CHARACTERISTICS OF THE DEVELOPMENT OF STUDENTS' COGNITIVE COMPETENCES DURING THE EDUCATIONAL PROCESS

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Annotatsiya. Maqolada kognitiv kompetentsiyalarni rivojlantirish usullari va psixologik omillari, talabalarning fikrlash jarayonlarini takomillashtirishga zamonaviy yondashuvlar, talabalarning kognitiv kompetentsiyalarini muvaffaqiyatli rivojlantirish uchun zarur bo'lgan psixologik sharoitlar va ta'lim usullari, ularning o'quv jarayonidagi o'rni va ahamiyati, ta'limga qiziqish va intilish talabalarning ishlash darajasini, yaxshi motivatsiya kognitiv faollikni oshiradi, ma'lumotni qabul qilish va saqlash uchun zarur bo'lgan asosiy bilim jarayonlari, fikrlashning turli usullari, tanqidiy va ijodiy fikrlash qobiliyatlari talabaning muammolarni hal qilish imkoniyatlarini oshiradi, stress va depressiya kognitiv faoliyatga salbiy ta'sir qiladi, psixologik barqarorlikni ta'minlaydi, kognitiv kompetentsiyalarni rivojlantirishning pedagogik va psixologik usullari, talabalar ishtirokidagi interfaol mashqlar, muammoli ta'lim va amaliy tadqiqotlar, talabalarning monitoring qilish qobiliyatini oshirish va o'z fikrlash jarayonlarini boshqarish, fikr almashish, munozaralar va jamoaviy loyihalar kognitiv salohiyatni rivojlantiradi, ijodiy yondashuvlardan foydalanish talabalarning yangi g'oyalarni yaratish qobiliyatini oshiradi.

Kalit so'zlar: barqarorlik, faoliyat, omillar, ta'lim, jarayon, mustaqil, tadqiqot, tajriba, kognitiv, pedagogika, kompetentsiya, yondashuv, shartlar, natija, zarurat, ahamiyat, tahlil, rivojlanish, qobiliyat, ijodkorlik.

Аннотация. В статье рассматриваются методы и психологические факторы развития когнитивных компетенций, современные подходы к совершенствованию мыслительных процессов учащихся, психологические условия и методы обучения, необходимые для успешного развития когнитивных компетенций учащихся, их роль и значение в образовательном процессе, интерес и стремление к образованию определяют уровень успеваемости учащихся, хорошие результаты. мотивация повышает познавательную активность, основные когнитивные процессы, необходимые для приема и удержания информации, различные методы мышления, навыки критического и творческого мышления повышают потенциал студента в решении проблем, стресс и депрессия оказывают негативное влияние на познавательную активность, обеспечивая психологическую стабильность, педагогические и психологические методы развития когнитивных компетенций., интерактивные упражнения с участием студентов, проблемное обучение и тематические исследования, повышающие

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способность студентов контролировать и управление собственными мыслительными процессами, обмен идеями, дискуссии и коллективные проекты развивают когнитивный потенциал, использование творческих подходов повышает способность студентов к созданию новых идей.

Ключевые слова: стабильность, активность, факторы, образование, процесс, самостоятельность, исследование, опыт, когнитивность, педагогика, компетентность, подход, условия, результат, необходимость, важность, анализ, развитие, способность, креативность.

Abstract. The article discusses the methods and psychological factors of developing cognitive competencies, modern approaches to improving students' thinking processes, psychological conditions and educational methods necessary for the successful development of students' cognitive competencies, their role and importance in the educational process, interest and aspiration for education determine the level of student performance, good motivation increases cognitive activity, the main cognitive processes necessary for the reception and retention of information, various methods of thinking, critical and creative thinking skills increase the student's potential for solving problems, stress and depression have a negative impact on cognitive activity, ensuring psychological stability, pedagogical and psychological methods for developing cognitive competencies, interactive exercises with student participation, problem-based learning and case studies, increasing students' ability to monitor and manage their own thinking processes, exchange of ideas, discussions and collective projects develop cognitive potential, the use of creative approaches increases students' ability to create new ideas.

Key words: stability, activity, factors, education, process, independent, research, experience, cognitive, pedagogy, competence, approach, conditions, result, necessity, importance, analysis, development, ability, creativity.

Introduction.

The rapid development of knowledge and information in modern society places new demands on the education system. Today, education is not just about memorizing facts or studying information in a particular field, but is aimed at forming the student's ability to think critically, effectively solve problems, create innovative ideas, and apply their knowledge in practice. From this point of view, cognitive competencies - mental processes and skills related to the perception, processing, analysis, and application of knowledge - are the most important result in the educational process.

Cognitive competencies determine the student's spiritual and intellectual potential, ensure the successful implementation of such activities as analysis, synthesis, evaluation, and creative thinking. They also play an important role in the process of assimilating information and forming new knowledge on its basis.

