

## Pedagogical and Psychological Aspects of Professional Sustainability of Future Teachers

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### ABSTRACT

This article focuses on the issue of pedagogical-psychological approach in the professional adaptation of future teachers and ensuring its sustainability.

**Keywords:** Competence, modern pedagogy, traditional education, sustainable activity, pedagogical outlook, professional commitment, pedagogical abilities, motivation, education, upbringing, attention.

Today, special attention is paid to teacher training for all segments of the education system. In addition to being highly competent, teachers in all areas of education must be fully mastered modern pedagogical and communication technologies, have modern knowledge and be able to pass their knowledge to the younger generation. It is known that today in all countries of the world there is a need to teach in the form of distance learning, along with the traditional education system, and it is at this time that teachers who are not well versed in modern information technology face difficulties. This caused pedagogical and psychological inconvenience to the teacher.

The existence of the world constantly reveals to people a world rich in mysteries. For example, the widespread spread of viruses has not only frightened people, but also endangered their lives. It has done great damage to the economy. It has changed people's living conditions, at least in part. Even in such a situation, teachers have never forgotten the need to work harder on themselves

and ensure the continuity of the upbringing of the younger generation. To do this, he carried out his pedagogical activities as a man of spiritual courage. This, in turn, means that teachers have the skills to sustain the profession.

In the preparation of future teachers for pedagogical activities, in the formation of skills of professional stability, a comprehensive explanation of their role in society, pedagogical outlook, professional duties and responsibilities, as well as pedagogical abilities is carried out. At the same time, each future teacher is provided with information on how to behave in society, as well as the formation of pedagogical activities related to social life.

For example, it is possible to increase the motivation of future teachers to achieve spiritual professional stability by showing a series of feature films dedicated to the activities of teachers.

("French Lessons", "Society of Dead Poets")

Films such as "Instead of a teacher", "Dear Elena Sergeevna", "Abdulla Avloni") A teacher with a modern image of today should have completely transformed himself qualitatively, fully demonstrated his creative abilities, had a high spirituality and created a personal pedagogical concept. Explaining this to prospective teachers will require a high level of knowledge and pedagogical skill from the higher education teacher.

To do this, a higher education teacher tells students:

- Explain the content of the Law "On Education":

- Fulfillment of modern requirements in the delivery of the content of pedagogical activity;
- A modern approach to the content of education;
- Explain the laws of education and upbringing and their content;
- Spiritual preparation for the educational process;
- Improving attention span skills;
- To teach to understand the content of education;
- Get used to doing memory exercises;
- Feelings are taught to control and manage emotions in a timely manner;
- It is important to teach exercises such as strengthening the will.

It is also important to highlight the role of motivation.

Motivation -Motivation (lat. Movere) - to arouse action; means the dynamic process of the psycho-physiological plan, the management of human movement, the means leading to the goal, the organization, the activity, and the tolerance. Motivation depends on emotion, and confidence depends on reason. Motivation gives a person a choice and never forces him to do something. He actively does this work based on his inner feelings. The possibility of sustainable activity in the pedagogical sphere must be created first of all in higher education.

