

IMPLEMENTING THE PSYCHOLOGICAL HEALTH OF LEADERS IN THE FIELD OF EDUCATION

Nurbek Alijonov

Lecturer, Fergana State University,
Uzbekistan, Fergana city

ABSTRACT

Psychological health is a very important criterion for those who work in leadership positions. If the leaders of our society have psychological knowledge, a high level of psychological health, the psychological environment and interpersonal relationships in the place where they work will definitely be positive.

Keywords: leader, leadership, psychological health, organizational function, leader, leadership, authority, authority, personnel, progress.

INTRODUCTION

Any management feels the need to manage this process perfectly. To this end, the structure should have a responsible manager. When we think of an organization as a structure, its leader is understood as a person who provides exactly two main functions of governance. When analyzed at the organizational level, the main functions mentioned above are expressed as follows: Goal-orienting function - combines the tasks that lead the organization to a specific goal. Organizational function is the optimal use of existing opportunities in different departments of the organization. The main functions and responsibilities that a leader must perform are illustrated as follows. Commenting on each of them, it should be noted that the main goal of leadership is to achieve a balance and harmony between these tasks, and thus ensure the integrity of the organization.

MAIN PART

The study of leadership issues has a significant place in the history of psychology. The main reason for this is that in historical studies of sociology, social psychology, the role of the leader in social life, responsibility for the fate of the country, the people, development, prosperity, happiness depends in many ways on his personality, activities, abilities, intelligence. made. Leadership is one of the most complex aspects of working with people. This information shows that the psychological training of the manager is important. A leader needs to be able to adjust his or her behavior to managers according to their situation, to show leaders their strengths, and to make a division of labor by distinguishing their shortcomings. One of the responsibilities of a leader is to create an organized team in which each leader has his or her place and job, to reduce the likelihood of conflict situations affecting work efficiency. It is important for the manager to be able to study and apply the positive factors that affect the effectiveness of team activities. A manager must be able to develop and activate the personal qualities of leaders that influence the effective organization of team activities in the performance of his or her educational duties.

Psychological support of any activity is based on the issue of personnel, which is of strategic importance in the formation of our young independent state, and at the same time requires relevant and weighty research in public policy. This issue, in turn, is formed in the framework of improving the efficiency of work by training highly qualified, mature professionals. Improving the efficiency of any activity, especially its complexity and comprehensiveness, imposes a number of requirements on the person who implements it. For which the following psychological factors need to be put into practice by systematizing the study in a complex way. Let's look at the ideological and political qualities of a leader

- Ideological and political beliefs, devotion, principles, political literacy, social activism, understanding of social duty, social thinking, organization, entrepreneurship;
- Professional qualities; professional maturity, independence, knowledge, critical thinking, ability to analyze information, express themselves, research;
- Emotional and moral qualities: patriotism, exactingness, humility, respect for others, self-confidence, honesty, fairness, impartiality, morality and ethics, rational evaluation, self-improvement, modernity, adherence to ethical rules to do
- Special abilities; faith, organization, eloquence and authority, sensitivity, communication, attention, clarity, objectivity;
- Individual differences in the organization: psychological, selective, practical intelligence, critical thinking, organization, willpower. These are the ideological and political qualities of the leader.

It is impossible to achieve great results without special training of leaders. First of all, it is advisable to use trainings that form life skills, communicate, encourage interpersonal skills, decision-making, problem solving, maintain a healthy lifestyle, develop and guide skills, and promote human development. .

A leadership culture is a social role in which leadership is a limited, acceptable form of behavior that is expected from an individual who has a unique position in the system of social and interpersonal relationships. The description of a social role also includes the values and character, social attitudes, beliefs and feelings, goals and desires that are expected of a person who holds a special status in society.

In management activities, great attention is paid to the social psychological phenomenon of leadership, leader-leader. Before analyzing the phenomenon of leadership, it is necessary to consider the concept of authority. Authority (Latin *autoritas* - authority, influence) - in social psychology - means the influence of a person, social group, public organization on others, their position in the eyes of other people. The authority of an individual, group, or organization may be legal, formal, or informal, depending on their status in the informal relationship system. In the first case, authority depends on the social role of the subject, in the second case it depends on the attitude of the people around him.

