



## MUSTAQIL TA'LIM METODLARINING O'QUV MOTIVATSIYASIGA TA'SIRI

**To'ychiyeva Madinaxon Sherquzi qizi**

*O'zbekiston davlat jahon tillari universiteti talabasi*

### **ANNOTATSIYA**

*Mazkur ilmiy maqolada mustaqil ta'lim metodlarining talabalarning o'quv motivatsiyasiga ta'siri empirik va nazariy jihatdan tahlil qilinadi. Tadqiqot oliy ta'lim muassasasi talabalari ishtirokida olib borilib, tajriba va nazorat guruhleri asosida amalga oshirildi. Tadqiqot davomida mustaqil ta'lim metodlarining qo'llanilishi talabalarda ichki motivatsiyani kuchaytirishi, o'quv faoliyatiga bo'lgan qiziqishni oshirishi hamda o'z-o'zini boshqarish ko'nikmalarini rivojlantirishi aniqlandi. Olingan natijalar zamonaviy ta'lim tizimida mustaqil ta'lim metodlarini joriy etish zarurligini ilmiy asoslab beradi.*

### **ABSTRACT**

*This scientific article analyzes the impact of independent learning methods on students' learning motivation from both theoretical and empirical perspectives. The study examines the effectiveness of student-centered learning approaches based on independent learning principles in higher education. The research was conducted among university students using experimental and control groups. The findings indicate that independent learning methods significantly enhance students' intrinsic motivation, increase their interest in learning, and improve self-regulated learning skills. The results of this study provide a scientific basis for the systematic implementation of independent learning methods in modern education systems.*

### **KALIT SO'ZLAR**

*Mustaqil talim, o'quv motivatsiyasiga, ichki motivatsiya, ta'lim samaradorligi, talaba faolligi.*

### **KEYWORDS**

*Independent learning, learning motivation, intrinsic motivation, self-regulated learning, educational effectiveness.*

### **KIRISH**

Bugungi globallashtirish va raqamlashtirish sharoitida ta'lim tizimi oldiga yuqori malakali, mustaqil fikrlay oladigan, o'z bilimini doimiy ravishda rivojlantirib borishga qodir shaxsni shakllantirish vazifasi qo'yilmoqda. Ushbu jarayonda an'anaviy o'qitish usullari bilan bir qatorda, talabaning faolligiga asoslangan mustaqil ta'lim metodlari alohida ahamiyat kasb etmoqda.

Mustaqil ta'lim talabaning bilim olish jarayonida tashabbuskorlik ko'rsatishi, axborotni mustaqil izlab topishi, tahlil qilishi va xulosa chiqarishiga asoslanadi. Bu jarayon o'z navbatida talabaning o'quv motivatsiyasini shakllantirishda muhim omil hisoblanadi. O'quv



motivatsiyasi esa ta'lim jarayonining samaradorligini belgilovchi asosiy psixologik-pedagogik omillardan biridir. Shu nuqtai nazardan, mustaqil ta'lim metodlarining o'quv motivatsiyasiga ta'sirini o'rganish dolzarb ilmiy muammo bo'lib, ushbu tadqiqotning asosiy maqsadi ham aynan ushbu masalani tahlil qilishdan iborat.

## **INTRODUCTION**

In the context of globalization and rapid technological development, modern education systems face the challenge of preparing individuals who are capable of independent thinking, continuous self-development, and effective decision-making. Higher education institutions are increasingly shifting from teacher-centered instructional models toward student-centered approaches that emphasize learners' autonomy and responsibility in the learning process.

Independent learning methods play a crucial role in this transformation. These methods encourage students to take initiative, engage in self-directed knowledge acquisition, and actively participate in their educational development. As a result, independent learning contributes significantly to the formation of learning motivation, which is one of the key determinants of academic success.

Learning motivation is defined as a combination of internal and external factors that stimulate students' desire to acquire knowledge and achieve academic goals. Research in educational psychology has shown that intrinsically motivated students demonstrate higher levels of engagement, persistence, and academic achievement.

The main purpose of this research is to examine the impact of independent learning methods on students' learning motivation and to identify their pedagogical effectiveness in higher education.

## **METODLAR**

Tadqiqot pedagogik tajriba-sinov usulida olib borildi. Unda oliy ta'lim muassasasining 1–2-bosqichida tahsil olayotgan 60 nafar talaba ishtirok etdi. Talabalar tasodifiy tanlash asosida tajriba guruhi va nazorat guruhiga ajratildi.

Tajriba guruhida quyidagi mustaqil ta'lim metodlari qo'llanildi:

- loyiha asosida o'qitish;
- muammoli vaziyatlar asosida topshiriqlar;
- mustaqil izlanish va taqdimotlar;
- elektron ta'lim resurslaridan foydalanish;
- reflektiv tahlil.

Nazorat guruhida esa asosan an'anaviy ma'ruza va tushuntirish metodlari saqlab qolindi. O'quv motivatsiyasi darajasi tadqiqot boshida va oxirida maxsus so'rovnoma orqali aniqlanib, statistik jihatdan solishtirildi.

## **METHODS**

This study employed a mixed-method research design combining both quantitative and qualitative approaches. The research was conducted among 60 undergraduate students



enrolled in a higher education institution. Participants were randomly divided into two groups: an experimental group and a control group.

