



# **PEDAGOGICAL AND PSYCHOLOGICAL ASPECTS OF IMPROVING THE MECHANISMS OF DEVELOPING PROFESSIONAL PEDAGOGICAL CULTURE FOR STUDENTS OF PHYSICAL CULTURAL EDUCATION**

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| <b>ABSTRACT</b>  | <b>KEY WORDS</b>  |
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| The article discusses the pedagogical and psychological aspects of improving the mechanisms of developing professional pedagogical culture for students in the educational direction of physical education and physical culture. | Professional pedagogical culture, pedagogical ethics, communicative culture, educational approaches, reflective pedagogy. |

## **INTRODUCTION**

Professional pedagogical culture is a high level of ethics and culture, based on the professional knowledge, skills and values of teachers in their activities, guiding students and pupils on the right path, forming positive relationships in society. New pedagogical approaches, innovations and technologies developing in the educational system require high professional culture from students. It is necessary for students to learn not only in academic activities, but also to actively participate in society, to behave properly in a professional environment, and to maintain professional ethics and morals.

### **The main components of pedagogical culture**

- • **Pedagogical ethics:** The teacher should show respect and grace to students in his activities, respect their rights, ensure sincerity, correctness and justice.
- • **Professional knowledge and skills:** Continuous improvement of knowledge and skills of the teacher in his field.
- • **Communicative culture:** Establishing effective communication with students and students, listening to their opinion, reflecting opinions correctly.
- • **Educational approaches:** Not only to give students knowledge, but also to form cultural and moral values in them, to help them find their place in life.

### **The relevance of educating professional pedagogical culture**

**Community development:** Well-educated, professionally cultured pedagogues raise an educated and cultured generation of society, which positively affects the overall development of society.

**Effective teacher-student relationships:** By forming a pedagogical culture, the relationship of mutual respect, trust and sincerity between the teacher and the student is strengthened, which increases the effectiveness of education.

**Professional development of teachers:** Professional pedagogical culture helps the pedagogue to develop himself, to constantly update his knowledge. This leads to professional growth of the pedagogue.

1. Pedagogical and psychological approaches complement each other in training professional pedagogical culture for students of physical education. Pedagogical approach is related to methods of teaching students and effectively organizing their development process, while psychological approach is related to psychology, motivation, emotional and intellectual needs of students. The combination of these two approaches ensures the formation of professional pedagogical culture in students.

2. The following pedagogic-psychological aspects play an important role in improving the mechanisms of training professional pedagogical culture:

**Motivation:** Various motivational approaches are needed to arouse students' interest in physical activity and professional pedagogical culture. Arousing the needs and interests of students to achieve their goals helps to increase their activity. In this process, it is necessary to analyze the internal and external motivations of students.

**Emotional support:** Physical culture education serves to develop high-level mental and emotional skills in students. The pedagogue supports students mentally and psychologically, helps them maintain psychological stability. It is also important to build students' confidence in self-management and achieving their goals.

**Pedagogical communication:** Pedagogical communication is very important in establishing effective communication with students, creating an atmosphere of mutual respect and trust, and increasing their participation. Establishing a dialogue taking into account the individual psychological characteristics of students, effectively helps in directing them to professional skills and pedagogical culture.

**Personal development and self-awareness:** Students should be psychologically prepared to identify, develop and develop their professional skills. In this process, psychological counseling, training and psychotherapeutic approaches are important for personal growth and self-awareness.

3. Psychological aspects in the formation of professional pedagogical culture are related to many factors:

**Age psychology:** Physical education students are mostly teenagers and young adults. It is necessary to understand their psychological characteristics and needs, to organize the educational process on this basis. Professional culture, self-awareness and social changes formed during adolescence should be implemented.

**Emotional intelligence:** Pedagogically and psychologically, it is very important to teach students the skills of managing their emotions and adapting to social situations. Development of these skills

through physical culture activities helps to strengthen students' self-management and moral foundations of physical education.

**Group psychology:** In the process of physical education, students work in groups. In such conditions, team spirit, joint problem solving and mutual support are psychologically important. Management of interaction between students, organization of motivation and social support are considered as the main mechanisms in the formation of professional pedagogical culture.

**4.** The following approaches are important for improving psychological mechanisms in the education of professional pedagogical culture:

**Individual approach:** Taking into account the psychological state of each student, organizing the educational process in accordance with their needs and abilities. This approach increases the psychological comfort of the student and helps him to understand himself.

**A systematic and integrated approach:** Integration of psychological and pedagogical methods in education of professional pedagogical culture. Application of innovative technologies and methods, development of psychological training and psychotherapeutic support programs for students.

**Reflective pedagogy:** Stimulating students' desire to analyze their activities, successes and mistakes, make changes and self-development. It is an effective mechanism of pedagogical psychology and forms the professional pedagogical culture of students.

In short, pedagogical-psychological aspects are important in improving the mechanisms of education of professional pedagogical culture for students of physical culture education. The combination of pedagogical and psychological approaches helps to form a professional culture in students, to ensure their personal and professional development. High motivation, emotional support, individual approach and group psychology play an important role in training professional pedagogical culture.

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