



SOLVING THE PROBLEM OF IMPROVING STUDENTS' ATTENTION

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Abstract:

Teaching a subject based on his or her own experience and specific technical problems is one of the most effective and interesting tools for science. In this regard, when teaching science, we must consider the following today:

- as far as possible, based on familiar technical devices and life events;
- Providing opportunities for the classroom to solve the current problems of the future profession and the application of life examples of this profession.

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Introduction

The information revolution ranks high on the list of the most significant events that have occurred over the past 100 years. And B. Gates's words that "the DNA molecule is a perfect computer program" no longer seem devoid of common sense. The constant increase in the volume of knowledge and the introduction of computer technologies make the issue of elementary rules of mental hygiene of perception of the information flow relevant. Otherwise, neglecting them leads to constant headaches, a feeling of fatigue, depression and the inability to concentrate. No other mental process is mentioned so often in everyday life and at the same time finds a place in scientific concepts with such difficulty as attention. In everyday psychology, attention is often used to explain success in study and work, and inattention - mistakes, blunders and failures. However, in psychological science, the problem of attention is somewhat different, and



researchers have significant difficulties in interpreting this concept and the phenomena that stand behind it. Attention is the concentration of a subject's activity at a given moment in time on some real or ideal object (subject, event, image, reasoning, etc.). For most people, the attention span is 7 ± 2 (units).

The functions of attention include: selection of significant influences that would correspond to the needs of a given activity; ignoring other, less significant influences; regulation of activity and control: retention, preservation and execution of actions until a result is obtained. Attention can be involuntary (active, volitional); voluntary (passive, emotional); post-voluntary. Historians of psychology have already found the division of attention into voluntary and involuntary in Aristotle. Involuntary attention arises unintentionally, without any special efforts. The reasons causing involuntary attention are primarily rooted in the characteristics of external influences - irritants. Such characteristics include the strength of the irritant. Strong irritants (bright light, intense colors, loud sounds, strong smells) easily attract attention, since the stronger the irritant, the more significant the excitement it causes. Anything that is connected with the satisfaction or non-satisfaction of human needs (both organic, material, and spiritual, cultural), anything that corresponds to his interests, to which he has a certain, clearly expressed and especially emotional attitude, easily becomes an object of involuntary attention. Someone interested in sports will pay attention to a poster that announces a sports competition, while a musician's attention will be attracted by an announcement of a concert, etc. A significant role is played by a person's mood and emotional state, which largely determine the choice of the object of attention. A person's physical condition is of great importance.

In a state of extreme fatigue, things that easily attract attention in a cheerful state are often not noticed. Voluntary attention has a clearly expressed, conscious, volitional character, and is observed during the deliberate performance of any activity. It is a mandatory condition for work, studies, work in general. For the effective performance of any activity, expediency, concentration, focus and organization are always necessary, as well as the ability to distract from what is not essential for obtaining the intended result. Thanks to voluntary attention, people can do not only what directly interests them, captivates them, excites them, but also what does not have immediate appeal, but is necessary. The less a person



is fascinated by work, the more volitional efforts are required to concentrate attention.

The reason that causes and maintains voluntary attention is the awareness of the significance of the object of attention for the performance of a given activity, satisfaction of needs, whereas with involuntary attention the significance of the object may not be realized. By making significant efforts to get involved in the work, for example, starting to solve a complex geometric problem, the student, having found interesting ways to solve it, can become so carried away by the work that volitional efforts will no longer be needed, although the consciously set goal will remain. This type of attention was called N.F.

For a person whose work is of a creative nature, such a form of attention is very typical. A decrease in volitional stress with involuntary attention can be a consequence of developing work skills, especially the habit of working with concentration in a certain mode. The qualities of attention include concentration and duration. Concentration of attention is expressed in the degree of attention focus on an object. The duration of attention focus characterizes its stability. Attention that is able to remain continuously focused on one object or work for a long time is called stable. Switching attention is an intentional, conscious transfer of attention from one object to another. For example, a salesperson must constantly switch attention from working with a cash register to a dialogue with a buyer, packaging goods, etc. Distribution of attention is the ability to simultaneously hold several objects in the sphere of attention, perform several types of activities. Even a small child can simultaneously listen to his mother's fairy tale and, for example, draw. The volume of attention is the number of objects that a person is able to perceive when presented at one time. The size of the attention span depends on both the quick activation and the good distribution of attention. An adult can simultaneously cover with attention no more than six independent objects.

Absent-mindedness is inattention, which, in turn, occurs for various reasons. Attention is the initial stage of cognitive (from the Latin "cognitio" - knowledge, cognition) awareness when receiving information from the surrounding world. Scientists are sure that in the current time of global informatization, the brain is not able to process all the messages that come to us from hundreds of sources -



the Internet, television, radio, SMS - messages, advertising. If we carefully digest all this, then we will quickly go crazy. Therefore, in order to protect ourselves from unnecessary news, the brain begins to save resources. And we listen even to close people absent-mindedly, catching only key words from their conversation. And therefore, we often answer inappropriately. Those who sit on the Internet for several hours every day are especially absent-minded.

The habit of listening with half an ear is just a defensive reaction. The fact is that often many of us are inattentive because we protect our brains from overstraining. If you want to know whether someone is listening to you attentively, S. Kuzina suggests using the so-called "Moses Illusion" test. Ask your interlocutor the following question: "How many animals of each kind did Moses take into the ark?" If they answer you - "a pair", then they are listening to you with half an ear. After all, this is a mistake, not in the number of animals saved, but in the authorship of the ark: after all, it was built by Noah. Scientists assure that today more and more respondents immediately answer this question incorrectly, at least mentally. And only after thinking about it, they think about the obvious discrepancy between the biblical names. Scientists have found an excuse for those people who are accused of often saying some inappropriate nonsense during a conversation. It turned out that it was not stupidity, but inattention. Historical archives show the amazing absent-mindedness of some geniuses. For example, the French philosopher Diderot forgot days, months, years, and the names of his loved ones. And the famous physicist Ampere once, when leaving his apartment, wrote in chalk on his door: "Ampère will be home only in the evening." But he returned home during the day. He read the inscription on his door and went back, because he forgot that he himself was Ampere. There is a well-known case when Newton, having decided to boil an egg, took a watch, noticed the time, and a couple of minutes later discovered that he was holding an egg in his hand and boiling a watch. When the great physicist wrote his works, he was absorbed in his thoughts, and forgot to dress and eat.

To keep your mind focused on the important task at hand, try to eliminate any distractions. If you can, close the door to the room, block phone calls, and avoid getting up and talking to anyone as much as possible. Attention and focus are the secret to success in any endeavor.



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