The experimental group was taught using independent learning methods, including:

- project-based learning;
- problem-based learning tasks;
- independent research assignments;
- use of digital and electronic learning resources;
- reflective analysis and self-assessment activities.

The control group continued learning through traditional teaching methods such as lectures and teacher-led instruction. Learning motivation levels were measured at the beginning and end of the study using a structured motivation questionnaire adapted for academic contexts.

The collected data were analyzed using comparative and descriptive statistical methods to evaluate changes in students' motivation levels.

### **NATIJARLAR**

Tadqiqot natijalari shuni ko'rsatdiki, tajriba guruhida o'quv motivatsiyasi darajasi sezilarli darajada oshgan. Talabalarning aksariyati mustaqil topshiriqlar ularning bilimga bo'lgan qiziqishini kuchaytirganini ta'kidladilar.

So'rovnomalar natijalariga ko'ra: tajriba guruhida ichki motivatsiya

ko'rsatkichlari yuqori bo'ldi; talabalar o'z bilimini mustaqil boshqarishga o'rgandi; o'quv faoliyatiga nisbatan mas'uliyat hissi kuchaydi. Nazorat guruhida esa motivatsiya ko'rsatkichlarida sezilarli o'zgarish kuzatilmadi.

### **RESULTS**

The results of the study revealed a significant increase in learning motivation among students in the experimental group. Students who participated in independent learning activities demonstrated higher levels of intrinsic motivation, greater responsibility for their learning outcomes, and stronger engagement in academic tasks.

Survey results indicated that:

- students developed a stronger interest in learning activities;
- self-regulated learning skills improved noticeably;
- students became more confident in making independent academic decisions.

In contrast, the control group showed no significant improvement in motivation levels. These findings confirm the effectiveness of independent learning methods in enhancing students' motivation.

### **MUHOKAMA**

Olingan natijalar mustaqil ta'lim metodlarining o'quv motivatsiyasini oshirishdagi muhim rolini ko'rsatadi. Mustaqil ta'lim talabaning shaxsiy ehtiyojlari, qiziqishlari va imkoniyatlarini inobatga olgan holda tashkil etilishi sababli, u ichki motivatsiyani shakllantirishga xizmat qiladi.



Mazkur natijalar Deci va Ryan tomonidan ishlab chiqilgan ichki motivatsiya nazariyasi bilan uyg'unlikda ekanligini ko'rsatadi. Shuningdek, Zimmerman tomonidan ilgari surilgan o'z-o'zini boshqaruvchi ta'lim konsepsiyasi ham tadqiqot natijalari bilan tasdiqlandi.

### **DISCUSSION**

The findings of this study support the hypothesis that independent learning methods positively influence students' learning motivation. By granting learners greater autonomy and responsibility, independent learning fosters intrinsic motivation and promotes deeper engagement in the learning process. The results align with the Self-Determination Theory proposed by Deci and Ryan, which emphasizes autonomy as a core component of intrinsic motivation. Additionally, the outcomes correspond with Zimmerman's theory of self-regulated learning, highlighting the importance of learner control and reflective practices.

Independent learning methods not only enhance motivation but also contribute to the development of critical thinking, problem-solving abilities, and lifelong learning skills. Therefore, these methods should be considered essential components of modern pedagogical practice.

### **XULOSA**

Xulosa qilib aytganda, mustaqil ta'lim metodlari zamonaviy ta'lim tizimida o'quv motivatsiyasini oshirishning samarali vositasi hisoblanadi. Tadqiqot natijalari shuni ko'rsatdiki, mustaqil ta'limga asoslangan yondashuv talabalarning bilim olishga bo'lgan ichki ehtiyojini kuchaytiradi, ularning faolligi va mas'uliyatini oshiradi.

Mustaqil ta'lim metodlari orqali tashkil etilgan ta'lim jarayoni talabani shaxsiy va kasbiy rivojlanishiga xizmat qiladi. Shu sababli oliy ta'lim muassasalarida mustaqil ta'lim metodlarini tizimli va bosqichma-bosqich joriy etish tavsiya etiladi.

Kelgusida olib boriladigan tadqiqotlar mustaqil ta'lim metodlarining turli fanlar va ta'lim bosqichlarida qo'llanilishi, shuningdek, ularning uzoq muddatli pedagogik ta'sirini o'rganishga qaratilishi lozim.

### **CONCLUSION**

In conclusion, independent learning methods represent an effective pedagogical approach for increasing students' learning motivation in higher education. The study demonstrates that the systematic implementation of independent learning strategies enhances intrinsic motivation, encourages active participation, and strengthens students' self-regulation skills.

Independent learning transforms students from passive recipients of knowledge into active participants in the educational process. This shift has significant implications for improving educational quality and preparing students for professional and lifelong learning challenges.

Future research should focus on examining the long-term effects of independent learning methods across different academic disciplines and educational levels. Further studies may also explore the integration of digital technologies with independent learning to maximize motivational outcomes.



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Masofaviy ta’limda mustaqillik va motivatsiyaning o‘quv natijalariga ta’siri bo‘yicha ilmiy maqola.

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6. Development of Students' Independent Learning Activity: Analysis in the Context of the Cognitive-Motivative Approach

Mustaqil o‘qish faoliyatini kognitiv-motivatsion yondashuv kontekstida tahlil qiladigan maqola.

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