



THE IMPORTANCE OF PSYCHOLOGY IN MODERN EDUCATION AND SCHOOL ENVIRONMENTS

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Annotation: *This article explores the growing importance of psychology in modern education systems and school environments. It emphasizes the role of school psychologists in supporting students' emotional, cognitive, and social development, as well as in preventing behavioral and learning difficulties. The paper also highlights the integration of psychological principles into teaching methods, communication strategies, and inclusive education. Modern psychological approaches such as emotional intelligence training, mindfulness practices, and motivation-based learning are considered essential for creating a healthy, supportive, and effective educational atmosphere.*

Keywords: *psychology in education, school environment, emotional intelligence, motivation, student development.*

Аннотация: *В статье рассматривается возрастающее значение психологии в современной системе образования и школьной среде. Подчеркивается роль школьных психологов в поддержке эмоционального, когнитивного и социального развития учащихся, а также в профилактике поведенческих и учебных трудностей. Особое внимание уделяется интеграции психологических принципов в методы обучения, коммуникацию и инклюзивное образование. Современные подходы, такие как развитие эмоционального интеллекта, практики осознанности и обучение, основанное на мотивации, рассматриваются как ключевые факторы создания здоровой и эффективной образовательной среды.*

Ключевые слова: *психология в образовании, школьная среда, эмоциональный интеллект, мотивация, развитие учащихся.*

In the 21st century, education is no longer limited to the transfer of academic knowledge; it has become a system that nurtures the intellectual, emotional, and social well-being of students. The integration of psychology into education plays a crucial role in achieving this goal. As the President of the Republic of Uzbekistan, Shavkat Mirziyoyev, emphasized in his speech at the National Education Forum (2023): "It is impossible to form a spiritually mature and harmoniously developed generation without strengthening psychological support in schools." This statement clearly underlines the necessity of psychological services in the process of educational modernization.

Modern schools face numerous challenges such as emotional instability, low motivation, and the growing influence of digital technologies on students' behavior and learning. Therefore, psychological support has become a key element in maintaining the mental

health and social adaptation of learners. School psychologists are not only responsible for diagnosing emotional or behavioral problems but also for creating a positive learning environment that encourages creativity, cooperation, and resilience.



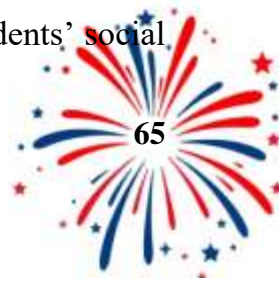
Moreover, the development of emotional intelligence, stress management skills, and self-regulation strategies has been recognized as vital for students' academic success and lifelong well-being. According to Daniel Goleman (1995), one of the pioneers in the study of emotional intelligence, "IQ alone cannot predict success; emotional intelligence determines how effectively a person manages relationships and challenges." Hence, modern educational systems must integrate psychological principles into both teaching and learning processes to ensure the holistic development of every learner.


The modern educational environment requires a new approach to the development of students' personalities — one that values both their intellectual and emotional well-being. In this context, the role of the school psychologist becomes vital. A psychologist in a school setting not only supports students who experience emotional or behavioral difficulties but also works preventively, helping to create a safe and supportive atmosphere where every learner can realize their potential.

One of the key responsibilities of school psychologists is to cooperate closely with teachers and parents. Through regular consultations, they assist in understanding the unique psychological characteristics of each student. For example, by identifying the reasons behind a child's lack of motivation or anxiety before exams, a psychologist can help teachers choose suitable methods of encouragement or stress reduction techniques. This partnership between teachers and psychologists leads to higher academic performance and a more harmonious classroom climate.

Another essential aspect is the psychological approach during lessons. Teachers who apply active listening, empathy, and motivational dialogue tend to build stronger relationships with students. Simple activities such as group discussions, reflection journals, or emotional check-ins at the beginning of a lesson can significantly increase students' engagement. These strategies help learners to feel heard and respected, which boosts their self-confidence and willingness to participate in class activities.

Modern schools also face new challenges related to the digital age. Excessive screen time, cyberbullying, and reduced face-to-face communication have affected students' social





and emotional development. To address these issues, psychologists conduct special training sessions on digital hygiene, time management, and healthy communication. By teaching students to manage their emotions in online and offline interactions, psychological services contribute to forming a responsible and emotionally balanced young generation. Furthermore, the creation of a psychologically safe educational environment depends on collaboration among all members of the school community. Teachers, psychologists, and administrators must work together to ensure that each student feels valued and supported. Regular psychological diagnostics, group therapy sessions, and extracurricular programs focused on creativity and teamwork can greatly enhance students' sense of belonging and personal growth.

In conclusion, the application of psychological principles in education helps develop learners who are not only knowledgeable but also emotionally intelligent, adaptable, and resilient. By recognizing the importance of psychological services, schools take a significant step toward nurturing a generation capable of facing the complex realities of the modern world with confidence and empathy.

Recommendations

- Increase collaboration between psychologists and teachers to develop individualized educational and emotional support plans for students.
- Introduce emotional literacy programs in the school curriculum to help learners recognize and manage their emotions effectively.
- Organize parental workshops to strengthen communication between home and school, ensuring psychological support continues beyond the classroom.
- Use digital well-being tools to reduce the negative effects of screen time and promote healthy online behavior.
- Establish peer support groups under the supervision of school psychologists to develop empathy and cooperation among students.

Psychological support in schools plays a crucial role in shaping students' emotional stability, motivation, and social adaptation. By integrating psychological principles into daily teaching, schools not only improve academic outcomes but also nurture well-rounded individuals who can handle stress, build healthy relationships, and make responsible decisions. The success of modern education depends on recognizing that mental and emotional development is just as important as intellectual growth. In summary, when psychological services are effectively implemented, schools become not just places of knowledge acquisition but spaces of emotional safety, creativity, and human connection. Such an approach ensures the formation of a balanced and successful young generation ready to meet the demands of the 21st century.



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