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PEDAGOGICAL CONDITIONS FOR THE DEVELOPMENT OF HEALTHY THINKING IN STUDENTS

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ABSTRACT

This article discusses the concept and essence of "healthy thinking" and the role of healthy thinking in the formation of a firm life position in students. It also discusses the pedagogical and psychological features of the development of healthy thinking and the pedagogical conditions for the development of healthy thinking in students.

Keywords: Thinking, healthy thinking, personality, student, pedagogical environment, communication, teaching process, attitude.

INTRODUCTION

The pedagogical conditions for the development of healthy thinking in students are, first of all, the creation of a healthy family environment and a healthy learning environment. The rapid movement of society towards renewal also requires the formation of a new way of thinking in the younger generation. In the formation of healthy thinking in students, each person's self-awareness, self-development, the ability to freely choose their own future, as well as to make a radical turn in the minds and thinking of people, to make any reforms in the minds of citizens, is important in choosing the path of transmission through the mind and heart.

METHODOLOGY

Free thinking in citizens through the ability of each future generation to reconcile their personal interests with the interests of society, to eliminate indifference and indifference to what is happening in society, and to form a healthy spiritual need It is everyone's duty to think, to achieve intellectual independence. The question of the role of each student of common sense in the development of the individual, that is, the next

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generation, has always been in the focus of thinkers living in different times and places. In particular, Abu Nasr al-Farabi, in his book The City of Noble People, thinks about human thinking: “As long as he is able to think of his own nature, he can be wise. As a result, if his offspring comes to his senses, then he will become intelligent by his actions. Maybe he can be intelligent, he can be intelligent, he can think with his offspring.If a person has an intellect, then he can also have an intellect. ” Our ancestor Abu Nasr al-Farabi, as a well-rounded, thoughtful person, can be an example to all modern readers. According to Farobi, man can build his world with his sane mind, but on the contrary, evil and perverse thinking can harm the whole society with his imagination. The pedagogical conditions for the development of healthy thinking in students are very important, first of all, to bring them up with beautiful and healthy thoughts, in particular, to develop in them a healthy mindset towards society, people, homeland and family. is an important part of pedagogical education, including the task.

In fact, the first secret of everyone's health is in our minds, and there is nothing that is not subject to our minds. One must have faith in life and goodness. Whoever believes will win. The author expresses the possibility of the power of confidence in a person to form a firm position in life through the following ideas: Confidence is a spiritual power, thanks to which the impossible becomes possible. Confidence opens the door to miraculous powers. In the process of education, the teacher should develop self-confidence in his students and help them psychologically in this regard as well. As a result, students are nurtured with a sense of belonging. It does not stop at innovating, benefiting society through common sense.

RESULTS

In the "Philosophy: Encyclopedic Dictionary" the concept of "thinking" is defined as follows: "Thinking (Arabic - thinking, mental cognition) - defining the general, important features of objects and events, the internal, necessary relationships between them, the law a rational stage of cognition that reflects connections ”. Although a number of studies have been conducted by scientists of our country on thinking and its manifestations (creative, logical, artistic-aesthetic, ethical, ecological, independence, historical), but healthy among 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.

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Pedagogical aspects of common sense are being studied in our country. Because the concept of “healthy thinking” needs to be fully understood so that all students and young people can think for themselves. For example, according to the scientific and pedagogical definition of healthy thinking, the following are important links - the concept of healthy thinking, the concept of the necessary social environment, the concept of pedagogical purpose and outcome, a healthy lifestyle.

If healthy thinking is properly developed by teachers, it will not only lead to a healthy country and society, but also to a healthy family and a healthy lifestyle in which children grow up in a healthy family environment. serves as a superior. Common sense is the thoughts, consciousness, consciousness, emotions, morals, aesthetic views, ideas, aspirations of people aimed at maintaining their health (physical, spiritual - emphasis is ours). -Actions and they are the result. Foreign researchers have focused on shedding light on some aspects of common sense. In particular, according to K. Jung, in order to think healthy, it is necessary to master the ways of thinking, understanding, which determine the archetypal characteristics of the individual (images, ideas, motives in the imagination).

DISCUSSION

That is, one should control one's thinking in a healthy way. The more the students' cultural outlook influences rational thinking, the less the influence of irrationality. Common sense is based on an understanding of how to understand reality. A self-aware person understands his inner world, his imagination, is not afraid of it and does not hesitate to express it, his thoughts and actions are focused on the situation "now and here". The development of common sense requires a systematic and broader description of this pedagogical and psychological knowledge. If a teacher is a sane person, he or she can educate his or her students to be sane. In fact, education begins in the family. A healthy lifestyle and a healthy competitive education system are the most important conditions for young people to have a healthy mindset.

Unless students are able to concentrate, they will not be able to observe reality and their place in it. The ability to concentrate and set the necessary symbols helps to visualize objects in a practical and intellectual way. Common sense allows you to gain knowledge about specific mental states that need to be controlled by a person. To think about protest, inappropriate protest, you need to know what a protest mood is, how it is structured, what causes it, and how it manifests itself. Common sense requires

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knowledge of the basics of personality psychology, emotional and volitional qualities. Reflexive (external and self-assessment) skills play an important role in the development of healthy thinking. A person corrects his behavior by evaluating his negative thoughts, feelings, and experience in the whole from the outside.

CONCLUSION

In short, 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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