



IMPROVING THE PERSONAL GROWTH OF STUDENTS ON THE BASIS OF REFLEXIVE VIDEO TRAININGS

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ANNOTATION

In this article is discussed the process of optimizing the professional growth of students on the basis of reflexive video training, as well as the process of establishing reflexive activity as the basis of a reflexive educational environment created in the pedagogical process. Reflective activity is an activity associated with analytical thinking, analysis, consideration of events and events in relation to each other, on the basis of reliable and reasonable information and on the basis of data analysis, factors associated with certain events and phenomena and influencing their origin. secondary and have a direct impact, distinguishing from factors that cannot be shown, drawing conclusions based on the study and analysis of phenomena and their components.

KEY WORDS: *student, pedagogical process, reflective activity, improvement, analysis, knowledge acquisition, competence, skill.*

INTRODUCTION

In the modern process of development of our country comprehensively, it will not be an exaggeration to say that development is one of the priority tasks facing all sectors. Increasing the role of citizens in our public life depends on their personal initiative, independent problem solving and responsibility. It will not be a mistake to say that, at the initiative of the head of our state, human value is above all and that all organizations in our country should serve on the path of people's well-being, which is reflected in the changes taking place in our society. Thus, it is one of the topical issues of our day, especially for young people to gain knowledge, develop their skills, support them from all sides and help them achieve their goals, who are future heirs.

In this way, first of all, the role of quality education in achieving success is important. The key to successful learning is the ability to know the methods of learning activities, correctly assess one's own achievements and capabilities, and draw the necessary conclusions for self-improvement. Reflection is one of the mechanisms to help achieve these goals. The ability to reason allows a person to form the meaning of images, life and actions. The most important feature of thinking is the ability to manage one's activities in accordance with one's personal values and meanings, to form and implement new mechanisms in connection with changing conditions, goals and objectives of activity[1]. Reflection allows us to understand the past and anticipate the future. The more developed reflexive abilities, the more reflexive models (methods) a person has, the more opportunities he has for development and self-development. Reflection develops especially rapidly in adolescence and youth, which allows you to study your mental processes and personality traits, manifested in communication and behavior with people[3]. The solution of this problem will be a necessary condition for the formation of each person as an open, socially active person. After all, only a person with developed thinking can set socially significant goals and find individual ways to achieve them. In many ways, the level of development of a person's ability to understand the world around him and himself in it allows him to find socially valuable, personally significant and real ways of self-realization in communication and active life[2].

MAIN PART

During writing this article, is discussed the optimization of students' professional growth based on reflexive video trainings. First of all, we considered it permissible to touch on the concept of a reflex. Reflex - a form of theoretical activity, a way of thinking that reveals the goals, means, content and methods of one's activity and reflects the internal state of a person. Reflection - (lat. "reflexio" - return, reflection) - one of the types of acts of human consciousness, that is, the movement of consciousness, which is considered as a process of cognition by the subject of his own (internal) mental feelings and states. Reflection largely represents the ontological side of human life and is one of the unique characteristics of a person[1].

Currently, foreign (Yu.M. Orlov[7], T.N. Vasilyeva[4], S.N. Morozuk[3], A.Yu. Khilman[11]) and domestic scientists (S. Atakhanova[2]), Z.A. Abdirakhmonov[1]), and in these scientific studies, mainly theoretical-philosophical, social and psychological aspects of the problem were widely studied.

Reflection is a description of self-consciousness, in the process of communication, as a subject is perceived as an interlocutor, understanding of the problem and its causes is the ability to see, identify, learn and analyze. Feedback from the participants in the educational process through reflection, attitude to the activity, a coordinated and cooperative repetition of this activity in accordance



with the form and content of the activity, the organization is provided. Related to this are the following differences in reflex processes:[10]

- understanding yourself and others;
- self-esteem of oneself and others;
- descriptive analysis of self and others.

Typically, reflective skills include thinking, self-awareness, self-control, one's own personal behavior, and their behavior.

By optimizing the professional growth of students on the basis of reflective video trainings, the reflective educational environment, organized in the pedagogical process, serves as an environment that has a creative impact on the formation and development of critical and analytical thinking skills in students. Because in the course of a reflective approach, students draw conclusions based on independent analysis and an objective assessment of the essence of the subjects studied and their significance in the past and today. The pedagogical reflexive approach to the development of students interacts with various influencing factors in which the content and essence of behavior, purposefulness can realize the need for transformative activity, because the definition of one's place and identity as a result of deep self-awareness is proof, the use of one's own internal capabilities, abilities, self-government. Optimization of the professional growth of students on the basis of reflexive video trainings and a reflexive educational environment organized in the pedagogical processes of schoolchildren-students[6]:

- open and broad-minded, sensitive in accepting the existing reality intolerance to problems;
- analysis and objective assessment based on a comprehensive review;
- take into account their significance when studying new concepts, analyze and compare the positive and negative aspects of attitudes towards these concepts.
- the essence of concepts and their meaning today, its understanding
- understanding of the unity and interdependence of all views, customs, traditions, values and culture;
- an event that helps to expand the worldview and the study of tools, the development of those that they do not know;
- to overcome misconceptions, mistakes and difficulties, this also creates opportunities for the formation of a new worldview[6].

