
Social and Pedagogical Technology of Effective Organization of Students' Free Time

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Annotation: In this article, the psychological and pedagogical theoretical foundations of organizing high school students' free time are widely covered, and the content of schoolchildren's free time is of a program nature and is aimed at the formation of a dynamic and sustainable cultural free time. space in society characterized.

Keywords: exteriorization, passive, art, sport, circus, music, tourism.

The rhythm of life of a modern high school student is characterized by high speed, monotony of the working day, regular repetition of events, learning activities, which leads to various diseases, including mental, stress, insomnia and other concerns. Therefore, it is very important to fully relax, free time from housework and study.

This interpretation does not reveal the meaning of the word "free time" in a broad sense. That is, by free time we can understand all entertainment that is not related to work, but this is not true.

defines the meaning of the concept of "free time" as free, unoccupied time, evening, evening time, free time from work. Therefore, it is not only a time of inactivity, but also a time of rest. Free time is time free from professional activities and homework, the formation and development of the child's personality takes place within the framework of transformative activity, which is confirmed by the theory of the personal-activity approach created by Russian scientists A. N. Leontiev, S. L. Rubinshtein. and L. S. Vygotsky in the 20th century. According to this theory, the main factor contributing to human development is activity. Taking into account the emergence of new types of activity and their further division in activity, the dependence of the primary psychological attitudes of the individual on this activity arises in the creation and transformation of individual mental processes. free time, student, educational, educational, defining such categories as "leisure activities", "leisure", most authors emphasize the priority of independent choice of the type of activity carried out by each person, and agree that they are similar. So today, choosing between leisure and work, a person definitely prefers free time. The achievements of science and technology, the modern way of life and the desires of people - all this leads to innovation and improvement in the field of leisure. There are four theoretical concepts that reveal its essence, content and meaning for its students.

In these terms, free time is defined as:

- 1. type of activity;
- 2. psychological state;
- 3. temporary place;
- 4. holistic lifestyle.

Let us analyze the concepts presented above by characterizing the content of high school students' free time. The first concept is the simplest and describes free time as a function that a student, like any other person, enjoys life.

The concept of free time in the psychological concept lies in the fact that the main condition for spending free time of a high school student is spending free time, a positive emotional state characteristic of him. When a teenager is in a negative mood, this activity is not considered free time, the most popular is the concept of relaxation as a temporary space. The essence of this concept is that the whole life of every teenager is divided into separate parts, each of which has its own meaning. At the same time, free time is a period of time not busy with the performance of duties regulated by school and home. Any activity that allows you to express yourself, fill the treasury of knowledge and physical abilities can be considered free time. Today, in Russian literature, free time is understood not as any human activity, but as a result of it, spiritual growth and opportunities for developing abilities are formed.

Leisure content in our country:

- 1) creativity, through which a person expresses his "I", studies and changes the surrounding reality, creates and produces something that did not exist before;
- 2) a solemn event - a holiday, with the help of which a person quickly leaves everyday affairs and problems, experiences a positive emotional explosion, joyful moments, shows his feelings without hesitation;
- 3) Rest, which can be active and passive and contributes to the replenishment of expended strength and energy;
- 4) education conducive to the improvement of mental abilities, knowledge of cultural and aesthetic elements;
- 5) entertainment, in which a person receives psychological and physical rest as a result of the application of skills and the realization of aspirations that are not realized for good reasons in other types of activity;
- 6) thinking, through which a person abandons the everyday way of life, analyzes his achievements and mistakes, comprehends his life experience.

Some of the presented species are difficult to distinguish from each other, others have similar characteristics, but in general they are all related.

The scientist A.F. Volovikov in his study considers the free time of schoolchildren as a pedagogical category and identifies three main levels that reveal its content:

- consumption;

- Create;
- exteriorization (social activity).

Consumption as a level of leisure activity can be expressed in different ways:

- 1) individual or joint,
- 2) active, passive or target active.

Thus, watching various programs or reading books in front of the TV, as well as walking in the open air, visiting entertainment establishments, receiving friends and relatives, etc., are all examples of passive consumption with the lowest level of recreation.

Examples of the average level of leisure, that is, active consumption, are hiking and traveling, hunting and fishing, visiting museums and theaters, etc.

The highest level of free time of schoolchildren comes from the average, and their free time has the same content. This is only a recreational activity of a high level, characterized not only by activity, but also by purposefulness. This includes: traveling with parents or activities, sports, collecting, etc.

