

**PEDAGOGICAL FACTORS IN THE FORMATION OF PEACE AND HARMONY IN
THE WORLDVIEW OF ADOLESCENTS**

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Abstract: This article explores factors that contribute to adolescents' understanding of the importance of peace and trust in the process of upbringing.

Key words: adolescent, peace, creation, well-being, upbringing, education, formation, development, improvement, factor.

The social development of each individual occurs throughout their life and within various social groups. Family, kindergarten, school class, student group, and work team—all these are social groups that make up an individual's immediate environment and act as bearers of various norms and values. These groups, which define the system of external regulation of an individual's behavior, are called institutions of socialization and are factors that influence the formation of an individual's value orientations. Moral values are primarily instilled in a child within the family. The positions that parents instill in a child within the system of social relationships determine their future lifestyle and life plan, also known as a life scenario. The problem of developing a student's worldview in today's world is an important topic for discussion. Resilience, or the ability of a teenager to adapt to stress and overcome difficulties, plays a key role in successful academic performance and personal development. The determination of resilience as a personal resource for adolescents is of great importance at all stages of their life. Resilience encompasses emotional stability, decision-making skills, self-management, and social adaptation.

Let's consider several key factors that contribute to the development of resilience in adolescents: creating a supportive social environment, including family, friends, teachers, and mentors. A positive environment helps adolescents learn to respond constructively to difficulties and seek solutions to problems; master effective communication skills, the ability to build relationships with others, resolve conflicts, and work in a team; regular physical activity and sports, which not only improve physical fitness but also strengthen the nervous system, promoting emotional stabilization and resistance to stress; the ability to recognize and control one's emotions, which helps adolescents overcome difficult situations more easily and avoid emotional traps; developing skills to overcome difficulties and failures, which helps them perceive them as part of their development, rather than an end point.

This is why it is crucial to teach adolescents the ability to learn from mistakes without dwelling on them; instilling goal-setting and goal-achieving skills necessary for young people to structure their lives and move forward despite obstacles; evaluating their achievements and motivating them for further development support internal resilience.

Furthermore, working on oneself, developing confidence and healthy self-esteem is an important aspect of fostering peace and harmony in adolescents. When a person is confident in themselves and their abilities, they are better able to cope with difficult situations. To help adolescents live in peace and harmony with others, it is important to develop endurance. This personality trait is important to develop from adolescence, when the body has already matured and requires constant self-improvement. This personality trait is also important because it serves as an

integrative quality, a system of attitudes and beliefs about the world and oneself, allowing the individual to withstand stressful situations while maintaining internal balance and harmony. Resilience helps adolescents engage in active activities, overcome difficulties and obstacles in achieving goals in challenging life situations, and is characterized by a high degree of reflection, optimal self-regulation, and a willingness to self-determination. Its criteria include self-analysis, self-regulation, and self-determination.

Therefore, the ability to cope with difficulties, adapt to changes, and overcome stressful situations during learning includes aspects such as emotional stability, adaptability, stress tolerance, social support, and determination. Each aspect has specific manifestations in adolescent behavior.

Emotional resilience can be defined as the ability to control one's emotions and maintain a positive outlook even in difficult circumstances. Emotionally resilient adolescents are able to effectively cope with stressful situations. They use various strategies, such as meditation and physical activity, to reduce stress levels. Emotionally resilient adolescents tend to maintain an optimistic outlook even in difficult situations. They are able to recognize opportunities for growth and development, are able to openly express their feelings and needs, and listen to others. This helps them build positive relationships with classmates and teachers.

Furthermore, emotionally resilient adolescents more easily accept changes in the learning environment, such as new rules or learning formats, and can adapt to them without significant difficulty. They are able to set and maintain personal boundaries, which helps them protect their emotional well-being and avoid burnout.

Developing a sense of harmony in the world helps adolescents understand the importance of caring for their mental and physical health, including regular exercise, adequate sleep, and time for relaxation. They are able to understand and support others, which contributes to a positive study group atmosphere and helps them cope with collective difficulties. Such displays of emotional resilience help adolescents not only successfully overcome academic challenges but also develop skills that will be useful in their lives and careers.

Another important aspect of adolescent resilience is adaptability—the ability to quickly adapt to new conditions, whether academic pressure, social changes, or other factors. Adaptability also develops the ability to effectively manage emotions.

Adaptability provides social support, which includes good relationships with friends, family, and teachers who can provide support. Clear goals and a commitment to achieving them are essential for adaptability, helping to maintain motivation during challenging times. Developing resilience can contribute to academic success and the development of skills needed for future careers.

Highly adaptable adolescents can quickly adapt to new academic demands, teaching methods, and assessment formats, such as online or blended learning. Adaptable adolescents are able to modify their learning approaches depending on the subject or teaching style, using a variety of methods such as group projects, independent study, or hands-on assignments.

