



## Social adaptation of children in pre-school education preparatory group

*Zokhidova Sanoat Rakhmonovna*

*Head of the Department of "Pedagogy and Psychology of Preschool Education" Samarkand State University, Doctor of Philosophy in pedagogy(PhD), Associate Professor*

*Abbosova Aziza Ashrafovna*

*Samarkand State University*

*1-year master of Science*

### ABSTRACT

*The article gives a brief overview of the art of jewelry of the Khorezm people from ancient times to the VIII century AD.*

### ARTICLE INFO

**Article history:**

**Article history:**

Received 6 Nov 2020

Received in revised form 15 Dec 2020

Accepted 30 Jan 2020

Available online 09 Feb 2021

### Keywords:

adoration, social adaptation, psychological adaptation, physiological adaptation, explanatory work with parents, socialization of the child, social adaptation of the child, inability of the child to adapt socially

## Introduction

Social adaptation of a child - this is a process of active adaptation of a child in a difficult life situation to the socially accepted rules and norms of behavior, as well as the process of overcoming the consequences of psychological or moral injury.

Admission to a preschool (PEO) is a period of great change in a kid's life. He is transitioning from a familiar and typical family environment to a special microenvironment that differs significantly from previous conditions.

It has become a habit to call the process of a child's adaptation to a new environment an adaptation.

A sudden and dramatical change in a child's life, such as going to kindergarten, is a reaction that leads to a serious disruption of his behavior and negative development. It is true, the child has to change a number of habits, such as enhanced stereotypes in sleep, eating, communication with adults.

Features of the organization of preschool education are follows:

- First and foremost, the long-term survival of a large number of children, which increases reciprocal activity and severe fatigue;
- Secondly, certain pedagogical standards in approaches to kindergarteners that are not typical for children and cause negative emotional and behavioral reactions in them.

Adaptation to new conditions often leads to the development of adaptation syndrome, which in some cases negatively affects the health of the child.

Reasonable and early preparation for admission to a preschool organization minimizes the risk of developing difficult adaptation.

It is taken following events:

1. Ensuring optimal health of the child.

To do this, before enrolling in a preschool institution by all the specialists needed for a certain age, check his level of physical and neuropsychological development, as well as laboratory tests (blood tests, urine, feces for worm eggs). The baby should be thoroughly examined before registration. If any deviation in the state of health and development is detected, remedial and corrective measures should be taken.

2. Age-appropriate primary vaccination to prevent the child from contracting infectious diseases.

However, it should be borne in mind that the formation of immunity after vaccination also causes stress in the adaptive systems of the body. As a result, the child can be sent to a preschool two to three weeks after the last vaccination.

3. Maximum closeness of home mode and nutrition to kindergarten.

This allows us to create new stereotypes that are already familiar to the child, at home. These measures will help reduce the burden of adaptation on admission to a preschool. The child's regimen should be changed at least two weeks before the start of his visit, and even better - earlier.

4. Explanatory work with parents.

They should be explained the importance of the impending changes in the child's life, introduced to the pedagogical approaches used in the child care institution, and given advice on correcting the wrong family upbringing, if any. Parents should also be explained that they do not want to enroll a child under the age of two in a preschool, and in some cases up to the age of three, because at that age he or she feels a great need to be in constant contact with relatives.

The child's habituation in the context of preschool education, especially at a young age, should be done without problems:

- During the first week, leave it in the group 3-4 hours before lunch or after sleeping at home;
- In case of negative emotional reactions, take a break for two to three days before the child goes to the children's institution.

Parents can play kindergarten at home with the child, make sure the child is among the older children who often know how to do simple things: get dressed, go to the toilet, eat with a spoon, clean their own things.

It is recommended for group members to become familiar with the home environment in a child's life and to follow stereotypes and approaches that are familiar to him or her in the early days. A more convenient adaptation is facilitated by the gradual replenishment of the groups, which allows us to pay sufficient attention to each child during the period of adaptation to the new conditions.

