

PSYCHOLOGICAL FACTORS OF TEACHERS' PROFESSIONAL DEVELOPMENT

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Abstract

This article is about the psychological factors of the professional development of teachers, and studies the main factors influencing the professional growth of a teacher and the development of his psychological state. The professional activity of teachers is carried out in complex, constantly changing and changing conditions. Therefore, the psychological preparation of teachers, their role in their professional development is important. This article studies the psychological foundations of the professional development of teachers, their motivation, struggle against professional stress, striving for self-development, and social relations with students.

Keywords: Professional development of educators, psychological factors, motivation, stress, self-development, social relationships.

Introduction

The profession of teaching is a unique and complex activity, which includes not only imparting knowledge, but also ensuring the personal and social development of students, improving their psychological state and directing them correctly. For the successful work of a teacher, his professional training and psychological state are of great importance. Therefore, the professional development of teachers is not only about improving their knowledge and skills, but also depends on their internal psychological state, motivation, ability to manage stress and aspirations for self-development. The process of professional development of a teacher is shaped by psychological factors, such as attitude to the profession, self-awareness, adaptability to change and management of professional stress. The psychological stability of teachers, their passion for their profession and their success in influencing students are often directly dependent on their mental state and aspirations for professional growth.

The inherent complexities of working with students force the teacher to constantly master new pedagogical methods, technologies and approaches. Also, the desire of teachers to work on themselves, to develop themselves, increases their confidence in their profession and leads to professional success. Stress arising in pedagogical activity and its management also play an important role in professional development. The impact of stress on teachers can be positive or negative, but its effective management stabilizes the mental state of the teacher and ensures professional growth. Therefore, the psychological factors of the professional development of teachers, especially motivation, stress management and aspirations for self-development, play an important role in improving the quality of the education system. This article analyzes the

psychological foundations of the professional development of teachers, the role of motivation and stress management, as well as the aspirations of teachers for self-development and the interrelationship of these factors.

Literature Review

Scientific research on the psychological factors of teachers' professional development studies the main psychological factors that affect the professional growth of a teacher. Motivation, stress management, self-development and self-awareness are highlighted as such factors. The psychological state of a teacher, his attitude to work and motivation are the basis of his professional success. VV Davydov (2001) in his work "Pedagogical Psychology" studies psychological factors in the professional activity of teachers. He connects the professional success of a teacher with self-awareness and professional motivation. According to Davydov, the ability of a teacher to understand himself and his confidence in his work are the main psychological factors of his professional development. In his work, he emphasized the passion of teachers for their profession and their ability to adapt to changes. Motivation and self-development are indicated as necessary factors for ensuring the successful activity of a teacher [1].

SP Shadrikov (2010) in his work "Psychological Foundations of Pedagogical Activity" studies how teachers' ability to manage stress and motivation affect professional activity. He analyzes how stress arises in the professional activity of teachers and the methods of its management. Shadrikov believes that the ability of teachers to manage their own stress helps to increase the effectiveness of their professional activity, successful stress management improves the psychological state of the teacher and ensures his success at work. He also analyzes in his work how teachers use various psychological methods to combat stress [2]. LM Alekseeva (2019) studies the relationship between teachers' aspirations for self-development and professional motivation. She analyzes the need for teachers for self-development, as well as the psychological approaches necessary for teachers' professional growth. Alekseeva believes that the desire of teachers for self-development and their enthusiasm for the realization of their professional goals play a key role in the successful work of teachers. She believes that the need for self-development provides psychological stability in the professional growth of a teacher [3].

AB Makarov (2017) analyzed important psychological problems in studying the psychological state and stress management skills of teachers. He shows the professional stress of teachers, methods of its management, and the importance of self-motivation in professional development. Makarov points out that the ability of teachers to self-manage, effectively allocate time, and develop themselves is one of the important factors in ensuring the professional development of a teacher [4].