Adolescents are able to effectively cope with schedule changes and other unexpected circumstances. Adaptable adolescents find it easier to connect with classmates and teachers, which helps them collaborate, and they develop the ability to manage their time and prioritize tasks in a multitasking and high-pressure environment.

Adaptable adolescents actively seek out additional resources and support (such as consultations with teachers, participation in study groups, or the use of online resources) and overcome difficulties. They demonstrate the ability to cope with setbacks and learn from mistakes, enabling them to continue moving forward. They learn to embrace new perspectives and approaches, which fosters a deeper understanding of academic material and the development of critical thinking. Such displays of adaptability help adolescents not only succeed in school but also develop as individuals, prepared for the challenges of future professional life. To determine the degree of resilience of modern students in a changing world, we conducted an empirical study using the "Resilience Test" developed by American psychologist S. Maddi.

The issue of student resilience in today's world is an important topic for discussion. Resilience, or the ability to adapt to stress and overcome difficulties, plays a key role in students' academic success and personal development. The definition of resilience as a personal resource is of great importance at all stages of a person's mental development. Resilience includes both emotional stability and decision-making skills, managing one's condition and social adaptation.

Let's consider several key factors that contribute to the development of resilience in adolescents: creating a supportive social environment, including family, friends, teachers, and mentors.

A positive environment helps adolescents learn to respond constructively to difficulties and seek solutions to problems; mastering effective communication skills, building relationships with others, resolving conflicts, and working in a team; regular physical activity and sports, which not only improve physical fitness but also strengthen the nervous system, promoting emotional stabilization and resistance to stress; the ability to recognize and control one's emotions, which helps adolescents more easily overcome difficult situations and avoid emotional traps; developing skills to overcome difficulties and failures, which helps them perceive them as part of their development, rather than an end point. To achieve this, it is necessary to teach adolescents to learn from mistakes rather than dwell on them; instilling goal-setting and goal-achieving skills, which are necessary so that adolescents learn to structure their lives and move forward despite obstacles; Evaluating one's achievements and motivating oneself for further development support internal resilience.

Furthermore, working on oneself, developing confidence and healthy self-esteem is an important aspect of developing resilience. When a teenager is confident in themselves and their abilities, they are better able to cope with difficult situations.

Developing peace of mind can be defined as the ability to control one's emotions and maintain a positive outlook even in difficult circumstances. Emotionally resilient teenagers are able to effectively cope with stressful situations. They use various strategies, such as meditation and physical activity, to reduce stress.

Emotionally resilient teenagers tend to maintain an optimistic outlook in various situations. Teenagers are able to see opportunities for growth and development, are able to openly express their feelings and needs, and listen to others. This helps them build healthy relationships with peers and teachers.

Furthermore, emotionally resilient teenagers more easily accept changes in the educational environment, such as new rules or learning formats, and can adapt to them without significant difficulties. They are able to set and maintain personal boundaries, which helps them protect their emotional well-being and avoid burnout.

Developing a sense of harmony in the world helps adolescents understand the importance of caring for their mental and physical health, including regular exercise, adequate sleep, and time for relaxation. They are able to understand and support others, which contributes to a positive classroom atmosphere and helps them cope with group challenges. Such displays of emotional resilience help adolescents not only successfully overcome academic challenges but also develop skills that will be useful in their studies and future careers.

Another important aspect of adolescent resilience is adaptability, the ability to quickly adapt to new conditions, whether academic pressure, social changes, or other factors. Adaptability involves developing the ability to effectively cope with pressure and stress arising from exams, deadlines, and other factors. Adaptability also provides social support, which involves strong connections with friends, family, and teachers who can provide support.

In the context of adaptability, clear goals and a commitment to achieving them are essential, helping to maintain motivation during challenging times. Developing resilience can contribute to successful learning and the development of skills necessary for future careers. Highly adaptable adolescents can quickly adapt to new academic demands, teaching methods, and assessment formats, such as online or blended learning.

Adaptive adolescents are able to adapt their learning approaches depending on the subject matter or teaching style, using a variety of methods, such as group projects, independent study, or hands-on assignments. They are able to effectively cope with schedule changes and other unexpected circumstances. Adaptive adolescents find it easier to connect with classmates and teachers, which helps them work in teams, and they develop the ability to manage their time and prioritize tasks under pressure.

Adaptive adolescents actively seek out additional resources and support (such as consulting with teachers, participating in study groups, or using online resources) and overcome challenges. They demonstrate the ability to cope with failures and learn from mistakes, allowing them to continue moving forward. They learn to embrace new perspectives and approaches, which contributes to a deeper understanding of the material and the development of critical thinking. Such displays of adaptability help adolescents not only succeed in school but also develop as individuals, ready for the challenges of their future professional life.

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