Use Of Educational Methods And Technologies In Developing Students' Self-Education In Higher Education Institutions

Rahmanova Nazokat Tairovna

Independent researcher of the National Institute of Educational Pedagogy, Uzbekistan

Abstract: This article analyzes the importance and effectiveness of using methods and pedagogical technologies in the process of educating students' ego in higher educational institutions. The study highlights the role of modern technologies such as interactive multimedia, role-playing games, simulations and online training in the development of students' personality, moral decision-making ability, social and psychological skills. It also analyzes the possibility of increasing students' activity, independent thinking and sense of responsibility in the learning process by combining methods and technologies. The results of the study show that the integration of modern pedagogical approaches with traditional methods is an important tool for increasing the effectiveness of the educational process in higher education and ensuring the personal and social development of the student.

Keywords: Higher education, ego education, educational technologies, pedagogical methods, moral and social skills, psychological, spiritual mechanism.

Introduction: Today, higher education institutions play an important role not only in training highly qualified specialists, but also in the comprehensive development of students' personalities, increasing their spiritual, moral and spiritual potential. From this perspective, the issue of self-education is of particular importance in the process of higher education. Self is defined as a psychological and spiritual mechanism that controls a person's inner world, desires and emotions. By educating the self, students learn to consciously control their actions and decisions, apply moral values to life, and maintain a stable psychological state in personal and professional life. Educational processes in higher education institutions should not be limited to providing only theoretical knowledge. Directing students to self-education, teaching them to self-awareness and appreciate moral standards increases the quality of education, and also ensures the formation of healthy and spiritually mature individuals in society. Therefore, methods and technologies for developing self-discipline must be effectively used in the higher education system.

Scientific research shows that educational methods and technologies are important not only for consolidating students' knowledge, but also for shaping their behavior, decision-making abilities, and social responsibility. For example, interactive methods, project activities, socio-psychological training, and responsible discussions encourage students to control their ego, develop internal discipline, and make conscious spiritual decisions.

In this regard, the issue of using educational methods and technologies in the development of students' ego education in higher educational institutions is relevant. This article analyzes the identification of effective methods and technologies in educational processes, their practical significance, and their role in the development of students' personalities.

Self-discipline is defined as the process of consciously managing a person's inner world, desires, emotions, and social relationships. This process forms the student's skills in personal and professional life, such as making informed decisions, adhering to ethical standards, and feeling social responsibility. Scientific research shows that students with high self-discipline achieve their goals faster, have greater stress resistance, and actively participate in social life. Therefore, self-discipline is considered an important component of the higher education process. Higher education institutions use various pedagogical methods to educate students' self-discipline and ensure their personal and moral development. These

methods are aimed not only at imparting knowledge, but also at forming the student's inner world, social skills, and decision-making skills. They can be divided into the following main groups:

1. Lectures and theoretical discussions

Lectures and theoretical discussions are one of the most classic, but effective methods of self-education. Through this method, students are introduced to moral, spiritual and cultural values, as well as their internal discipline, conscious action and personal responsibility are developed. Theoretical discussions stimulate the student's self-awareness process, expand his/her thinking and strengthen his/her internal motivation. At the same time, the examples and explanations given during the lecture form solid concepts related to moral standards in the minds of students.

2. Practical exercises and trainings

Practical exercises and trainings are interactive pedagogical methods that involve students in activity. Role-playing games, psychological trainings and stress management exercises serve to develop the student's self-management skills. For example, role-playing games teach the student to take into account moral and spiritual aspects in the decision-making process by modeling real-life situations. Social psychological training, on the other hand, increases the student's ability to assess himself, interact with the social environment, and manage his own behavior. Practical exercises also strengthen the student's skills such as managing his emotions, being conscious in his decisions, and being persistent in achieving his goals.

3. Project and research activities

Project and research activities teach students to think independently, determine their own goals, and make normative decisions. In this process, students learn to solve real-life problems by working on collective and individual projects. Project activities also encourage students to make ethically conscious decisions, encourage them to feel social responsibility and self-development. In the process of research, the student not only acquires scientific knowledge, but also learns to regulate his behavior and internal discipline, which strengthens the practical aspects of self-education.

