

# CHARACTERISTICS OF ATTENTION AND BEHAVIOR IN YOUNG SCHOOL STUDENTS

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## Abstract

This article aims to study the characteristics of attention in young school students and changes in their development. Since young children are not able to educate and manage attention, their attention characteristics are often specific and often change. The study aims to analyze how the main types of attention (activity, constancy, strength and distribution of attention) are manifested in young children, as well as what changes occur in these characteristics depending on age.

**Keywords:** Children, emotional intelligence, types of attention, characteristics, education, behavior, methods, teacher, cognitive development.

## Introduction

It is no exaggeration to say that one of the most important and unique periods in human life is the school period. Therefore, this stage is one of the most fundamental periods of human life. At this stage, children move away from their parents a little, move to a new stage, acquire knowledge, science, and lessons that will determine the rest of their lives, discover new aspects of themselves, and further develop. It is especially significant that this coincides with the school period, and the first processes are associated with younger school age.

Students of younger school age have their own specific aspects and changes in the process of developing attention. During this period, children develop rapidly physiologically and psychologically, which significantly affects their attention abilities. For younger children, the development of attention plays an important role in shaping their cognitive activity, learning process, and social relationships.

Attention and behavior are one of the main categories of human psychology, which are interconnected and together regulate a person's daily activities. If attention is a person's conscious attention to a specific object, then behavior is a set of actions and emotional reactions that a person displays in various situations. In order to analyze the specific features of these concepts in more depth, we will consider attention and behavior in separate and interrelated aspects.

**The essence and types of attention:** Attention is one of the main aspects of the human psyche and consciousness, which allows us to consciously perceive surrounding events and manage them through focused attention. Attention has the following main characteristics:

1. Stability and variability: Attention can be focused on an object for a long time (stability), but it can also easily switch from one situation to another (variability).



2. Selection and orientation: Attention is focused on objects that interest or are important to a person, and unnecessary information is filtered out.

3. Consciousness: Attention occurs only in the process of conscious activity.

Types of attention:

1. Voluntary attention: A person's attention is directed to a specific object at will. For example, when preparing a lesson or doing scientific research.

2. Involuntary attention: A person's spontaneous attention to surrounding objects due to their uniqueness. For example, a sudden sound or a bright color.

3. Post-voluntary attention: Attention that is initially directed voluntarily, then continues in an involuntary state of the person. This often occurs when engaged in an interesting and important activity.

During the learning process, younger school-age students need to engage in activities that help maintain attention, focus, and enhance understanding. During this period, children's attention spans expand, but they can often be distracted, so it is important to encourage and motivate them in the learning process. The characteristics of attention and the level of its development, as well as various aspects of attention - concentration, duration, variability and distribution - directly affect a person's cognitive activity and successful learning. Therefore, identifying and diagnosing attention is important not only in analyzing individual development processes, but also in pedagogical processes. It is possible to study students' attention and its various aspects through various psychological examinations. This process is one of the main tools necessary for identifying difficulties in students' educational activities, deficiencies and changes in attention, as well as for providing psychological support. It plays an important role in creating individual approaches to eliminating students' attention problems in the educational process, as well as improving the teaching process and increasing students' success.

Cognitive processes also play a significant role in the development of attention. Various characteristics of attention, such as selection, intensity, and sustained attention, affect reading, memory, thinking, and learning. The ability to manage attention and effectively concentrate is essential for the successful implementation of cognitive processes. Student success is largely determined by the different levels of attention, and these processes determine the effectiveness of learning.

Attention and behavior are closely related. A person's focus on an object shapes his behavior. At the same time, a person's behavior affects the direction of attention. For example, a student demonstrates good behavior by focusing on a lesson, and good behavior, in turn, helps him manage his attention more effectively.

## The essence and types of behavior

Behavior includes the actions and reactions of a person to external and internal influences.

Behavior has the following main characteristics:

1. Adaptability: Human behavior changes to adapt to different situations. This helps the person integrate into the environment.

2. Spirituality and culture: Behavior often corresponds to social rules and moral norms.

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3. Individuality: The behavior of each person is unique and is associated with his personal characteristics, upbringing and experience.

#### **Types of behavior:**

1. Social behavior: A person's attitude and actions towards people in society. For example, communication, collective activity.
2. Personal behavior: A person's actions towards himself. For example, self-development, self-assessment.
3. Instinctive behavior: Innate, determined by nature actions. For example, the instinct to avoid danger or to eat.
4. Learned behavior: These are the characteristics of a person based on the experience and knowledge gained throughout life.

Parents and educators can use various methods to develop a child's attention and, at the same time, his behavior. These two important characteristics determine who the child will be in the future, his hidden talents, and how well he will master knowledge, for example, through games and exercises through various attention-grabbing activities.

Different forms of attention, its influencing factors and methods of attracting the attention of young students are important not only for educators, but also for parents, because they can use this information to support their children's learning.

They use tests used to develop and measure attention, such as the Stroop test, psychological exercises, concentration exercises, memorization exercises, and quick thinking exercises. These exercises increase students' ability to control their attention, while also increasing their interest in learning.

#### **CONCLUSION**

By effectively managing attention, students can improve their learning abilities, solve problems quickly, and retain information for a long time. Attention characteristics are important for students to be successful in the learning process. Effective attention management helps students to concentrate, absorb information, and improve their results in the educational process, and also changes their general human character in a positive way, and also helps to further improve their mental and moral potential. By diagnosing attention in education, the individual needs of students can be identified and appropriate teaching methods can be developed, which will increase their overall learning efficiency.

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