The term "adaptation" means coincidence. This is a universal phenomenon inherent in all living existings.

Adaptation (Latin *adaptatio*-adaptation) to adapt to the body's ability to adapt to different environmental conditions.

Social adaptation is the adjustment of a person to the social conditions of existence, such as the characteristics of a social group that finds itself at a particular moment.

Psychological adaptation is the adaptation of psychological features, situations and processes to the conditions that a person finds himself.

The socialization of the child - this is the process of bringing him into social life. It is embodied in the acquisition of a system of knowledge, values, patterns of behavior inherent in this society.

The social adaptation of the child is the process of his active adaptation to the conditions of the social environment, the type of interaction of the child with the social environment.

The child can not adapt to the social - social adaptation to the environmental conditions of the successful resistance to its social characteristics were lost k e teeth or forming process.

Humans have a special functional system consisting of the cerebral cortex, hypothalamus, pituitary gland, and adrenal cortex, which enter into complex functional relationships in the implementation of adaptive responses accompanied by certain changes in the regulation of metabolism. It also implements social adaptation that encompasses all the complex behaviors of a person.

Adaptation creates the conditions for the organism to live a more productive life. If a person is healthy and his physical systems are functioning at an optimal level, then it means physiological adaptation.

Adaptation of children aged 5 to 6 years

Children between the ages of 5 and 6 find themselves in a special position, they are immediately sent to a large or preparatory group in kindergarten, "so that the child becomes accustomed to the community in front of the school."

On the one hand, these kids are "bigger," easier to connect with, they know how to eat with a spoon, and they don't forget to go to the bathroom. On the other hand, these "home" children are accustomed to being the focus of one or more adult families and often cannot communicate with a

large number of children. They get tired of the noise, don't remember the names of their peers well, can't understand their complex relationships, and join the team. They are ashamed to talk to a teacher about their difficulties or, conversely, instead of following the example of their peers, they always make fun of them.

The main problem with such children is that they do not see themselves as part of a group, they find it difficult to look at other children carefully and behave the same, they often do not differ in a larger observation than others. Their social inability, exacerbated by stress, can greatly complicate the adjustment period.

Children who come to kindergarten at this age often draw badly, make mistakes like insecure, confusing actions. Soon they will master all of this, and at first all their energy will be spent simply to get used to it.

A preparatory group in kindergarten turns out to be a unique solution to a problem that most parents face. The problem is that it is unknown how the child will behave in kindergarten and how kindergarten will affect the child. Thanks to the preparation group, parents have the opportunity to introduce their child to a new place, new opportunities and new friends. Parents also have the opportunity to monitor the child's reaction to the new environment.

Kindergarten is a unique step in a child's development and his first experience of adapting to something new in his life. In the future, the child will have to adapt several times to new situations, people and events. If an experienced teacher is with the child during the first adaptation experience, it is best if he or she explains to the child the working principles of the new world in which the child falls. Preschoolers are sometimes unprepared to step out of the familiar environment that forms at home. Even older children do not always agree to go to kindergarten. The Kindergarten Preparatory Group makes it easy for children to prepare for this. Thanks to preparation, it is easier for children to move in a new team, make new friends and participate in new games.

The advantages of the preparatory group also lie in the following points:

- Targeted preparation for the next stage, ie the stage of the age group in kindergarten;
- development of organization and discipline in children; - gradual adaptation to the new environment. Often, the preparatory group in kindergarten is filled with activities such as role-playing games. This type of activity helps children learn how to build relationships with each other properly, and so does the teacher. These games also focus on the development of creative thinking, imagination. The beginning of the process is carried out with the participation of the educator, then after the children understand the rules of this game, the children independently form the direction of the game.

Therefore, Social adaptation helps a person to bring his or her goals, interests, and values closer to the goals, interests, and values of the group in which he or she is located, and to enter that group.

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