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USING FREE TIME FOR A TEENAGE STUDENT

Saparbayeva Aziza Axmetjanovna

2-year master student of Nukus Pedagogical Institute

Abstract. Society assigns the task of preparing the younger generations for life to the school and the family. Since time immemorial, pedagogical science has been dealing with the issues of what to teach and how to teach children, embodying its efforts in the creation of curricula, educational literature, guidelines and other materials related to the organization of the educational process. Meanwhile, scientific, technical and community progress has changed the living conditions of a person to such an extent that the sphere of education has lost its undivided monopoly on the intellectual development of the younger generation, and the opposition between the necessary, that is, those engaged in social labor, and spare time has softened.

Key words: Free time, generations, problems, activity, organize, communicative, culture, educational.

The problem of free time is also significant because the adolescent's self-statement, his self-determination depend on the rational use of this time, on filling it with socially and personally significant types of activity.

An deeply analysis of scientific and pedagogic literature and mass proceeding of subject-based content of adolescents' leisure time allows us to single out the kinds of activities that guarantee the efficacy of working with teenagers in the area of spare time, since most domestic and foreign scientists directly unit free time with activities, defining it as leisure time and creative knowledge outside of production (in our case, outside of school), used for the self-sufficiency satisfaction of needs and the development of human capabilities.

Based on a wide range of views of domestic and foreign explorations on the content of leisure and the composition of activities in it, on a deep and long-term scanning of the types of activities existing in the construction of the content of free time, which have their own specific and specific content, it is advisable to highlight the following activities:

- Educational;
- Cultural and leisure;
- Labor;
- Sports and recreational;
- Scientific research;
- Communicative;
- Playroom

It should be observed that the generality of foreign and domestic scholars distinguish 4 main kinds in the construction of the activity of each individual: study, work, play, communication. [1]

One of the main sorts of meaningful time of children's leisure is cultural and leisure activities - the sphere of self-expression and self-realization of the individual, his potential pleasure and capabilities, which allows this kind of project to be included in the time frame free from social or other coercion.

In cultural and leisure actions, teenagers get acquainted with art, nature, work, norms and rules of interpersonal communication, moral and aesthetic values. As you know, deviant behavior of adolescents is a result of a violation of the operation of socialization. And its correction is possible only through the involvement of adolescents

in the sphere of leisure occupations, since here adolescents are more open to the influence and interaction of various social institutions on them, which allows them to influence their moral image and worldview with maximum efficacy. [2]

Organizational forms of work with adolescents should be aimed at developing their cognitive processes and abilities. It is important to note that the adolescent period of development is characterized by significant changes in all aspects of the personality - physiology, relationships, psyche, when teenager subjectively enters into a relationship with the adult world. Therefore, only a differentiated approach in the choice of certain forms can ensure the effectiveness of their impact. One of these forms is the art. Includes messages about the most active events, which are grouped according to the degree of importance and are presented figuratively using emotional means of influence.

It is necessary that the structure of adolescents' free time combines both "passive" activities and activities consolidated with a certain physical load. Also, the study of the time budget of adolescents showed that modern adolescents, although they are engaged in organized activities in their free time, are nevertheless not enough. A significant structural component of free time is the stay of schoolchildren in the air, which is necessary for relieving fatigue, for rest, and for a developing personality.[3]

A student's free time can be organized and unorganized, and the amount of unorganized free time depends on the amount of organized time. Pupils engaged in organized activities make arrangement of their time budget better and more rationally, since club and other organized forms of classes contribute to continuing to do them at home, of their own free will, demand the ability to plan their day, rationally use their free time, which prepares them for rational use free time in the future, in adulthood.

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