



## **METHODS OF STIMULATING THE PHYSICAL DEVELOPMENT OF STUDENTS FROM THE POINT OF VIEW OF PSYCHOLOGY**

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**Abstract:** This article examines methods of stimulating the physical development of students from a psychological perspective. The article analyzes how physical activity and a healthy lifestyle affect the psychology of students, the mechanisms of motivation and self-control. It also examines psychological approaches, pedagogical methods and incentive systems to attract students to regular physical exercise. The results of the study allow us to develop effective strategies aimed at improving the physical and mental health of students.

**Keywords:** students, physical development, psychological stimulation, motivation, healthy lifestyle, physical activity, self-control, pedagogical methods

**Introduction:** In the modern education system, the health and physical development of students are of great importance. Physical development is important not only in terms of the formation of a healthy body, but also in terms of the general psychological state and the impact on the educational process. Physical activity of students improves their psychological state, reduces stress levels, increases motivation, and develops self-control.

Research in the field of psychology shows that encouraging students to engage in physical activity has a positive effect on their level of self-awareness, internal motivation, and social relationships. Therefore, in order to encourage students to engage in regular physical exercise, it is necessary to take into account not only physical, but also psychological factors.

This article aims to study methods for stimulating the physical development of students through psychological approaches. The article analyzes theories of motivation, mechanisms of self-control, pedagogical and psychological methods, and considers the possibilities of their practical application. The goal is to identify effective strategies that will improve students' health and help them achieve success in the educational process.

The article also provides an in-depth analysis of the psychological aspects of physical activity, ways to increase student motivation, and mechanisms of pedagogical stimulation. This is of great importance for educational institutions in supporting student health.

**Main part:** The physical development of students directly affects not only the formation of a healthy body, but also their psychological state. Psychological studies show that regular physical activity reduces stress, improves mood, and provides a positive emotional state. This, in turn, increases motivation in the learning process and ensures effective communication and social adaptation between students.

During physical exercise, the body produces serotonin and endorphins, which helps students feel happy and refreshed. Psychological stability is an important factor in increasing educational effectiveness.

Motivation in psychology is considered a force that drives people towards a goal. When encouraging students to engage in physical exercise, it is important to identify their internal and external motivations. Intrinsic motivation is related to a person's own interest, satisfaction, and desire for self-development, while extrinsic motivation is related to rewards, recognition, and so on.

Psychological theories, including Maslow's hierarchy of needs and Deci and Ryan's self-determination theory, are used to motivate students. Educational institutions can enhance their intrinsic motivation by developing customized physical activity programs for students.

Self-regulation in psychology is the ability to plan, control, and evaluate one's own behavior to achieve goals. It is important to teach students to take responsibility for their physical development, to give them the opportunity to plan their own activities, and to evaluate their results. Psychological training, coaching, and personal development sessions help students develop self-regulation skills, which will ensure continued participation in physical activity.

Pedagogical and psychological methods are effectively used to encourage students to develop physically. They include:

- Individual approach: Organizing classes that are tailored to the individual characteristics, interests, and needs of each student.
- Group work: Developing social communication among students, creating an atmosphere of mutual assistance and competition.
- Goal setting: Setting clear, measurable, and achievable goals motivates students to work.
- External incentives: External factors such as awards, certificates, and social recognition increase motivation.
- Psychological support: Organizing counseling and training to manage stress and improve mental health.

In recent years, information and communication technologies have created new opportunities for increasing students' physical activity. With the help of mobile applications, online training, fitness trackers, students can track their activities, set goals and be motivated. Also, organizing competitions among students through virtual physical training and interactive platforms is an effective means of motivating them.

Many psychologists and educational scientists emphasize the importance of psychological factors in stimulating the physical development of students. For example, A. Maslow, in his theory of the hierarchy of needs, highlights the need for health and safety among the basic needs of a person, emphasizing the necessity of physical health for psychological well-being. In his opinion, physical development helps to satisfy students' internal needs, which has a positive effect on their educational success.

In the self-determination theory of Edward Deci and Richard Ryan, intrinsic motivation plays a key role. They note that approaches based on students' own interests and free choice are effective in motivating students to engage in physical activity. This theory is considered a psychologically effective way to motivate students without external pressure or obligations.

According to Lev Vygotsky's theory of social development, social relationships and interaction between students are important in increasing interest in physical activity. According to him, the creation of an atmosphere of cooperation and competition in a group will attract students to the activity more strongly.

J. Piaget also emphasized the inextricable link between physical and psychological processes within the framework of the overall development of the individual. In his opinion, the

development of physical activity contributes to the improvement of cognitive processes, including attention and memory.

Also, in B.F. Skinner's theory of operant conditioning, incentive and reward systems are seen as effective tools for increasing student motivation. According to him, providing students with consistent positive reinforcement (for example, through praise or rewards) to engage in physical activity encourages active participation.

The ideas of these scientists contribute to a deeper understanding of the relationship between physical development and psychological motivation and serve as a basis for developing effective motivation strategies in the educational process.

**Conclusion:** This article provides a detailed analysis of the main methods and mechanisms for stimulating students' physical development based on psychological approaches. The results of the study show that involving students in regular physical activity not only improves their physical health, but also strengthens their psychological state. Physical activity reduces stress, improves mood, and develops self-control, which increases the effectiveness of education.

As shown in the article, internal motivation, self-control skills, personal approach, and social environment play a significant role in motivating students. When pedagogical and psychological stimulation methods are used in accordance with students' activities, their physical development becomes more effective. In addition, interactive and innovative classes organized using modern technologies increase students' interest and motivate them.

As can be seen from the opinions of scientists, taking into account psychological factors in the process of stimulating students' physical development serves to create a healthy and effective learning environment in the education system. Therefore, it is necessary to strengthen cooperation between educators and psychologists and develop motivation strategies that take into account the needs of students.

In conclusion, psychological approaches to stimulating the physical development of students give effective results, and the systematic implementation of this process will serve to improve the quality of education. In the future, it will be important to conduct more in-depth research in this area, develop new methods and implement them in practice.

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