

# The importance of pedagogical psychology in higher education

Saidnazarov Ulug'bek Akhmedjanovich

Deputy Dean for Youth Affairs, Spiritual and Enlightenment Affairs, Mamun University, Doctor of Philosophy in Philosophy (PhD),  
Uzbekistan

**Received:** 21 December 2024; **Accepted:** 23 January 2025; **Published:** 25 February 2025

**Abstract:** The article examines the importance of pedagogical psychology in the process of higher education and its impact on student development. Pedagogical psychology plays an important role in making educational and upbringing processes more effective and person-oriented. The article examines the contribution of pedagogical psychology to students' learning ability, motivation, personal and social development, as well as the psychological preparation of teachers and their effectiveness in their professional activities. The results of the study show that the level of knowledge and personal potential of students can be increased by applying pedagogical psychology to higher education.

**Keywords:** Pedagogical psychology, higher education, student development, motivation, person-oriented education, educational effectiveness, social development, psychological methods.

**Introduction:** Although the education system in the modern world is constantly developing, it is necessary to use various disciplines and approaches to increase its efficiency and quality. In this regard, pedagogical psychology stands out as an important component of the educational process. Pedagogical psychology offers scientific foundations aimed at studying human psychology in educational and upbringing processes, students' ability to learn, motivation, personal and social development. In higher education institutions, this discipline is of particular importance, since at this stage students not only undergo a period of learning, but also a period of personal and professional formation.

With the help of pedagogical psychology, teachers can organize the educational process taking into account the individual needs, abilities and psychological characteristics of students. This not only serves to increase the academic achievements of students, but also to develop their personal potential. At the same time, pedagogical psychology is also aimed at increasing the effectiveness of teachers in their professional activities, strengthening their psychological preparation and improving the methods of communication with students. The main idea is that

through the correct application of pedagogical psychology, it is possible to achieve significant achievements not only in improving the quality of education, but also in the formation of future specialists.

Pedagogical psychology is developing as a discipline aimed at studying human psychology in educational and upbringing processes. The theoretical foundations of this discipline are closely related to psychology, pedagogy and other social sciences, and it studies the laws of personality development, mechanisms of knowledge acquisition and motivation processes in the educational process. The main task of pedagogical psychology is to psychologically optimize the relationship between teachers and students in educational institutions, as well as adapt the educational process to the individual needs and abilities of each student.

To understand the theoretical foundations of pedagogical psychology, it is necessary to consider a number of important principles. First, the person-centered approach is one of the main principles of pedagogical psychology. This approach involves organizing the educational process taking into account the individual psychological characteristics, abilities

and needs of students. For example, the learning style, level of motivation and psychological state of each student may differ from each other, so teachers should organize lessons taking these aspects into account.

Secondly, the psychological mechanisms of learning are one of the important research areas of pedagogical psychology. This area seeks answers to questions such as how students absorb new information, process it and store it in long-term memory. For example, the research of J. Piaget shows that the process of learning occurs not only as a result of external influences, but also through the internal psychological processes of students. Therefore, pedagogical psychology is aimed at developing appropriate methods to facilitate the acquisition of knowledge.

Thirdly, the psychological dialogue between the teacher and the student is one of the main research areas of pedagogical psychology. Teachers' methods of communicating with students, understanding their psychological state and correctly approaching them play an important role in increasing the effectiveness of the educational process.

The theoretical foundations of pedagogical psychology are aimed at making the educational process person-oriented, effective and psychologically comfortable. With the help of this science, it is possible to increase the ability to learn, motivation and personal development of students, as well as improve the professional activities of teachers. Through the correct application of pedagogical psychology, it is possible to achieve significant achievements in improving the quality of education in higher educational institutions and training future specialists.

### **Literature review**

Research and analysis of scientific literature on the importance of pedagogical psychology in higher education show that this area has a significant impact not only on improving the educational process, but also on the personal and professional development of students. Below are important literature on this topic and their main conclusions.

J. Piaget's research emphasizes the important role of cognitive development in the process of students' learning. In his opinion, children and young people acquire knowledge through active construction. This theory serves as the basis for organizing the educational process in pedagogical psychology, taking into account the age characteristics of students. Piaget's theory in higher education provides students with the opportunity to understand topics more deeply and apply them in practice.

According to K. Rogers, the educational process should

be aimed at the personal development of students. He emphasizes that teachers should work together with students, taking into account their interests and needs. This approach is important for developing students' independent thinking skills and teaching them a creative approach in higher education.

