

COMPETENCE FOR SELF-DEVELOPMENT AS A PERSON IN LEFT-HANDEDNESS

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Annotation: This article discusses the issues of self-formation and development of left-handed students. The understanding of the identity of left-handed students and the work to be done in this regard are highlighted. A study was conducted on the self-formation of students as individuals.

Keywords: personality, formation, left-handedness, competence, development, knowledge, education, action, process

Currently, our head of state pays special attention to the education system. Necessary conditions are being developed for students to receive quality education, for them to become perfect people in the future, and for each person to find their place. In the Republic of Uzbekistan, based on the continuity of education and its focus on educating a well-rounded individual, basic competencies and specific competencies based on the content of each subject have been determined in order to ensure the consistency of the content of general education subjects taught in general secondary, secondary specialized, and vocational education. First of all, let's look at the question of what is competence? Competence is the ability to use theoretical knowledge, practical skills, and qualifications acquired in a subject in solving practical and theoretical problems encountered in everyday life and apply them in practice. In the educational process, education based on this competence is carried out.

Competency-based education is education aimed at developing students' competencies to apply acquired knowledge, skills, and competencies in their personal, professional, and social activities.

If we pay attention, left-handed students write a little slower. This indicates that the student does not work on himself. Every person must first work on himself and strive to become a complete person. In this case, left-handed people need to develop themselves as a person. Here too, we turn to competencies. The term "competencies of self-development as a person in left-handedness" means a set of important abilities that help in self-development, self-strengthening of the individual. These abilities can help in self-development, self-knowledge, setting goals and achieving them. This is important, because through self-development, a person acquires expanded skills and abilities. These competencies include self-correction, self-management, and facilitating self-learning.

The competence of self-development as a person in the left-handed person includes the ability to consistently motivate others, to open the way to self-knowledge and self-esteem, to increase one's confidence in solving problems and learning new knowledge, and to value one's own value and opportunities to work on it. Working with left-handed students is very beneficial. Their energy and innovative ideas can bring innovation to your work. To do this, it is advisable to think along with them and master business skills. Working with left-handed students leads to the development of competence, as they are keen to analyze news, innovations and problems in depth. They are good at applying their ideas and creating a community, which facilitates development and finding solutions. As a result, the company uses the students' abilities and creative approaches.

To increase the competence of self-development as a person in Chapakay, we can consider the following recommendations:

1. Goal Setting: Set goals for your personal development. Goals increase motivation and clarity and help you navigate your development path.
2. Self-Motivation: To develop yourself, you need to increase your self-motivation. Find ways to motivate and demand to achieve your goals.
3. Self-Management: Learn self-management and time management skills in self-development. Develop your time management skills and work effectively with a sense of purpose, systematic work, and constraints.
4. Increase your self-knowledge: Learn the theoretical knowledge in self-development. Improve your skills and knowledge with the help of books, courses, online resources. Follow the latest news and developments in your field.
5. Communication: Develop your skills in conversation, introductions and public relations. Learn good ways to discuss work-related issues, show restraint in some matters and leave other people.
6. Development of the main area: Find your interest for development and focus on the main area for relaxation. This will allow you to gain new knowledge and skills and develop in a useful area for yourself. Following these recommendations will allow you to increase your self-development competence in the left-handed. Find methods adapted to your personal development, depending on yourself, and consider the advantages of developing them.

Self-development is a conscious process that a person carries out without any external help, using only his spiritual and physical capabilities to increase his potential and realize himself as a person. It is the same and inextricably linked concept of self-development, personal growth. This is a person's self-education, during which his positive qualities are improved, his actions become more effective, and as a result, his personal potential increases significantly, which helps to achieve success in all areas of life.

The concepts of "self-education", "personal potential", "success" seem rather abstract. All this can be achieved only through specific actions. Personal growth and self-development are

processes that give positive results, both spiritual and material, only in conditions of constant hard work on oneself.

Self-development is undoubtedly a big and important step, but you also need to create an action plan for yourself to achieve your goals. Do not think that your life will change in a second or in a day. It takes a lot of time to achieve great things. If you work hard, the result will meet all your expectations.

Personal self-development can be divided into five stages that are inextricably linked to each other:

- 1) understanding its necessity;
- 2) learning needs;
- 3) self-knowledge;
- 4) strategizing;
- 5) action.

Before you take action, you need to clearly understand why you need this and that you really want to change something. At this point, the subject of your irritation does not play a significant role. Either the level of income does not satisfy you, or you want people to perceive you differently, or you need some changes in your appearance. All these and any other desires have one thing in common: they must be based on a strong, boundless desire for change and a complete readiness to use maximum effort to achieve your goals.

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