

SPECIFIC CHARACTERISTICS OF THE MEMORY OF PRIMARY SCHOOL CHILDREN

Makhliyo Zokir kizi Nurillayeva

3rd year student, Primary education, Karshi State University

ABSTRACT

This article discusses about memory, which is one of the characteristics of children of primary school age, and its strengthening during the lesson. Pedagogical recommendations were given to strengthen students' memory through interesting games and exercises.

Keywords: Memory, attention, thinking, sensory memory, exotic memory, tactical memory, long-term memory, short-term memory, etc.

INTRODUCTION

The decree No. PF-5712 aimed at improving the education system in our country "On approval of the concept of development of the public education system of the Republic of Uzbekistan until 2030" includes a plan to include the Republic of Uzbekistan in the ranks of the 30 most developed countries in the field of education. Improving the quality of education and raising it to a new level in order to achieve the goal is one of the urgent tasks. It is important to develop the psychological characteristics of students, such as memory, attention, and thinking.

The mental process of remembering and retrieving perceived objects and events or past experiences is called memory. According to scientists, there are no folds in the cerebral hemispheres of a newborn baby. Memory is formed in the child when he gradually begins to understand the events around him. These memories serve to form folds in the cerebral hemispheres, and the child begins to comment on the surrounding events. Remembering in children is strongly developed compared to other ages. Developing the ability to remember creates the foundation for a strong memory.

MATERIALS AND METHODS

The strong memory in children is explained by their curiosity. Every unfamiliar thing in nature attracts a child. As a result, the child wants to find answers to the questions that interest him, to approach the events around him in his own way. Inquisitive children have a better memory than their peers. Because when such children find answers to the questions

they are interested in, they will definitely keep it in their memory. Children's memory is greatly influenced by the external environment. Due to the fact that everyone's childhood was spent in different environments, some children have a very high ability to remember, some children have an average memory, and others have a very low memory. Not only the external environment, but also the internal environment plays a big role in strengthening the child's memory. If a child has high curiosity, he remembers things and events faster. The child should be interested in such a way that his attention is focused only on that thing. A child can concentrate only if he has a strong interest. Attention serves to store information in the child's memory. Children of preschool age have a high level of interest. At the same time, everything they need to remember should be shown in an interesting way for them. The child easily remembers the event that he was a direct participant in. Feeling objects with the help of sensory organs helps to keep these objects in the child's memory faster. Children of this age are interested in holding everything because of their low sense of fear.

At primary school age, children's ability to remember is much more developed. Therefore, in the first class, the main attention is paid to the following directions:

- speech;
- memory;
- logic and mathematics;
- concentration;
- reading;
- physical health.

A child's memory works "inside" intuition and perception. Memory first appears in print, then recognition, and is characterized by short-term storage. That's why there are frequent repetitions at this time. The use of various games and methods will give faster results. Games for remembering numbers or objects in pictures are widely used to strengthen memory. It helps the child to concentrate. Counting is also considered a good exercise to strengthen memory. In this case, numbers from 1 to 20 or from 20 to 1 should be counted in parallel. For example: 1, 20, 2, 19, 3, 18 and so on. Repeat this exercise every day and increase it to 10 and reach 100. Another method that is useful for memory is the "clap-handed" exercise, which requires more use of the right hand for clumsier people, and more of the left hand for others. With this exercise, the brain works better and memory recovery is improved.

RESULTS AND DISCUSSION

What is remembered is the material of memory, and what is remembered and recalled is the content of memory.

There are 3 main types of memory:

1. Sensory memory. Sensory memory helps to remember impressions of information.

In turn, touch memory is divided into several types.

Also known as visual sensory memory, "iconic memory" involves a very brief image.

"Echoic memory" is also known as auditory sensory memory. This type of sensory memory can last up to three to four seconds.

"Tactile memory" involves a very short period of sensory memory. This type of touch memory lasts about two seconds.

2. Short-term memory. Short-term memory is a type of human memory in which you can retain only a small amount of information. The duration of information storage with one-time perception is estimated in a few seconds. Short-term memory is also called primary or active. Short-term and long-term memory are opposites, they differ in the time of information storage.

The amount of short-term memory is very limited and it stores an average of 7 +/- 2 memories. The breadth of short-term memory is unique and lasts throughout life. Short-term memory is capable of processing a large amount of information and discards redundant information.

3. Long-term memory. Long-term memory can store traces of pictures for a very long time and allows them to be used in future activities. There are specific types of this mental process: biological, episodic, associative, reproductive, reconstructive, autobiographical.

Psychologists Carol Ames and Carol Dueck found that when parents and teachers emphasize a privilege, children's interest immediately fades.

What to start with?

Re-motivation to study is a long-term process and its success depends mainly on the parents. Memory refers to the psychological process of remembering, retaining, and re-creating thoughts, feelings, and images of events and things that are then understood. Developing a child's memory is a condition of successful teaching. Therefore, parents should deepen and teach this important process.

Today, the main causes of memory impairment that are not associated with serious diseases are:

- chronic fatigue (chronic fatigue syndrome)
- Psychoemotional stress (stress)
- harmful habits
- poor nutrition

The simplest and most delicious product that helps to strengthen memory is a banana. Just give the child 1 banana on an empty stomach and 1 banana before bedtime. Banana substances have a positive effect on blood circulation in the brain and the nervous system. In addition, eating bananas can help relieve stress, which is one of the causes of memory loss in children.

CONCLUSION

In conclusion, it is important to take into account their individual characteristics and deal with each student separately in order to strengthen the memory of children of primary school age.

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