Society is changing - leaders are changing. Each of the human communities requires individual qualities from the leader. Some of the characteristics are needed by a football team captain and others by a ship captain. But you can find common ground leadership skills ... The following characteristics are required in our society:

- Honesty;
- Openness to new knowledge and readiness for change;

- Imagination;
- Self-confidence;
- Sense of humor;
- Zeal;
- Rationality and perseverance;
- Readiness for change;
- Ability to see and hold the target;
- Ability to quickly find the necessary tools to achieve the goal;
- Interesting looks and charisma.

CONCLUSION

Developing leadership is a daily task and requires all your efforts. Psychological health and spiritual maturity are very important criteria for those who work in leadership positions to fully and sincerely fulfill the above tasks.

REFERENCES

1. "Leader and employee" of the book and general publishing department of the "Academy" publishing house of the Academy of State and Social Construction under the President of the Republic of Uzbekistan. 150
2. Abdullayev Y.O Management. "Fundamentals of control theory and others." T. 1998.
3. Baratov Sh.R. "Labor process and socio-psychological aspects / Economics and reporting". 1997.
4. Genov F Psychology upravleniya M. Progress, 1992.
5. Salimov S The Art of Management, T., 1993.
6. Economic and social programs. 245.
7. Samarov R. "Another methodological approach to the ethnopsychological study of the family" H.T. 1998 y 1-son. 156.
8. Ibrahim Mahmudov. Management psychology. -T .: "YUNAKSPRINT" 2006.
9. www.ziyonet.uz
10. www.google.uz
11. Nurbek, A. (2021). Psixologik Salomatlik Va Uning Mohiyati. *Барқарорлик ва Етакчи Тадқиқотлар онлайн илмий журнали*, 1(6), 666-669.
12. Nurbek, A. (2021). Management Psychology Leader and Its Characteristics. *Ижтимоий Фанларда Инновация онлайн илмий журнали*, 1(1), 13-16.
13. Toirjonovich, A. Z. (2022). BO'LAJAK O'QITUVCHILARNING KASBIY KOMPETENTLIGINI RIVOJLANTIRISH. *Central Asian Research Journal for Interdisciplinary Studies (CARJIS)*, 2(Special Issue 2), 92-96.
14. Toirjonovich, A. Z. (2022). XALQ O'YINLARINING ETNOPEdagogik TASNIFI. *Central Asian Research Journal for Interdisciplinary Studies (CARJIS)*, 2(Special Issue 2), 77-81.
15. Nurbek, A. (2021, December). THE COMBINATION OF SOCIAL RELATIONSHIPS AND PSYCHOLOGICAL HEALTH. In *Conference Zone* (pp. 268-270).

16. ABDUSATOROVNA D. M., IBRAHIMJANOVNA T. N., NAZAROV K. Mental and Creative Development Properties at the Period of Preschool //JournalNX. – 2020. – T. 6. – №. 06. – C. 674-678.
17. ABDUSATOROVNA, DJALOLOVA MOHINUR, TOSHBOLTAEVA NODIRA IBRAHIMJANOVNA, and K. NAZAROV. "Mental and Creative Development Properties at the Period of Preschool." JournalNX 6.06 (2020): 674-678.
18. Jalolova M. SENSORY DEVELOPMENT IN PRESCHOOL AGE //Archive of Conferences. – 2021. – T. 25. – №. 1. – C. 153-157.
19. Jalolova, Mohinur. "SENSORY DEVELOPMENT IN PRESCHOOL AGE." Archive of Conferences. Vol. 25. No. 1. 2021.
20. Jalolova, M. (2021, May). SENSORY DEVELOPMENT IN PRESCHOOL AGE. In Archive of Conferences (Vol. 25, No. 1, pp. 153-157).