The second level of leisure activity, identified by Volovik, is associated with the evolution of a person who, from a being simply consumed by the gifts of nature, turns into a being capable of creating new things and changing the existing ones.

What separates humans from animals is the ability to create. An example of such a level of leisure activity is all the activity of a person who has turned from a consumer into a creator [Volovik] Exteriorization of the leisure of an individual student or an entire class is an unclear concept. It can be carried out in the form of dissemination of knowledge, thoughts, ideas, artistic values and other information to form certain views, emotional states, ideas, as well as to organize socially useful free time for other people.

Exteriorization is carried out as a demonstration of the group's free time - showing a school play, a performance by a choir, an orchestra, showing a class exhibition, etc.; as propaganda, i.e. dissemination of knowledge, visions, doctrines; as an organization of leisure for children and adults, the content of free time of schoolchildren is understood as the sum of the elements of their interests, hobbies, hobbies, which include: artistic creativity (embroidery, knitting, sewing, etc.), cinema (thrillers, comedies, melodramas, etc.), sports (tennis, football, golf, volleyball, etc.), television (educational, entertainment, political and other programs), books (different genres by different authors), technical creativity, music (various styles and performers), practical work, collecting (coins, brands, car models, etc.), environmental protection, theater, tourism, etc. The total number of components of the content of recreational activities exceeds forty basic elements.

There are five main sets of leisure activities for teenagers.

The first group is aimed at replenishing the expended energy of the student physically and spiritually. It includes such leisure activities as various sports, walks in parks, playgrounds, outdoor games, entertainment, etc. This

group of leisure activities is aimed at developing the activity of adolescents, maintaining their health, and cultivating such qualities as dexterity, endurance, etc. Unlike the first, the second group of free time refers to the spiritual and mental sphere. It is aimed at the development of knowledge in children, the formation and development of their spiritual and moral values. This leisure group includes: reading entertaining and educational literature, watching documentaries and scientific films, traveling, visiting museums, galleries, exhibitions, etc.

The content of this group of free time is aimed at developing the cognitive activity of schoolchildren, obtaining knowledge from various fields, mastering cultural and historical values, etc.

The third group is aimed at restoring the spiritual strength of schoolchildren and developing their creative abilities. The content of free time in the third group includes research, theatrical, sports, artistic, labor, gaming, practical, and other events. The implementation of the activities of this group of free time contributes to the formation and development of the life position of a teenager, his personal self-determination, self-realization in creativity, sports and science.

The fourth group can fill the need for communication with the help of a free time group. This can be done by visiting discos and parties, dancing, being in creative associations and clubs, etc. In the process of communicating with peers and adults, children improve communication skills, they gain knowledge about different options for interpersonal relationships, apply them in practice, which allows them to adapt to different life situations.

The fifth group of free time is designed to teach creativity to schoolchildren. This group includes: various competitions, competitions and shows, field camps, active schools, hiking trips, recreation associations, etc. Adolescents who spend their free time in this way generally increase their organizational skills, including spending their free time independently of their friends and classmates. Let us briefly describe some of the above types of recreation.

Sports and other activities Sports and other types of physical activity are always in demand by people of different generations - from the elderly to children. Love for sports comes from childhood. Thanks to motor activity, many qualities are formed and developed in children: dexterity, strength, endurance, patience, speed. Children have always loved sports such as rollerblading and skating, bicycles and scooters, skiing and skateboarding, just running, etc. Therefore, today it is very easy to organize the free time of schoolchildren here, especially considering the available opportunities and favorable conditions for sports. For example, running marathons, cycling marathons, biathlon competitions, cross-country skiing, school olympiads, etc. These events can be organized and held at the school together with teachers and parents for schoolchildren, although they themselves are actively involved in their organization.

The game has always been considered a favorite activity of preschoolers and younger students. Today, there are so many different games that affect all aspects of human life that high school students, and many adults, prefer to spend their free time playing some kind of game. .

The game is not only an interesting form of recreation, but also a way for the development of children. With their help, many qualities of a teenager are improved, such as intelligence, dexterity, logic, worldviews and life

positions are formed. They try to play different social roles of adults, playfully endure many life situations, have experience in correct behavior and problem solving in a given situation. A feature of high school students' preference for games is that they spend their free time not only playing modern games, but also playing folk games (tug of war, white poplar) since childhood with a desire to convey.