The formation and development of students' analytical and critical thinking skills is based on reflex processes, that is, the activity of students in a reflective educational environment, the creation of the necessary conditions for coordination and analytical activity, that is, reality and concepts of study, analysis and an objective assessment of existing relationships, the ability of students to draw conclusions on basis of performing important tasks such as creation will be increased.

While optimizing the professional growth of students on the basis of reflexive video trainings, one of the unique aspects of the reflexive approach is that the educational environment organized on the basis of this approach is aimed at organizing the analytical activity of students and the formation of critical thinking. ability to think. Encouraging students to objective analysis and evaluation, supporting their creativity in the process of analytical activities, encouraging their activity and objective conclusions means developing their worldview based on the results of analyzes[5].

In the pedagogical process, it is necessary to optimize the professional growth of students on the basis of reflexive video trainings, control the activity of students to ensure the effectiveness of their analytical activities in the process of a reflexive educational environment, analyze the analytical results of their activities, coordinate relationships between students and ensure their activities based on the organization of their reflexive activities.

Based on the introduction of a reflexive approach in the pedagogical process, the creation of a reflexive educational environment for students, forming a rich vision of the past and future, encourage them to analytical activity and develop reflection in it, the development of students' personal self-awareness, independence, its essence, significance and the need to form their historical memory through lighting serves to create a sense of confidence in the future.

In pedagogical processes, it is necessary to create such conditions in the formation of a reflective educational environment in which students learn about the past, our recent history, national traditions, customs, rituals, values, and native language. Independence, based on a critical understanding of existing relationships, to understand the essence, importance and necessity, an objective assessment of the conditions created at the heart of such an educational process and a reflexive approach lies[10].

Therefore, on the basis of reflexive video trainings, the optimization of the professional growth of students, the organization of pedagogical processes, these processes are based on the introduction of a reflexive approach, efficiency can be ensured. Organized in educational institutions in the pedagogical process, i.e. students on loyalty to their homeland, national pride, high morality and great ancestors - spiritual, spiritual and educational, aimed at educating in the spirit of respect for heritage, a rich spiritual and cultural heritage of our people in the process of educational work, a country, a nation based on heritage, oriental and universal values, advanced ideas that determine the future, international friendship, the importance of solidarity, peace and stability in our country to preserve, to help ensure that the roots of the cultural, educational and spiritual development of the peoples living in our region are common, the application of a reflective approach to the process of revealing to students the true nature of religious extremism and fundamentalism is of particular importance. The ideological gap in the minds of students does not allow them to manifest, their love and loyalty to the Motherland is perfect for educating in the spirit and serving the development of our country, to fulfill urgent tasks in the direction of bringing the generation to adulthood, pedagogy organized in higher educational institutions must cover all aspects of the processes. Pedagogical optimization of the professional growth of students on the basis of reflexive



video trainings in the processes, the creation of a reflexive educational environment based on the reflexive approach involves the organization of the reflexive activity of students. In the process of reflective activity, the student learns about the concepts being studied in the past and studies, analyzes and objectively evaluates today's relationships, evaluates them, as a result of which they have independence, their essence, and a firm understanding of the importance of service is formed.

Optimization of the professional growth of students on the basis of reflective video trainings and this activity serves to form a spiritually mature personality.

The optimization of students' professional growth was organized on the basis of reflective video trainings in the pedagogical process. The basis of the reflective educational environment is the formation of reflective activity.

Reflective activity is an activity related to analytical thinking, to analyze, connect phenomena based on reliable and reasonable information related to certain events based on analysis and influence their origin, factors that are considered secondary and direct influences, distinguishing them from factors that cannot be events are shown, to study the interconnection and connection of components, to draw conclusions based on the analysis.

The effectiveness of improving the activities of an educational institution, introducing innovations in the pedagogical process, organizing and coordinating the activities of students on a scientific basis is based on the organization of the reflective activities of students, their spiritual development of the inner world, thinking, worldview, becoming a mature personality, that is, this process represents efficiency.

It is characterized by the fact that the main attention of the strategic tasks in the field of education, which is consistently carried out in our country, is given to the training of specialists who are able to be guided by common sense, clearly determine the development prospects that will be necessary in the interests of society and the state of the individual. In this regard, there is a need to develop students' skills of sanogenic thinking and develop its innovative pedagogical foundations. Therefore, the study of the problem of the development of sanogenic thinking of future teachers and the elucidation of the factors influencing the process under consideration were identified as the main goal of the study.

In the process of theoretical and practical study of the research problem, it became known that a reflexive approach is needed in the development of sanogenic thinking of future teachers. Optimization of students' professional growth on the basis of reflective video trainings is one of the main factors influencing the development of sanogenic thinking, reflective knowledge and personality skills.

