Characteristics and Social Principles of Psychological Counseling in Schools

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Abstract: The article describes the theoretical foundations of psychological counseling within the framework of psychological services in schools, the features and social principles of psychological counseling in schools, the level of social protection of a person, and a number of important functions for society and the individual.

Keywords: teacher, school, psychological, service, consultation, characteristic, and social, principle, pedagogical, social, factors.

INTRODUCTION. Evaluating the social and national importance of providing the continuing education system with qualified pedagogic personnel, the President of the Republic of Uzbekistan I.A. Karimov emphasizes the following: we are facing an urgent issue that cannot be underestimated. In my opinion, the main problem in changing the education system is here. We demand that the teacher give our children modern knowledge. But in order to give modern knowledge, first of all, the trainer himself must have such knowledge” [1, p. 12].

In our country, great attention is being paid to the issue of psychosocial health of workers, especially pedagogues who are educators of the next generation. In particular, a number of normative-normative documents aimed at creating a healthy social environment in our country, introducing effective mechanisms of youth education, ensuring the spiritual maturity of a person, psychological support, and the formation of psychological knowledge and skills of specialists. It is important that it is developed. As a clear proof of this, the decision of the Cabinet of Ministers of the Republic of Uzbekistan No. 472 of June 7, 2019 "On further improvement of the system of personnel training in the field of psychology and measures to prevent crime in society" [2] is given in paragraph 14 We can see that mental health issues are emphasized in the tasks set for "Uzbekistan on the road to psychological health".

The main goal of these reforms in the field of education is, of course, the issue of a well-rounded personality. In the words of President Sh.M. Mirziyoev, "...we see that the reforms aimed at changing the life of the society begin first of all with the education system [3]. The foundation of education and training is the school. The power that makes a school a school is teachers." Therefore, the "teaching" profession itself imposes a number of responsibilities and tasks on a person. This situation in itself creates the need to ensure the psychosocial health of pedagogues, improve the socio-psychological environment in the pedagogical team, improve the constructive attitude of pedagogues towards professional stress, and increase their resilience to stress based on various psychological mechanisms. In fact, professional development is one of the important links of the continuous education system, at the same time, it is a system that equips pedagogues with constantly updated psychological-pedagogical knowledge and methodical knowledge that is gaining a new essence.

LITERATURE ANALYSIS AND METHODOLOGY. Coaching is a modern format of successful consulting, and it is a way to achieve our goals in an optimal way. The concept of "coaching" is a doctrine that emerged at the intersection of psychology, management, philosophy, logic and life experience. Coaching is a relatively new phenomenon in the field of consulting services. The term "coaching" was introduced to business management in the early...
1990s by British businessman and consultant Sir John Whitmore[4]. Unlike psychological counseling, coaching focuses on the independent position of the client. "Coaching" is a transliteration of the English word "coaching", which means coaching, training, training[4, p.15]. According to a number of authors, it most clearly reflects the understanding of the coaching process as a joint achievement. In a broad sense, coaching is a system of principles and techniques that contribute to the development of people to increase their performance, reveal their potential and effectively implement it. Unfortunately, so far in our country, there have been very few scientific studies on the empirical study and analysis of the similarities and differences between coaching and other types of practical psychological support practices.

DISCUSSION AND RESULTS. Regular organization of certain activities creates certain skills in a person. And skills turn into competences in the process of consistent continuation of activity. The formed qualification ensures a quick, high-quality, and efficient performance of the activity by the individual. To the extent that humanity has been interested in achieving efficiency in activity, the professional qualification of the person who organizes it has gained such relevance. Acquiring a professional qualification has social as well as personal importance. Therefore, improving the professional skills of personnel has become an important direction of the education system. "Competence is, first of all, special knowledge, and then the embodiment of experience and skills acquired due to repeated exercises for a long time, passed through the call of intelligence and thinking" [5].

No matter what form of work the consultant chooses with the client in each specific case, it should be remembered that each of them requires from the specialist, firstly, a sincere desire to help a person, secondly, the delicacy of communication with him, and thirdly, thoroughness, care and gradualness in work[6].

In order to successfully and effectively organize and implement the process of social consultation, it is necessary to follow a number of principles in addition to those listed above.

In working with the client, the consultant must first of all convince the client of the necessity and usefulness of accelerating or reversing the existing problem in order to solve it later.

The principle of monitoring the situation, following it, allows the consultant to maintain an alert and objective view of the situation in order to intervene in the event of negative or destructive tendencies, even under intense working conditions.

The consultant is the principle of organicity and naturalness, which consists in not forcing and artificially accelerating the acceleration process. This should be a natural result of the joint activity of the consultant and the client in understanding and analyzing the problem.

The principle of completeness, aimed at leaving the opportunity for the client to make a different decision, to form new, additional values, to reconsider previously made decisions.

Applying these principles to the practice of his professional activity, the counselor must always remember that the leading role in the counseling process belongs to the client. It is he who chooses the specific type of consultation, the forms and methods of its implementation. At the disposal of the consultant are the experience, knowledge, information, skills and abilities that he puts at the disposal of the client. The task of the consultant is to encourage the client to make the right and correct decision without showing his superiority in this situation and without assuming the role of leader[7].

Like any other social technology, social counseling involves performing a number of functions that are important for society and the individual. These include:

transmission of certain norms, values and ideas about acceptable models of behavior and methods of activity;

providing information required by the client;

axiocorrection, accretion, axiogenesis;
monitoring the implementation of new values and norms in the client's daily life;
forming in the client adequate ideas about himself, his abilities, values and ideals and the world around him;
teaching a person effective and adequate methods of solving value-normative conflicts.

CONCLUSION. Development of the system of bodies and institutions engaged in professional activities in the field of social counseling in the society, rooting of ideas about the effectiveness of such assistance in the public and mass consciousness, development of the system of training of relevant specialists. the future will significantly increase the level of social protection of both society as a whole and each person.

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