

**THE CONCEPT OF ATTENTION AND ITS TYPES**

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**Abstract.** This article presents the recommendations of scientific research on the concept and types of attention. Also, the article presents the scientific proposal and practical recommendations formulated by the author on this issue.

**Keywords.** Attention, activity, nerve, orientation, structure, subject, consciousness.

**DIQQAT TUSHUNCHASI VA UNING TURLARI**

**Annotatsiya.** Mazkur maqola diqqat tushunchasi va turlari mavzusida ilmiy tadqiqotlarning tavsiyalari ifodalangan. Shuningdek, maqolada mazkur masala yuzasidan muallif tomonidan shakllantirilgan ilmiy taklif va amaliy tavsiyalar ham o'z ifodasini topgan

**Kalit so'zlar.** Diqqat, faoliyat, nerv, oriyentir, struktura, sub'ekt, ong.

**ПОНЯТИЕ ВНИМАНИЯ И ЕГО ВИДЫ**

**Аннотация.** В статье представлены рекомендации научных исследований по понятию и видам внимания. Также представлены научные предложения и практические рекомендации, сформулированные автором по данной проблеме.

**Ключевые слова:** Внимание, деятельность, нерв, направленность, структура, субъект, сознание.

Attention is the active focus of our consciousness on a specific object or event. Attention is such an important psychological state that it is involved in all human activities. It is absolutely impossible to perform any activity, from the simplest to the most complex, without the participation of attention. Attention can be manifested in the processes of perception, memory, thinking, and movement. For this reason, the following forms of attention are distinguished in the case of focusing attention on an object: sensory, mental-motor. Currently, sensory (visual and auditory) attention is more studied. The scientific works of the great Russian physiologists I.P. Pavlov and A.A. Ukhtomsky are of great importance for understanding the physiological foundations of attention. The idea of orientation reflexes, which are separate reactions of the nervous system, advanced by I.P. Pavlov, included an assumption about the involuntary nature of involuntary attention. Judging by current data, orientation reflexes are also very complex. They are associated with the activity of only a few parts of the organism. In understanding the physiological mechanisms of attention, the principle of dominance (the main characteristic transmitted from generation to generation) is of particular importance. According to A.A. Ukhtomsky, there is always a dominant and dominant center of excitation in the brain. Attention can occur at a certain level of brain activity. Thus, attention is associated with the activity of a number of structures. However, the role of different forms and types of attention in education is different. There are two main types of attention, depending on the characteristics of the product and the methods of its operation: voluntary and involuntary. Voluntary attention is attention and attention that is controlled and regulated by conscious behavior. Voluntary attention is formed on the basis of involuntary attention, involuntary attention also depends on the general orientation

of the person. For example, a person who is interested in theater, perhaps, should quickly watch a new advertisement about the theater, while ignoring an advertisement about football. The main function of voluntary attention is to actively control the course of the mental process. Its separate category, apart from voluntary and involuntary attention, was introduced into psychology by N.F. Davry. Attention after voluntary, if it appears after voluntary attention, cannot be considered a separate concept. This is because attention, when understood, is related to the goal set, and it cannot be considered a separate concept of involuntary attention. Attention is defined in various qualitative terms. These include the stability, shift, distribution, and scope of attention. Attention. The stability of attention depends on the properties of the objects to which attention is directed and the activity of the person to whom it is directed. The shift of attention consists in the deliberate transition of the subject from one activity to another, from one object to another, from one action to another.

The success of attention switching depends on a number of conditions, including the activities preceding and following it. However, there are individual differences in attention switching. Some people can switch from one activity to another quickly and easily, while others require a long time and effort to switch to another. Many modern professions place high demands on attention switching. Attention shifting is also of great importance in the learning process. Along with attention shifting, its division is also distinguished. The division of attention is understood as an involuntary transfer of attention from its main activity to unimportant objects in order to successfully perform it. Attention division is a property associated with the ability to successfully perform two or more types of activity at the same time. A high degree of attentional concentration is one of the essential conditions for the success of many modern types of work. Operators work on many machines and other tasks, and this is what is required. The ability to concentrate depends on a number of conditions at once. The more complex the types of activities performed simultaneously or the tasks solved, the more difficult it is to concentrate.

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