modern pedagogy. Because the psychological state of the student, his self-confidence, and his positive attitude towards education depend on his emotional balance. In this process, pedagogical technologies based on national values appear as an effective tool for strengthening mental stability in students and developing self-awareness.

The harmony of national values and pedagogical technologies

In the process of education based on national values, the teacher instills in students not only knowledge, but also feelings such as national pride, patriotism, humanity, honesty. Therefore, the student relies on the cultural roots of his people, which provides him with psychological strength and emotional stability. Pedagogical technologies are understood as a set of methods aimed at pre-planning the activities of the teacher and student, organizing them on the basis of a systematic approach, and developing the student's personality. Technologies based on national values introduce a spiritual and moral content into this process.

The main goal of such technologies is to form education as an integrative system that provides not only intellectual development, but also emotional, social and spiritual growth. Main pedagogical technologies for developing emotional stability

1. Spiritual and educational technologies

These technologies are aimed at developing feelings based on national values, strengthening patriotism and pride in students. For example, lessons based on folk literature, proverbs, epics, and the lives of national heroes evoke positive emotions in children. Such activities expand students' emotional perception, and they proudly express their love for their nation.

2. Interactive teaching technologies Methods such as “Cluster”, “Brainstorming”, “Role Playing”, “Debate”, “Blitz-survey” activate students’ thinking and emotional reactions. For example, in the “Role Playing” technique, the student feels a situation that represents national values in his body, which strengthens emotional stability through emotional experience. With the help of interactive methods, the student freely expresses his opinion, learns to express himself in a social environment.

3. Reflective technologies

These technologies teach students to analyze their emotions and control them. Through questions such as “How did I feel today?”, “What did I like?”, “What situations excited me?”, students develop self-awareness and self-management skills. This approach increases emotional literacy and helps maintain emotional balance in a person.

4. Gaming technologies

Games based on national values - activities such as "Finding a riddle", "Finding a proverb", "Getting to know national clothes" - evoke positive emotions in students. During the game, the student feels free, learns to express his feelings correctly. This method not only makes the lesson interesting, but also reduces mental pressure and relieves stress.

5. Integrative technologies

In this approach, national values are integrated into the content of various subjects. For example, by studying the courage of national heroes in history lessons, folk oral literature in literature, national melodies and songs in music, and national crafts in technology, students feel the rich culture of their nation. This forms a positive emotional environment in them.

The practical significance of pedagogical technologies

Technologies based on national values create a positive psychological environment in an educational institution. Mutual respect, sincerity and trust between the teacher and the student serve as the foundation of emotional stability. During the lesson, an atmosphere is created in which each student feels valued, understood and recognized. For example, starting the lesson with a “Minute of Values” is an effective means of preparing students mentally and instilling a positive mood in them. The use of short national wisdoms, hadiths, proverbs or examples of national art during these moments balances the emotional state of students. Also, the personal qualities of the teacher - kindness, patience, empathy, goodwill, listening culture - play an important role in increasing the emotional stability of students. If a teacher cannot control his own emotions, he cannot teach students emotional stability. Therefore, the teacher himself must be psychologically prepared and in a positive mood. In addition, developing a culture of communication among students, teaching them to find their place in the team, and expressing their opinions respectfully also strengthens emotional stability. A person brought up through national values is accustomed to understanding others and respecting their feelings.

CONCLUSION

The educational process based on national values is of immense importance in ensuring the emotional stability of a person. Because values are deeply embedded in the human mind and manifest themselves as a force that controls his mental state, will and emotions.

National values connect a person to their roots, strengthen their sense of identity, respect for their nation and patriotism. The role of the teacher in this process is very important, because it is the teacher who guides students on the basis of national values, helps them manage their emotions.

Ensuring emotional stability in the educational process allows, on the one hand, to maintain psychological balance, and on the other hand, to protect the individual from negative feelings such as stress, fear, and distrust. Modern pedagogical technologies for teaching national values serve as an effective tool for developing students' ability to manage their emotions, express themselves, think positively, and analyze themselves. Also, pedagogical technologies based on national values form such human qualities as tolerance, patience, kindness, friendship, and solidarity in a person, and serve to strengthen a healthy psychological environment in society. The introduction of such technologies in educational institutions creates a solid foundation for raising the younger generation as spiritually mature, emotionally stable, independently thinking people, faithful to the cultural heritage of their people.

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