In the process

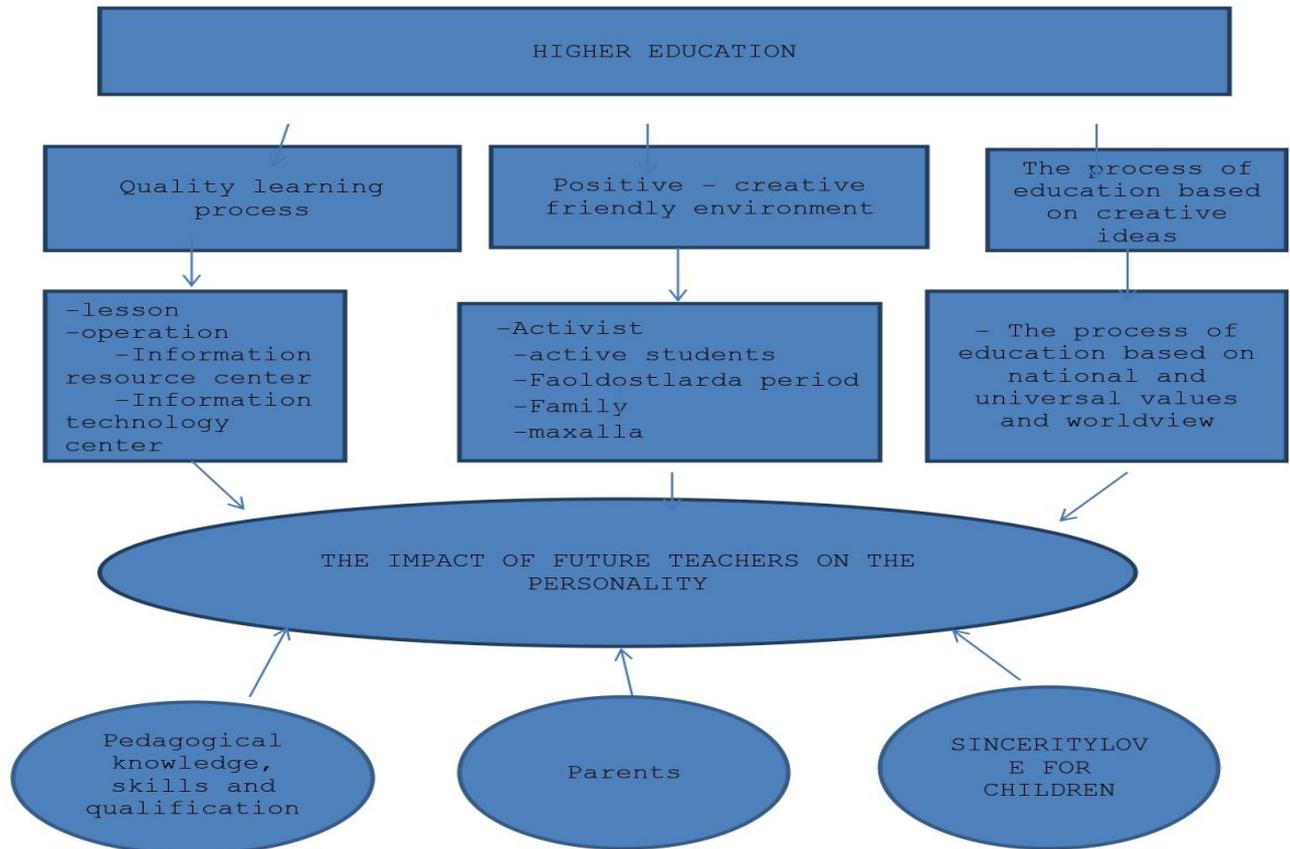
- ✚ The internal infrastructure of higher education must fully meet international standards in

imparting knowledge to students in the field of pedagogy.

The new generation of textbooks at the Information Resource Center should be regularly presented to students in the form of presentations.

- ✚ Classrooms, information resource centers, gyms, culture halls should be cool in the summer so that professors and future teachers can work fully. Autumn should be heated in the winter.
- ✚ Each classroom should be equipped with modern information and telecommunications facilities.
- ✚ The system of continuous financial incentives for teachers should be well established and improved.
- ✚ Payment of 13 months salary at the end of each academic year
- ✚ Teachers should take the necessary measures to monitor their health and treat them in a timely manner. Provision of funds has a positive impact on pedagogical activity.
- ✚ Professor - not to interfere in the activities of teachers, to allow them to work freely. Excessive checks, recovery from paperwork defects, drawing conclusions from video surveillance to allow the mold to come out of the mold.

The criteria for enabling students to work happily in their chosen field are outlined in the diagram below.



Therefore, in the educational process, it is necessary to form the skills of future teachers in higher education. At the same time, pedagogical and psychological knowledge play an important role in creating a love of the profession and the opportunity to work happily in the profession through the effective use of the system that motivates future teachers.

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