

## TEACHER'S PROFESSIONAL DEFORMATION AND ITS IMPACT ON RELATIONSHIPS WITH STUDENTS

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**Annotation:** This article analyzes the professional deformation of a teacher and its impact on relationships with students. Professional deformation is a negative change in the teacher's pedagogical activity, leading to psychological and emotional fatigue, loss of motivation, and a decrease in pedagogical abilities. These conditions negatively affect the teacher's sincerity towards students, pedagogical approaches, and teaching methodology. The article considers the causes of professional deformation, its impact on relationships with students, as well as methods for eliminating professional deformation. Professional deformation can be prevented by providing psychological support, professional development and effective support to teachers. Such approaches increase the effectiveness of the educational process.

**Keywords:** Teacher's professional deformation, pedagogical activity, student-teacher relations, emotional exhaustion, loss of motivation, professional development, psychological support, pedagogical methodology, stress and fatigue.

Many world and foreign scientists note that today, professional qualities, including the professional formation of a teacher, are rising to the forefront among human needs due to their importance. New problems in the domestic, economic, political and cultural spheres constantly require the development of professional criteria, and this increases the desire of specialists in the field to enrich the problems of professional self-awareness and professional formation of a person with theoretical ideas [4].

In our republic, serious attention is paid to the education system, one of which is the implementation of a number of effective measures to prevent professional deformation of teachers and ensure their professional development. Efforts to prevent professional deformation of teachers are continuing through psychological assistance, professional development, social support, improvement of working conditions, and the use of new pedagogical technologies. All this increases the motivation of teachers, helps them to effectively carry out their pedagogical activities, and serves to improve the quality of education.

Professional deformation of a teacher is a negative change in the psychological and emotional state that occurs as a result of prolonged engagement in pedagogical activities, which directly affects the teacher's attitude to work, pedagogical abilities, and relationships with students. Professional deformation leads to a decrease in the teacher's mental state, a decrease in interest in his work, and difficulties in carrying out effective pedagogical activities. Analyzing how this process affects the relationship between teacher and student, and finding ways to prevent this problem, is necessary to increase the effectiveness of the education system [10].

Teacher professional deformation is a process that occurs as a result of a decrease in the teacher's psychological, emotional and intellectual resources, and develops for several reasons. One of the most important reasons is emotional exhaustion, which is one of the main and important components of teacher professional deformation. It occurs as a result of enduring a high level of stress and psychological overload for a long time. Constant stress and high emotional demands in a teacher's professional activity have a serious impact on his psychological state, as a result of which the teacher loses enthusiasm, energy and motivation for his work.

Emotional exhaustion is mainly manifested by the teacher feeling tired, irritable and apathetic. This condition prevents him from effectively carrying out his pedagogical activities, and also negatively affects his relationships with students. The occurrence of emotional exhaustion can lead to a teacher feeling emotionally empty. This weakens the teacher's attitude towards work and contributes to the development of professional deformation.

Motivation is one of the main factors in the effective pedagogical activity of a teacher. In the process of professional deformation, motivation may be lost due to factors such as a decrease in the teacher's enthusiasm, energy and motivation for work, long-term work under high pressure, low salaries, and low evaluation in society. This has a negative impact on his professional activity. Loss of motivation significantly reduces the teacher's pedagogical approach, relationships with students and the teacher's self-esteem. Teachers' lack of social and financial support for their work leads to the development of professional deformation. If teachers' work is not recognized, this reduces their motivation and reduces their enthusiasm for work. Difficulties in mastering new methods and technologies, reduced enthusiasm of teachers, resistance to new pedagogical approaches or failure to master new methods lead to a loss of motivation[9].

Another cause of professional deformation of a teacher is social isolation, which is a state in which a teacher isolates himself socially or has difficulties in communicating with others. Social isolation negatively affects the mental and emotional state of a teacher, which can lead to problems in his pedagogical activity. Social isolation aggravates the working conditions of a teacher. Teachers may not feel sufficient support from their colleagues or social networks. Teachers helping each other and communicating with each other plays an important role in increasing professional morale and motivation.

Teachers who experience professional deformation have difficulty communicating with other teachers or the head of their organization. This state of the teacher leads to difficulties in teaching students, especially in helping them in difficult situations, and to ineffective pedagogical approaches. Students perceive the teacher's self-confidence, which negatively affects their learning process. If a teacher is socially withdrawn, he or she may not communicate well with his or her students and may have difficulty using effective teaching methods. Teachers may also be less likely to participate in sharing their pedagogical ideas and experiences.

Encouraging teachers to support each other, helping each other, and creating opportunities for communication and exchange of experiences reduces social isolation. Encouraging teachers to work as a team helps to improve their psychological state[8].

Types of professional deformation. According to the research of E.F. Zeer and E.E. Simanyuk, professional deformation occurs in 3 forms:

1. General professional deformation - is characteristic of "human-human" professions. Despite the fact that this personality trait and professional activity are associated, the degree of deformation varies. For example, doctors have a "grief fatigue" syndrome, which reflects emotional indifference to patient complaints. The combined manifestation of the features of general professional deformation leads to the similarity of certain professions and ease of recognition.

2. Specific professional deformation - occurs in the process of adaptation to certain specialties of the profession. Any profession includes several specialties. Each specialty has its own set of deformations. For example, suspiciousness in an investigator, active aggression in an operative, etc. Doctors with different specialties also develop their own deformations.

3. Professional typological deformation - is based on the relationship between the individual psychological characteristics of a person (temperament, character, abilities) and the psychological structure of his activities. As a result, the following features may appear:

✚ deformation of the professional orientation of a person: a change in the motivation of activity (goal-oriented motive), restructuring of the value system, pessimism, distrustful attitude to news.

✚ deformation formed on the basis of a certain ability (organizationalism, sociability, intelligence, etc.). For example, an increase in the level of demandingness, high self-esteem.

✚ deformation based on character traits: indifference, striving for position, role expansion, dominance. This group of deformations is formed in people of various professions and does not have a specific professional orientation.

#### Ways to prevent and eliminate professional deformation of a teacher

Providing psychological support to teachers and organizing trainings for stress management is an effective way to prevent social isolation. Through psychological counseling, teachers will have the opportunity to manage their emotions and restore confidence in their work.

Developing teamwork among teachers, ensuring their active participation in mutual cooperation, helps to improve social ties. Bringing teachers closer together through cooperation in lessons, joint projects and events increases their professional motivation.

Creating opportunities for teachers to help each other through social networks or online platforms also reduces social isolation. Teachers can strengthen their social ties by sharing their experiences, learning new methods and giving each other advice.

Introducing teachers to new pedagogical technologies and methods, as well as directing them towards professional development, will increase the teacher's enthusiasm for his work and help prevent professional deformation. Diversifying lessons, directing teachers to teach students



in new, innovative ways, will help increase their motivation. This will help teachers maintain interest in their work and will positively affect students' academic success.

In conclusion, teacher professional deformation significantly reduces the effectiveness of the education system, as it leads to a loss of trust, motivation, and effective communication between the teacher and the student. To prevent professional deformation, teachers need psychological assistance, continuous professional development, and social support. These measures will protect teachers from professional deformation and create the opportunity to effectively educate students.

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