

Emotional empathy in pedagogy.

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ABSTRACT

Today you often hear the word, but less know the feelings. This term does not mean certain actions in the perception of experience - it is a complex part of gestures, words, feelings, emotions that speak about these actions. Empathy is the ability to understand the events that happen to a person and, if necessary, sympathize with them. Such actions happen completely consciously. There are some nuances when using this term. Thus, in psychology, empathy is a natural expression of feelings in empathy.

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For each person, such feelings have their own level: the average expression of feelings, making the human problem full. Often in psychology, empathy is manifested as a reflection of the partner's feelings and emotions, and as a rule, emotions appear. It should be noted that empathy is not important in pedagogy. Teachers or educators are psychologists to some extent. It is important to determine the type of psychological interaction between the teacher and students that can be beneficial for both parties. In this case, empathy is the teacher's ability to understand and in some cases predicts the mental state and emotional feelings of the child.

Empathy is derived from the Greek word *empathia*, which means sympathy. In fact, the method of empathy develops with children. Children under the age of three cannot yet use this ability, and from the age of three, educators and parents together can form this quality in them. At the same time, in some cases, the lack of empathy on the part of the parents also hinders its development. prevents. Imagine a child lost his toy. The first mother's reaction to this was that you lost the toy yourself, you shouldn't have taken it out on the street, how many times have I told you not to take it out. The second is the empathetic mother's attitude, I'm so sorry you lost your toy, I usually get upset when I lose something.

Why is it necessary to develop empathy in a child? Advantages of a child with developed empathy:

They quickly get along with others;

He will have many friends;

He will have learned to compromise;

He easily forgives himself and others;

Due to his strong ability to analyze, he does not get upset easily;

What methods can the educator use to develop empathy in children in MTT?

The first method. Determine the position of the person depicted in the photo. The teacher shows the previously prepared pictures to the students one by one. The picture shows sad, happy, angry, nervous, crying children. Pupils should identify the situation in the picture and describe it in their own language.

The second method. Unfinished tales. In this case, the educator starts a fairy tale, but does not finish it. For example, a fairy tale can start like this: Two friends went out to play. While they were having fun kicking a ball, a boy riding a bicycle hit the ball and broke it. So, how will the story continue?

The third method. In the mask game, everyone wears a given mask and must be able to take on the role of a person or an animal in that mask. In this game, you can choose the characters of lion, tiger, rabbit, cat, mouse, elephant, monkey, bear hunter. Mother's role in developing empathy in the family is incomparable. For example, if a boy says that he is afraid of the moon, you should not say that the boy is not afraid, but rather, I was a little afraid at your age, and it will pass. Or if not, it's not that if a small child says that he's sad that you're leaving, he'll be sad, but I'd be very sad when he left, I'd feel lonely, please be patient, I'll soon it is appropriate to answer that I will return.

Then the child feels that he is needed, that he is understood and recognized, and involuntarily develops the ability to understand and empathize with others. This is very necessary for his future life.

This is important in a situation where the teacher sees the student's ability and ability and gives him more difficult tasks, which helps him feel more confident in answering the board - asking the right questions, praising students or shooting can be caught. Naturally, you can not push the boundaries established between the teacher and the student - parents should be more serious about adoption, and excessive emotionality or empathy can harm the educational process. The same feeling is almost everyone alive is characteristic of living things and man is no exception. The fact is that everyone experiences a different level of sensitivity. Someone can take seriously the feelings of another person and show sympathy with him - this is a high level of empathy, and for someone there are not a few good words or actions without violent feelings and cries .

The first option can sometimes have a negative effect on the mental state of such emotional conversations. Sometimes it is difficult for him to learn from another person's experience, it can lead to phobia or mental disorder, but if there is no dependence on his feelings, he begins to understand people better. Lack of empathy can affect a person's relationship with society. It is called cold or cruel, and sometimes it is insulted because it is impossible to share with others. Regardless of different situations and circumstances, the golden tool is important. In the modern world, it is very important to maintain one's dignity, moral values, and the terrible rhythm of life.

In some cases, the ability to be indifferent and indifferent is appropriate, and its extreme levels can have a negative effect on the individual himself. The concepts of empathy and feeling seem to be the same thing. , but the meaning attached to them is still different. To empathize with the feelings of another person, not to work with them, not to agree with them, and to sympathize - this is to show attention to the person, his problem or feelings, perhaps some participation, and most importantly, such feelings- it is characteristic to transfer feelings to their skin.

The terms empathy and reflection are psychologically different. According to the second concept, the experience and feeling of one's feelings and emotions is characteristic, which is the study of the inner psychology of a person. In some cases, it will be a reassessment of values, thinking, decision-making. Unlike awareness of other people's feelings, this awareness itself refers to the experience of the individual, not the other person.

You can understand some of its features to know how it feels. Thus, we are talking about separate components of the word in question - empathy and empathy. First, it shows a person's emotional response to human experience. Empathy is the psychological ability to absorb the feelings and emotions experienced by another person.

Generally, the display of empathy can be divided into three groups:

Cognitive - includes intellectual processes - analogy or comparison;

emotional - consists in imitating some reactions of a person;

predicative is a feature that can include different reactions to what happened.

There are three main levels in the development of this feeling:

The first or lowest level of empathy is characterized by the lack of interest in the life of a person himself and his care, friends or colleagues. It may be difficult for such people to carry on a conversation or participate in social activities.

The second level is sometimes the ability to empathize with other people and sometimes being indifferent to other people's concerns or problems. This group includes people who rarely show their emotions. Most of the time, he remains reasonable and calm.

The third level is usually characteristic of emotional and emotional people, there are few of them, but they have the ability to understand and feel others well. They are best friends, sincere, in any situation they can get to the heart of the matter and find appropriate words and solutions, but sometimes they are based only on feelings.

How can empathy be developed?

There are some ideas that can develop a sense of empathy, or at least be useful for a deeper understanding of the issue. Some of the tips talk about studying a person - his behavior, feelings, reactions to various factors or irritants. Empathy and how to develop it:

Listen to your interlocutor - this method helps to evoke feelings and better understanding of your partner.

Pay attention to the people around you in different situations and try to understand their thoughts, what kind of work they do, what regional position they belong to.

Start a conversation with people you don't know: traveling by train or subway, in a minibus with a solo traveler.

Curiosity is one of the tools for developing empathy.

Put yourself in the other person's shoes to see any issues from the other side. As an issue for acceptance, you can refer to psychological films where the characters are in a hopeless situation. Try to understand how to act in such a situation.

Develop the ability to identify your feelings and emotions, try to develop emotional memories.

It is often difficult to experience a person who has some of the characteristics of an empath. For strangers, great experience and strong empathy are not always useful.

In such cases, it is important to demonstrate the ability to manage this state - to resolve the situation, to reassure and show that you are involved in other business. More time is devoted to loved ones or hobbies. Perhaps you should think about problems that are not related to your experience and other people. Do not forget about your health.

Conclusion:

Hypertrophied empathy is often the cause of people's anxiety. This problem can cause difficulties in communicating with people. To overcome this, it allows you to control your feelings and emotions, to focus on your worries and hobbies. It is important to communicate with people, to find positive moments. Empathy is the ability to feel emotions in a person, to feel them, so the complete avoidance of such a feeling leads to withdrawal from society and self-closure.

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