Analysis and Results

Studies on the professional development of teachers and its psychological factors show that psychological factors such as motivation, stress management, self-awareness, and self-development play an important role in achieving professional success. These factors not only



help the teacher organize his work effectively, but also ensure his psychological health and mental stability. Motivation forms the teacher's enthusiasm for work, energy, and drive to action. If the teacher is sincerely interested in his work and approaches it with confidence, the educational process will be more effective and successful. Studies show that positive motivation not only effectively organizes the process of educating students, but also strengthens the teacher's desire for self-development. Keeping the level of motivation high, the teacher tries to learn new knowledge about his profession and improve himself. Motivation also encourages the teacher to change his attitude towards his work and achieve his professional goals. Positive motivation and a desire for self-development are important factors in the professional growth of educators and in achieving their goals. A teacher's high motivation allows him to apply new approaches to teaching students and achieve high results in his work.

The ability to manage stress is also an important psychological factor in the professional activities of teachers. Pedagogical activity requires a lot of effort and, at the same time, causes many stressful situations. In order to effectively perform their work, teachers often solve complex tasks, communicate with students, and are forced to fulfill various requirements. These situations sometimes put the teacher under psychological pressure, which results in stressful situations. The ability to manage stress stabilizes the teacher's mental state and increases his or her success at work. Stress management methods are used by teachers as an important tool to maintain their psychological health and effectively continue the process of professional development. Studies show that teachers who are able to successfully manage stress achieve high results in their work and interact effectively with students. Teachers' aspirations for self-awareness and development are also important in professional development. The level of self-awareness of a teacher affects his professional development and attitude towards his work. Through self-awareness, teachers identify their strengths and weaknesses, professional abilities and strive to develop them. The process of self-awareness helps a teacher to formulate his personal and professional goals, which gives a great impetus to his professional growth. The process of self-awareness of teachers also increases the need for self-development. Teachers strive to constantly develop themselves, learn new knowledge and improve the skills necessary for professional development. This process increases the overall work efficiency of teachers and helps them achieve success in their profession.

The desire for self-development is another important factor in the professional activity of a teacher. The desire for self-development of a teacher plays an important role in achieving his professional goals, learning new approaches and applying pedagogical innovations. The desire for self-development helps the teacher to successfully fulfill social and professional tasks, and also ensures his psychological stability. The teacher's efforts aimed at self-development increase his enthusiasm for his profession and encourage him to achieve new goals. Thus, the teacher's desire for self-development is a key factor in ensuring his professional success. In general, the psychological factors affecting the professional development of teachers are closely interconnected. Motivation, stress management, self-awareness and desire for development increase the effectiveness of the teacher's work. As teachers strive for self-development, they are motivated to learn new knowledge and skills, which improves the quality

of the educational process. Thus, proper management of the psychological state of teachers and their needs for professional growth is a key factor in ensuring their successful work.

Conclusion

In conclusion, the professional development of teachers and its psychological factors are closely interconnected, and psychological processes such as motivation, stress management, self-awareness, and self-development directly affect the work of a teacher. High motivation of teachers, passion for their profession, and positive motivation increase their effectiveness in the educational process. Also, the ability to manage stress ensures the psychological health of a teacher and his success at work. Teachers who are able to successfully manage stress achieve high results in their work and provide effective education to students. The desire for self-awareness and self-development further strengthens the professional growth of teachers. The process of self-awareness of teachers helps to identify their strengths and weaknesses, which encourages them to develop in their profession. The need for self-development is an incentive for the teacher to achieve personal and professional goals and is necessary for achieving effective results in the field of education. At the same time, psychological support, training and exchange of experience are important in supporting the professional development of teachers. In order to improve their psychological state and ensure their professional development, it is necessary to introduce psychological approaches into the educational process. Thus, the professional development of teachers is not only aimed at improving knowledge and skills, but also the provision of psychological support and support for them is an important factor.

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