Dance is loved by all generations as a fun and energetic pastime. It is necessary to instill love for them from childhood, to give the child an idea of the morality and culture of dance. Dance helps to form a beautiful and correct posture, develop plasticity and grace, and develop a light graceful gait. There are many ways to organize free time at school through dancing. This includes a dance class, a sports club and ballroom dancing, a dance competition, dance battles, a school dance carnival and more.

Music is a special kind of art that can convey experienced feelings, express emotions. You can choose the right music for any mood. Therefore, everyone loves music, everyone needs it, classical music is recommended for an unborn child, this has a beneficial effect on his development, and from early childhood, children distinguish the rhythm of music that calms them. or excites. Therefore, music occupies a special place in the leisure of children, especially schoolchildren.

Every generation has its own style of music. In high school, guitar playing, club play, rock, rap, national pop, classical, and many other preferred music genres are especially popular. Girls choose romantic tones, boys - more cheerful and rhythmic. Separate dance music, music for suffering and experiences, for the soul, for love and communication. Music is a universal language of communication, understandable to everyone, it unites and brings people together. In addition, it should not cause anger, aggression, negative emotions in a person.

There are many ways to spend your free time with music: music concerts and competitions, patriotic song festivals, amateur performances, etc.

Cinema Watching movies in cinemas or at home has become one of the most popular types of leisure today, especially among young people, including high school students. The development of cinema and the achievements of scientific and technological progress make this type of recreation more interesting and enjoyable. You can watch animated films as well as entertaining and educational films. The Internet expands the possibilities of this type of recreation, allowing you to find and download scientific and documentary films, including those that help in learning and self-development.

However, many films contain scenes of violence that are prohibited for certain age groups. Therefore, for example, when selling tickets in cinemas, the age of visitors is strictly observed. In schools, this is strictly controlled by teachers, and parents are solely responsible for children watching at home.

Tourism is travel organized for recreational and educational purposes, often associated with sports. This way of organizing free time is one of the most favorite and preferred ways for both children and adults. A change of residence has a beneficial effect on the emotional state of a person, gives a boost of energy, gives mood and new impressions. there are different types. The most commonly used activities in schools are cycling, hiking,

mountains, water, etc.; as well as group trips to attractions in their own and nearby neighboring cities. The main thing that is acquired with such a rest is interesting knowledge and communication.

Collecting This type of free time is attractive to children from early childhood, many things seem interesting and unusual, and a person wants to collect and save them, to find something new. Many people carry the passion for collecting from childhood into later life, and some do not leave it for the rest of their lives.

You can collect anything: from small items (coins) to large items (cars).

There are several types of collection related to the most popular:

- philately (postage, other stamps, stamps);
- Bonistics (paper money);
- Numismatics (old coins, medals);
- Militaria (military goods);
- Faleretics (orders, medals, badges);
- Philocardia (art and photo postcards);
- Philophony (audio recording).

Some people collect the most incredible things that are unnecessary, uninteresting and just seem like garbage. Others collect valuable items of great material value - paintings, sculptures, jewelry, etc.

Competitions. A competition is a selection of several people from different spheres of life in order to highlight the best. This is a good motivational tool for achieving any goal. Children of all ages love to participate in various competitions in which certain prizes are awarded based on the results of victory. This way of organizing free time is combined with others, for example, sports, music competitions.

Competition is the struggle to achieve excellence in a particular area of life. Contests and contests are very similar. Participation in them energizes children, brings the team together, develops many qualities in team competitions, etc.

Theatrical leisure is a great way to develop a child's artistic, aesthetic culture, the development of acting skills, teaching speech and memory.

Participation in school theaters and school performances allows students to get acquainted with many works studied in literature lessons, experience interesting events themselves, and play the roles of their favorite characters. This is also an opportunity to learn the whole mechanism of staging a performance, directing, acting skills, participate in the creation of scenery and costumes, immerse yourself in the theatrical environment. The organization of schoolchildren's free time through the theater consists of theatrical performances in classes or at

the school level, theater festivals, puppet theater, as well as theater visits together with the class, teachers and parents.

Circus Almost everyone, regardless of age, likes to spend their free time watching the circus. The circus is especially popular among children, it fills them with energy, pleasure and joy. Spending free time with the help of the circus is not only a passive observation of the performance, but also the creation and holding of an amateur circus, where everyone plays a special role. . The content of high school students' free time is characterized by a program and a focus on the formation of a dynamic and sustainable cultural and temporal space in society. At the same time, every teenager has the right to independent choice, independence and self-determination in society. However, the participation of the teacher is also necessary. The content of high school students' free time is multifaceted, and their hobbies, hobbies and interests should be taken into account.

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