4. Responsible discussions and group work

Responsible discussions and group work develop students' social and ethical thinking. Discussions and discussions within the group teach students to clearly express their opinions, listen to others, and respect different points of view. Through this method, students understand their place in society, can evaluate the consequences of their actions, and feel personal responsibility. At the same time, group work develops students' skills in cooperation, use of social support systems, and collective decision-making.

In the modern educational process, educational technologies, unlike traditional methods, are implemented through interactive and technological means. Their main task is to control the ego of students, develop internal discipline, and form social and moral skills. Educational technologies are effectively used in the following areas:

Multimedia and interactive lessons. Multimedia tools (video, animation, presentation, infographics) are effective in attracting students to understand the education of the ego. Scientific research shows that moral and social content presented through visual and interactive materials allows students to assimilate information faster and apply it in practical life. Multimedia lessons help to maintain students' attention for a long time, they not only acquire theoretical knowledge, but also develop skills in evaluating their own behavior.

Online training and distance learning programs. In recent years, online and distance learning platforms have been widely used to develop self-discipline. Through such programs, students complete interactive exercises on stress management, social skills, and ethical decision-making. Scientific research shows that distance learning is effective in strengthening personal discipline and increasing motivation, and students have the opportunity to evaluate themselves and analyze their behavior. For example, through online simulation exercises, students solve various social and ethical dilemma situations in a virtual environment, which prepares them for the real-life decision-making process.

Simulation and role-playing games. Simulation and role-playing games teach students to manage their emotions in real-life situations. This technology organizes students' activities in an interactive way, encourages them to solve problems ethically and develop self-awareness. Research shows that role-playing games develop social discipline, cooperation, and responsibility in students. This method also increases personal motivation and has a positive effect on the student's internal discipline.

In general, educational technologies help students develop:

- the ability to make ethical decisions;

- personal discipline and responsibility;

- social and communicative skills;

- psychological stability.

Scientific research shows that combining traditional

methods with interactive technologies gives significant results in the education of students' self-esteem. For example, combining multimedia materials with theoretical lectures, combining online training and role-playing games with project activities strengthens students' conscious approach to decision-making. Thus, educational technologies are considered one of the main tools for the development of self-esteem in the modern higher education process and allow teachers to effectively ensure the personal, social and moral development of students.

In higher education institutions, the combined use of methods and technologies in the process of educating students' ego is recognized as the most effective approach. This approach, by combining elements of theoretical and practical education, serves to develop the student's internal discipline, moral decision-making ability, and psychological stability. For example, when classical theoretical lectures are combined with interactive discussions, students not only listen to the topic, but also actively analyze it, form their own opinions through questions and answers and debates. At the same time, when project activities are enriched with practical exercises and role-playing games, students test decision-making in various social and moral situations, and have the opportunity to consciously control their behavior.

In the process of assessing the personal development of students, special monitoring tools, diagnostic tests and reflective exercises are used. This allows teachers to guide each student based on their individual characteristics, level of knowledge and skills. As a result, the educational process is not dependent on a single standard, but is aimed at the comprehensive development of the student.

Scientific research shows that an integrated approach - that is, the harmonious use of methods and technologies - significantly increases disciplinary and moral skills in students, as well as strengthens their stress resistance, independent decision-making and sense of responsibility. This serves not only to improve academic results, but also to ensure the stability of students in their personal and professional lives. Thus, the joint use of methods and technologies in the development of self-education in higher educational institutions is considered an effective strategy that has a comprehensive impact on the spiritual, psychological and social development of the student.

The harmonious use of methods and technologies in the education of students' self-esteem in higher education institutions stands out as the most important direction for increasing the effectiveness of the pedagogical process. Research shows that interactive multimedia, role-playing games, simulations and online training serve as important tools for developing students' ability to make moral decisions, strengthen personal discipline and form social skills.

The harmonious use of methods and technologies increases the activity of students in the process of acquiring knowledge, develops their abilities for self-assessment, critical thinking and a sense of responsibility. At the same time, this approach allows the teacher to educate each student taking into account their individual characteristics.

As a result, the combination of modern pedagogical technologies with traditional methods in higher education institutions serves to effectively develop self-education, strengthen the personal, social and moral potential of the student. This makes it possible to improve the quality of education, develop independent thinking and responsibility in students, as well as prepare them in accordance with the requirements of society.

Thus, the integrated use of methods and technologies is the most optimal way to scientifically substantiate and strengthen the effectiveness of the educational process in higher education institutions with practical results.

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