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## THE USE OF PSYCHOLOGICAL TRAINING AND EXERCISES IN THE DEVELOPMENT OF LEADERSHIP SKILLS IN STUDENTS

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### Abstract:

This article describes the effective methods of using psychological training and exercises in the formation of leadership skills in the student community.

**Keywords:** Leadership, super leadership, leadership behavior, concentration, emotional, stressful situation, relaxation.

In recent years, in connection with the increasing attention to the problems of personality development of young students, interest in the psychology of learning leadership among the student body has also increased. On this basis, special attention is paid to the issue of leadership in management psychology, a special department of social and ethno-psychology. [1].

Leadership psychology is a branch of psychology that studies the problems associated with the activity of leaders, the psychological mechanisms of effective organization of the activities of other groups by individuals and groups of individuals, and the implementation of joint activities. Leadership - we can observe the presence of official and unofficial leaders among the team, which arise under the influence of various situations.

Leadership is defined as a set of qualities that can be seen in the influence that a person can give to himself first, and then to others. Based on this, it is necessary to pay attention to the following direction in the formation of leaders. First, study a group of students and turn it into a team. It is necessary to increase the knowledge of students.

1. Professional knowledge;
2. Methodological knowledge;
3. Social knowledge

<sup>1</sup> Akramova F.A. Social psychology. TDPU. 2007y, 72 p.



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Students have diagnostic characteristics of leadership activity, which are:

1. The leader should be a realist in the basic sense, that is, he should imagine that all his actions are in line with the interests of the university and will benefit him;
2. What leaders think about people in general, what they think about them, and their knowledge in this regard are very important;
3. That it is an important ability to be able to perceive anything easily and without difficulty;
4. Must be able to manage the activities of others and the team as a whole and be ready to do the work together.

5. Being able to determine the position and production potential of the team and competitors and colleagues outside it, and draw the necessary conclusions.

6. It is necessary to have a reserve of abilities and strength in order to complete any assigned task and to create a certain feeling of satisfaction from it.

To do this, focus one's strength, potential, and abilities on the most important goal, and spend one's will on it. In addition, it is necessary to be able to show that you are always fresh and healthy, and that you are always fit for work. It is necessary to pay attention only to their control, without getting involved in small tasks that other employees can do.

Taking this reality into account, leaders are identified from among the student body and socio-psychological training is conducted with them.

In fact, social-psychological training is a system of exercises and behaviors performed to teach students the desires of leaders, interpersonal relationships, and the right approach to education. The training process consists of what instruction (direction) is given by its leader in each exercise. The main goal of the training is to coordinate the negative influence of leaders among students.

In addition, there are also types of trainings, that is, they are used depending on the purpose of the training. We can see the following types of training.

1. Establishing a psychophysiological relationship.
2. Strengthening the psychological attitude.
3. Psychodrama process.

The main direction of the training is to organize the perception of a role-playing situation in the form of a role-playing game, because it is necessary to form an individual attitude of the participants to the situations created in the game with the help of training.



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The training process includes 10-15 exercises. All sessions of the training are conducted with its participants only on the basis of friendly, sincere feelings, kindness and assistance, and on a voluntary basis. [2].

The number of training participants in the student team can be from a minimum of 8 to a maximum of 15 people. It is necessary to agree in advance that the psychological training will not give a positive result if the mandatory exercises in the group exercises are not carried out in compliance with the rules set by the conditions. Including:

- sincerity, goodwill to each other;
- mutual trust and mutual respect;
- do not evaluate the person during the exercises, but evaluate his activity and communication methods;
- immediately inform the trainer of the participants' impressions of how satisfied they are with the game;
- the execution of tasks is intended only for a positive hypothesis;
- not paying attention to personal defects;
- not to give any advice to anyone during the training;
- To fulfill the condition "here and now", that is, not to bring out everything that happened during the training and not to tell what one feels in the current communication;
- Spectators participate not with the permission of the trainer, but with the consent of all members of the group.

Training sessions are conducted in a friendly, sincere and voluntary manner. If a certain rule is not observed regarding the conditions of training, it will not give a positive result.

General rules and regulations of psychological training:

- 1) All participants should sit in a circle.
- 2) The number of participants must not exceed 15 people.
- 3) The psychologist trainer must complete all training tasks in sequence together with the participants.
- 4) Each of the participants must attend all training sessions.

<sup>2</sup> Hayitov O.E., Umarova N.SH. Theoretical and methodological foundations of the process of training future managers up to higher education (on the example of the activity of the Faculty "Preparation for Higher Education" of the Donetsk State Academy of Management) // Education management. – 2007. – No. 6.



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Along with several factors, we can use psychological training and exercises to develop leadership skills in students.

**A program of socio-psychological training aimed at coordinating the influence of leaders in the student community.**

Steps	Targeting	The subject or content of the training
<b>Preparation stage</b>	Conducting an initial interview with students. Clarify the rules and regulations that are provided for in the process of working with students in groups.	Interview, observation of students' daily activities and their results.
<b>First stage - Primary</b>	Group closeness, friendly attitude, analysis of the influence of the leader on the environment in the student body using the technique of observation. Training leaders to reduce and eliminate the negative impact of the educational process	Exercises for the formation of spiritual needs: "Satisfaction of desires", "50 different ways of using a chair", "Synesthesia", exercises for the formation of social communication: "Muno-basket chain", "Management of the internal regulator" psychotechnical exercises.
<b>Second stage- Passer</b>	Increase the efficiency of the training process. Targeted management to reduce the influence of leaders	Development of the feeling of "love for students", autogenic breath control and internal psychotechnical exercises. Exercises for establishing the right relationship: Psychological preparation for exercises "I want to stabilize the psychological environment"
<b>Third stage- Main</b>	Reducing the influence of leaders in educational activities. Control and correction of interpersonal relations. Stabilizing the influence of leaders. Psychological recovery after the training program for leaders	Exercises to reduce the negative influence of leaders: "Be sincere." Exercises aimed at eliminating social conflicts: "Hot teapot".
<b>The fourth stage is the final one</b>	Influence the increase in activity by reducing the negative influence of leaders. Mastering self-management skills when entering into a relationship	Mental training exercises: "Self-control", formation of struggle against negative influences. Autogenic exercises are a process of exercise.

To sum up, our goal of training was to prevent the negative impact of leaders on the educational process, to develop leadership qualities and to effectively use the acquired experience in crisis moments of the educational process.



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