



**METHODOLOGY OF ORGANIZATION OF PEDAGOGICAL
WORKING CONDITIONS BASED ON ERGONOMIC
REQUIREMENTS**

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ABSTRACT	KEY WORDS
The article describes methods of organizing pedagogical working conditions based on ergonomic requirements. Ergonomics is a science that studies human labor activity, work tools and tools, the environment and the process of their interaction.	working conditions, ergonomics, ergonomic requirements, ergonomic approach, pedagogical work, work activity, process

Introduction

A person's health depends on the working conditions created for him, on his ability to properly use the opportunities of the working conditions. If a person is not able to complete all the planned tasks during the working day, this does not indicate that he is not a good worker. Perhaps this is often caused by unfavorable workplaces and unfavorable working conditions. Unfavorable working conditions, on the other hand, require excessive labor and energy consumption from the worker, or work efficiency decreases as a result of increased negative effects on human health. That is, unfavorable working conditions can cause a decrease in the level of human vision, defects in the locomotor system, headaches, diseases of the heart and respiratory system. Today, engaging in the science of creating comfortable working conditions is studied as one of the important factors that increase labor efficiency. The science that studies the principles, laws and requirements of creating and facilitating working conditions is called ergonomics.

Ergonomics (from the Greek *ergon* - work and *nomos* - legality) is a science that studies human labor activity, work tools and tools, the environment and the process of their interrelationship. It is based on such sciences as physiology, management, pedagogy, psychology, sociology.

The main goal of ergonomics is to create a comfortable, efficient, safe working environment. That is, it serves to create working conditions that do not have a negative impact on human health, do not tire, maintain health and establish work activities that are not boring.

One of the main ergonomic requirements for creating pedagogical working conditions is to create a comfortable microclimate in the room.

The ergonomic approach to the educational process is related to a number of pedagogical and organizational conditions.

Pedagogical requirements of the ergonomic approach include:

1. Compliance of the organized didactic system with the purpose and content of education, compliance with pedagogical and ergonomic principles;
2. Selection of educational methods and technologies used in the pedagogical process based on ergonomic requirements, focusing on the health of the participants and prevention of fatigue;
3. Ensuring the employability of subjects of the pedagogical process.

The conditions of the ergonomic approach include:

1. Modernization (or reconstruction) of the school building and classrooms taking into account the technical and technological requirements for modern education;
2. Strengthening the material and technical support of schools, providing them with modern information technology equipment;
3. To ensure the rational use of didactic materials, information technologies and computer equipment intended for use in the educational process and their storage according to standards;
4. Adherence to physiological and psychological standards when making a lesson schedule;
5. Rational organization of the workplace of teachers and students;
6. Creating an ergonomic environment for teaching and learning;
7. Equipping the interior of the classroom based on ergonomic requirements.

The creation of an educational environment based on an ergonomic approach in modern schools is determined by creating a comfortable working environment for the participants of the educational process, supporting the intellectual and physical activities of each student and teacher, and working conditions aimed at protecting their health.

An ergonomic approach to the educational process helps to eliminate a number of problems in the pedagogical system. They consist of:

- helps to determine the quality and efficiency of education according to the labor and time spent on it. that is, it shows the teacher which methodology can help him achieve high results with less time and less effort;
- determines the requirements of the information-educational environment in the school and, on this basis, specifies the conditions for designing, organizing and implementing the educational process;
- helps to clarify the quality and efficiency of the educational environment, pedagogical conditions and information from the point of view of optimality;
- enables precise planning of tasks in the activities of pedagogues according to their importance;
- helps to prevent various threats to the health of teachers and students during pedagogical work;
- allows teachers and students to achieve more with less effort and less time;
- the teacher's work is organized in an orderly, planned and efficient manner.

The main criteria for creating a comfortable working environment for a teacher are as follows:

- compatibility of room equipment (furniture) with ergonomic norms;
- ventilation (air circulation) should be good, the lighting system and the color of the room walls should meet the ergonomic requirements;
- organization of a working environment favorable for pedagogical activities.

Ergonomic furniture designed for the rational organization of pedagogical work consists of a table, a chair and a shelf. Let's get acquainted with the requirements for choosing them.

A desk is an important tool for proper organization of work. Points to pay attention to when placing a work table are that there should be a wall or a barrier behind it when sitting on it. If the table is placed near the door, then it is necessary to pay attention that the door is on the side of the person sitting. It is advisable not to sit with your back to the door.

When choosing a chair, it is necessary to follow several requirements. First, the back of the chair should be upright, that is, when a person sits, his spine and legs should be at right angles. The height of the chair should be manageable and the seat should be slightly deeper. This position helps to keep the pressure in the body evenly.

The shelf, rack, and table top should be at a convenient height within easy reach, mobile, and convenient for placing books and volumes of different formats.

The ventilation system must also work for air circulation in the room. Because the circulation of air serves to supply the room with oxygen, to keep the air temperature the same and to ensure that there is fresh air in the room even when the windows are closed. At the same time, a properly designed ventilation system helps protect the room from external noise and dust.

The lighting system of the room and the color of the wall are factors that directly affect the mood of a person. Especially in the cold and cloudy days of winter, the light and colors in the room are important in raising the mood of a person and increasing his efficiency. Therefore, it is necessary to pay attention to the falling sunlight for the classrooms. That is, it is very important that sunlight falls through the window of the room. Sunlight not only provides natural light but also serves to maintain human health. A lamp of the same importance as sunlight is a daylight lamp, which is close to the light of sunlight and is important in that it does not cast shadows.

It is also necessary to pay attention to the fact that sunlight and light fall on the table from the left side. This will prevent the shadow from falling on the notebook while writing.

There are important ergonomic standards that are also followed when painting the walls of the room, and they are as follows:

1. The walls and ceiling of the room should be painted in soothing, non-bright colors.
2. Warm colors make the room look smaller. When the walls of the room are painted in cold colors, the room will appear larger.

It is better to have the ceiling of the room in a lighter color than the wall, and the floor in a darker color than the wall. This will ensure that the color of the room is more natural. Because in sunset the soil is darker than the trees and the trees are darker than the sky.

Furnishing a teacher's workplace also requires adherence to certain standards and focus on providing comfort. The comfort of the workplace increases work efficiency and saves time. The following requirements are set for equipping the teacher's workplace:

1. One of the main requirements is convenient placement of work equipment "within reach". Because it prevents excessive time spent looking for work glasses, objects, nervousness.
2. It is necessary to pay attention to the absence of excess equipment on the work table. Also, the surface of the desktop is required to be wide enough to be convenient for the teacher to work, designed to place magazines, textbooks, manuals, and notebooks.
3. Each piece of equipment and work tools needed in the work process should have its place. This will prevent excessive movements.

4. It is better to store stationery in a box with special compartments.
5. It is better to place communication tools (such as telephones) used in the work process on the left hand side. Because it is convenient to use them with the left hand while working with the right hand.
6. It is better to store documents used in the work process in special compartments or at a distance so that they are easy to see.
7. It is advisable to group work tools and all work documents, necessary resources according to their use, in a logical sequence, in the sequence of execution in a desk drawer or on a recently placed bookshelf.
8. The table, bookshelf and other necessary equipment should be placed at a convenient distance from the teacher to allow them to use it even with little effort. This helps to avoid excessive effort and labor in the work process.
9. One of the more important requirements is that the workplace should be aesthetically properly equipped. That is, from the outside, the workplace should be comfortable, orderly, beautiful, and the equipment should be placed in proportion to each other.

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