Research conducted in the field of pedagogical psychology in recent years shows that emotional and psychological support for students in the process of acquiring knowledge can significantly increase their academic achievement. For example, the concept of "Emotional Intelligence" (D. Goleman) suggests that students' ability to manage their own emotions and understand the emotions of others affects their educational success. Literature analysis shows that pedagogical psychology is an important tool for improving the learning process of students in higher education, increasing their motivation and promoting their personal development. Through the proper application of pedagogical psychology, it is possible to improve the quality of education in higher education institutions and develop the personal potential of students.

### **DISCUSSION**

When it comes to the importance of pedagogical psychology in higher education, it is first necessary to analyze in more depth the contribution of this discipline to the educational process. Pedagogical psychology has a great impact not only on increasing students' learning abilities, but also on their personal, social and emotional development. This plays an important role in improving the overall quality of education in higher education institutions and preparing students for life.

First of all, pedagogical psychology provides an opportunity to individualize the learning process of students. Each student has his own unique abilities, interests and learning styles. With the help of pedagogical psychology, teachers can organize lessons taking into account the personal characteristics of students. For example, some students learn best through visual materials, while others learn better through discussion or practical exercises. This approach not only increases students' knowledge, but also maintains their interest in learning.

Secondly, pedagogical psychology offers methods aimed at increasing student motivation. Motivation is one of the main factors in students' academic success. With the help of pedagogical psychology, teachers can use various methods to increase students' intrinsic and extrinsic motivation. For example, methods such as recognizing students' successes, giving them targeted tasks, and supporting their personal development give

effective results.

Thirdly, pedagogical psychology helps to improve psychological communication between teachers and students. Teachers' proper communication with students, understanding their psychological state, and the right approach to them play an important role in increasing the effectiveness of the educational process. K. Rogers's person-centered approach suggests that teachers should work with students, taking into account their interests and needs. This leads to the active participation of students in the learning process and the development of their independent thinking skills.

Fourth, educational psychology also pays great attention to the emotional and social development of students. In the modern world, students need to develop not only in knowledge, but also in social and emotional development. With the help of educational psychology, it is possible to develop students' emotional intelligence, increase their stress resistance, and teach them social skills. This prepares them not only for academic but also for life success.

Educational psychology plays an important role in making the educational process in higher education more effective and person-centered. It serves to improve the quality of education by increasing students' ability to learn, increasing their motivation, improving communication between teachers and students, and promoting their personal development. Through the correct application of pedagogical psychology, it is possible to train qualified and creative specialists of the future in higher education institutions.

## **CONCLUSION**

Pedagogical psychology plays an important role in making the educational process in higher education more effective, person-oriented and psychologically comfortable. With the help of this discipline, it is possible to increase the ability to learn, motivation, personal and social development of students, as well as improve the professional activities of teachers. The theoretical foundations and practical methods of pedagogical psychology are aimed at organizing the educational process taking into account the individual needs of students, increasing their academic achievements and preparing them for life.

In conclusion, pedagogical psychology is an important tool for improving the quality of education in higher education institutions and training qualified, creative and psychologically stable specialists of the future. By understanding the importance of this discipline and applying it in practice, it is possible to further develop the education system and fully reveal the personal

potential of students. Research on the development of pedagogical psychology and its application to the educational process will lead to more effective results in the future.

## **REFERENCES**

- Piaget, J. The intellectual development of children. – London: Teacher, 1998. – 256 p.
- Rogers, K. Person-centered education. – Moscow: Progress, 1994. – 288 p.
- Goleman, D. Emotional intelligence. – Paris:, 2001. – 400 p.
- Bozorova, M. Pedagogical psychology: theory and practice. – Tashkent: Uzbekistan, 2015. – 320 p.
- Kadyrov, S. The importance of pedagogical psychology in higher education. – Tashkent: Fan, 2020. – 180 p.
- Allayarov, D. (2024). COMPARISON OF STATE AND TRAIT ANXIETY LEVELS OF INDIVIDUAL AND TEAM ATHLETES BEFORE AND AFTER COMPETITION. TAMADDUN NURI JURNALI, 9(60).
- Kazakhov, B., & Allayarov, D. (2022). Assessment and interpretation of attacking actions in volleyball. Tex J Multidiscip Stud, 7, 11-13.