Reflection is the most important, central phenomenon of human subjectivity, for which the following definition can be given: "... it allows a person to analyze and express his thoughts independently, and also reflects emotional situations, delays, behavior and attitudes of people, in general - special attention (analysis and assessment) and practical change (change and development) [6]. In the pedagogical literature, two traditions of interpretation of reflexive processes are distinguished: - reflexive analysis of consciousness, leading to an explanation of the essence of cognitive and emotional delays and their construction; - reflection of understanding human behavior and the content of interpersonal dialogue[6].

In the pedagogical literature, two traditions of interpretation of reflexive processes are distinguished: - a reflexive analysis of consciousness, leading to an explanation of the essence of cognitive and emotional delays and their construction; - reflection of understanding of human behavior and the content of interpersonal dialogue [6]. Reflection is a description of self-consciousness, awareness of how the subject is perceived in the process of communication as an interlocutor, the ability of the subject to see, define, study and analyze the problem and its causes. Through reflection, the attitude of the participants in the educational process to their activities will be coordinated and the reorganization of this activity will be ensured in accordance with the form and content of joint activities. In this regard, the following reflexive processes are distinguished:

- understand yourself and others;
- evaluate yourself and others;
- interpret yourself and others[6].

Optimization of students' professional growth based on reflective video trainings usually manifests itself as a form of activity aimed at thinking of reflective skills, self-awareness, self-control, understanding of one's personal actions and consequences. This conclusion defines reflective skills as the main indicator of the development of healthy thinking. If we consider the phenomenon of reflection as a method of complex reflection of a certain process, then it allows us to track and identify shortcomings and analyze this process. A person with such introspection achieves positive success. By this we will master the mechanism that allows revealing hidden ideas in connection with the development of sanogenic (healthy) thinking among future teachers, the following types and forms of reflection can be distinguished. Russian scientists S. Yu. Stepanov and I.N. Semenov[10] describe the following types of reflection, emphasizing that this mechanism is important for the formation of the image of "I" in a person.

1. Cooperative reflection belongs to pedagogy and psychology of management, and the possession of the necessary pedagogical psychological knowledge of this type of reflection ensures the project activity of the team and makes it possible for them to work together. At the same time, reflection is considered as the "liberation" of the subject from the processes of activity, his entry into a new position, both external and in relation to the previous completed activity. The purpose of this is to ensure understanding and coordination of common actions in joint activities. In these cases, attention is paid not to the processes of demonstrating the mechanism of the human psyche, but to the results of reflection[10].



2. Communicative reflection is considered in the study of socio-cultural relations related to the problems of social development and dialogue. It is an essential component of intellectual and developed dialogue, as well as interpersonal feelings [10].

3. Personal reflection, at the same time, examines the sequence of the subject and the person "I" from the point of view of his personal qualities. Such an analysis will be accompanied by the problems of development, decomposition and correction of personal consciousness and the mechanism for creating the personality of the subject "I" [10]. There are several stages in the implementation of personal reflection. This is the experience of overcoming contradictions and understanding the tasks set, understanding the unsolvable situations facing a person, revising personal stereotypes and problem situations. At the same time, stereotypes and circumstances of the conflict and problems are understood. In this situation, the person is fully aware of himself. In the process of rethinking, a person's attitude to himself and his "I" changes. This is done with appropriate actions. Secondly, there is a change in relations that the subject himself can and knows [10].

4. Intellectual reflection is characterized by knowledge about an object and ways of communicating with it. Intellectual reflection is considered together with the problems of organizing the processes of knowledge and thinking and information processing in pedagogical and psychological disciplines [10].

Based on reflexive video trainings, in the process of optimizing the professional growth of students, developing the sanogenic thinking of future teachers on the basis of a reflexive approach, conditions are created so that students can analyze and objectively evaluate their activities (act independently reflexively), and teachers timely analyze existing educational situations. and actively reflect on their own concepts and it should be noted that the personal and professional development of any person is closely related to the reflective process.

In addition, development is ensured not only from a professional point of view, but also physically and intellectually. Also, a high level of assimilation of reflective skills creates the conditions for understanding what we think about, what activities we are doing now and in what direction we need to move in order to develop.

CONCLUSION

In conclusion, let us say that on the basis of reflexive video trainings that optimize the professional growth of students, a separate organization of processes is possible to understand the ongoing phenomenon as an important mechanism for the development of reflex sanogenic thinking in the context of a broad system of behavior and directed activity to understand their consequences, a form of human thinking in order to optimize the professional growth of students based on reflexive video training, it is necessary to create inner peace while creating a favorable environment for reflection. If reflection is consistent with the state of relaxation, the human mind gets rid of negative thoughts, delusions, logos, and their repetition in the mind does not create an uncomfortable state.

Under these conditions, a person adapts to the situation, even if negative emotions are repeated, a bad impression does not arise. A high level of mastery of reflexive skills is an important indicator that is necessary not only for the development of sanogenic thinking of students, but also so that they can achieve success, introspect, determine the level and shortcomings of their capabilities and correctly carry out future activities. The development of sanogenic thinking of future teachers is inextricably linked with the following series of pedagogical conditions

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