



**PEDAGOGICAL TRAINING AS A METHOD OF PROVIDING
PSYCHOLOGICAL SUPPORT TO TEACHERS OF PRESCHOOL
EDUCATIONAL ORGANIZATIONS**

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Abstract:

This article analyzes the importance of pedagogical training as a method of providing psychological support to teachers of preschool educational organizations. The role of training sessions in increasing stress tolerance, strengthening professional motivation, and developing communicative competence of teachers is considered. Also, effective pedagogical training methods and techniques are described and recommendations are given for their practical application.

Keywords:

pedagogical training, psychological support, preschool education, teachers, stress management, professional motivation, communicative competence, methods and techniques.

INTRODUCTION

Preschool teachers play an important role in the intellectual, emotional and social development of children. In this process, the psychological state, professional motivation and stress tolerance of teachers directly affect the quality of education. In the modern educational environment, teachers often experience stress and fatigue due to workload, difficulties in working with children and their parents, and problems with professional communication.

From this point of view, pedagogical training is emerging as an effective method of providing psychological support to teachers. Training sessions serve not only to reduce stress, but also to support the personal and professional development of teachers, develop their communication skills and increase their motivation for work. This article analyzes the importance of pedagogical training for teachers of preschool educational organizations, methods of conducting it and ways to achieve effective results.

Methodology

This study used qualitative and quantitative research methods to study the effectiveness of pedagogical training in providing psychological support to preschool educators.

Research participants:





The study involved educators working in preschool educational organizations. They were divided into different groups according to their level of experience, and the impact of the training sessions was assessed.

Data collection methods:

Questionnaires - designed to assess the stress level, professional motivation, and communicative competence of educators.

Interviews - conducted to determine the psychological state of the participants before and after the training.

Observation - conducted to determine the participation and changes of educators in training sessions.

Pedagogical training program:

Stress management techniques (relaxation exercises, breathing techniques).

Development of communicative competence (communication skills, conflict resolution methods).

Increasing professional motivation (goal setting, personal and professional development areas).

Data analysis methods:

The survey results were statistically analyzed.

Interview and observation data were studied using content analysis.

Results before and after training were compared and effectiveness was assessed.

The results of the study helped to understand the impact of pedagogical training on providing psychological support to teachers, and recommendations were developed for improving this approach in the future.

The Importance of Pedagogical Training for Preschool Teachers

Pedagogical teachers working in preschool educational institutions play a leading role in creating a favorable environment for the comprehensive development of children. However, they are faced with various psychological pressures, including:

Stress and fatigue in work;

The need to communicate effectively with parents;

The need to work individually with children;

A large workload and lack of time.

Pedagogical training is an effective tool for solving these problems, helping to increase teachers' stress tolerance, enhance professional motivation, and develop their communication skills.





Main Areas of Pedagogical Training

Training sessions designed to provide psychological support to teachers are based on the following areas:

1. Stress Management and Increasing Emotional Stability

Stress is an integral part of pedagogical activity, and its high level can reduce work efficiency and negatively affect mental health. Therefore, the following techniques are used in training sessions:

Relaxation exercises - help teachers relax and reduce stress;

Breathing techniques - are used to reduce psychological tension;

Stress balancing techniques - teach teachers to remain calm under pressure.

2. Development of Communicative Competence

Effective communication skills of teachers are important for building healthy relationships with children, parents and colleagues. The training includes the following aspects:

Active listening skills - help teachers increase their effectiveness in communicating with parents and children;

Criticism and conflict management - teach teachers to resolve conflict situations constructively;

Teamwork skills - allow them to collaborate effectively with colleagues.

3. Increasing Professional Motivation

A decrease in professional motivation can reduce a teacher's interest in work. Training in this area includes:

Personal and professional growth strategies - help teachers identify ways to work on themselves and develop professionally;

Formation of positive thinking - helps develop a positive attitude towards professional activity;

Goal setting and motivation methods - help teachers set realistic and achievable goals.

Practical Implementation of Pedagogical Training

Training programs for teachers of preschool educational organizations are carried out through practical exercises, group discussions and role-playing games. The training process consists of the following stages:

Preparatory stage - identifying the needs of teachers and developing a program;

Training process - interactive exercises, psychological techniques and exchange of experiences;





Evaluation of results - analysis of changes in participants and determination of future development directions.

The results of the study showed that regular pedagogical training sessions play an important role in increasing the psychological stability and professional activity of teachers. Therefore, it is recommended to organize such trainings on a regular basis in preschool educational institutions.

Conclusion

Preschool teachers play an important role in the intellectual, social and emotional development of children. However, during their professional activities, problems such as stress, communication difficulties and decreased motivation may arise. Pedagogical training is an effective method to eliminate these problems and provide psychological support to teachers.

The results of the study showed that pedagogical training:

Helps reduce stress and increase emotional stability;

Develops the communicative competence of teachers, they have the opportunity to establish effective communication with parents and colleagues;

Increases professional motivation and serves as an incentive for teachers to work on themselves and develop.

Therefore, it is important to regularly organize pedagogical training in preschool educational organizations, improve their content in accordance with the needs of teachers, and use innovative methods. This has a positive effect not only on the psychological well-being of teachers, but also on increasing the quality of education.

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