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Therefore, the development of these competencies in students has a significant impact not only on the effective organization of the learning process in educational institutions, but also on their personal and professional development [10].

However, cognitive competencies are not limited to cognitive processes alone; psychological factors, such as motivation, attention, memory, thinking styles, and emotional states, also play an important role in their formation [11]. Therefore, it is necessary to provide psychological support and take into account individual characteristics in their development. It is also necessary to master psychological factors, pedagogical and psychological techniques, innovative approaches, and ways to apply them in practice in order to increase cognitive potential. Our goal is to strengthen the intellectual potential of students, develop their critical thinking skills, and ensure their formation as independent, creative, and active individuals.

Main part. Today, cognitive competencies are of great importance in the process of learning not only for acquiring knowledge and skills, but also for their meaningful and effective functioning. Cognitive competencies are a set of abilities that include such mental processes as receiving, processing information, solving problems and making decisions.

The development of these competencies in students serves to ensure their success in the learning process, as well as their active participation in social life. Therefore, it is important to analyze the processes of forming and strengthening cognitive competencies from a psychological perspective [3].

In today's education system, the development of cognitive competencies is of great importance in increasing the intellectual potential of students [12]. Cognitive competencies are the abilities to receive, process, analyze and apply information, the formation of which is one of the main goals of education. Through these competencies, students acquire the ability to solve problems, think critically and make independent decisions. Therefore, the role and importance of psychological aspects in their development are great [13].

Cognitive competencies are mental abilities that include the processes of receiving knowledge, remembering, attention, thinking, decision-making and problem-solving. They are the main elements of spiritual activity, serving for the effective assimilation and application of knowledge in life [22].

The following psychological factors play an important role in the development of students' cognitive competencies [14, 15]:

- motivation - interest and aspiration for education determine the level of student performance. Good motivation increases cognitive activity.

- attention and memory - are the main cognitive processes necessary for receiving and retaining information.

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- different ways of thinking - critical and creative thinking skills increase the student's potential in solving problems.

- emotional state - stress and depression have a negative effect on cognitive activity, therefore it is important to ensure psychological stability.

The following pedagogical and psychological methods are considered effective in developing cognitive competencies [16, 17]:

- active learning - interactive exercises with student participation, problem-based learning, and case studies.

- metacognitive strategies - increasing students' ability to monitor and control their own thinking processes.

- dialogue and group work - exchange of ideas, discussions, and collective projects develop cognitive potential.

- creative tasks - the use of creative approaches increases students' ability to generate new ideas.

- psychological support is important in the process of forming students' cognitive competencies. Psychologists can increase the effectiveness of education by increasing motivation, managing stress, and taking into account individual characteristics.

Results and Discussions. The current globalization processes and the rapid development of information and advisory systems are placing new demands on the education system. The success of students depends not only on the acquisition of knowledge, but also on their ability to effectively apply it, solve problems with critical and creative approaches. These abilities - cognitive competencies - and the psychological factors involved in their formation are becoming one of the main directions of the educational process.

Cognitive competencies affect not only the formation of knowledge, but are also inextricably linked to the student's socio-emotional development, problem-solving skills, and the potential for independent activity. Therefore, the study of these competencies and the psychological aspects of their development is an important task in educational pedagogy and psychology.

Cognitive competencies are a person's potential in terms of the ability to perceive, process, analyze, synthesize, remember, pay attention, and think (Anderson, 2005) [1]. They form the main components of intellectual activity, helping to effectively assimilate and apply new knowledge in practice. In psychology, cognitive competencies are considered as a person's ability to create and process information, which is a key factor in the success of the educational process (Sternberg & Ben-Zeev, 2001) [20].

Psychological factors for the development of cognitive competencies in students:

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1. Motivation

Motivation in education determines the activity of cognitive processes. A high level of motivation increases the student's ability to attract attention, accept new knowledge and process it (Deci & Ryan, 1985). Intrinsic motivation is also of particular importance in strengthening cognitive competencies [4].

2. Attention and memory

The role of attention and memory in the process of receiving and processing information is incomparable. Short-term memory is important for the continuous processing of information and its transfer to long-term memory (Baddeley, 2000). Attentional control determines the student's learning performance [2].

3. Thinking and metacognitive competencies

Critical and creative thinking are key components of cognitive competencies. Metacognitive competencies—the ability to understand and manage one's own thinking—help students solve problems effectively (Flavell, 1979) [23].

4. Emotional and psychological state

Stress and depression negatively affect cognitive performance. Psychological stability and the ability to manage emotions are important in the development of a student's cognitive competencies (Lupien et al., 2007) [6].

Methods for developing cognitive competencies:

Interactive teaching methods—discussion, case, project-based teaching—increase students' thinking and problem-solving abilities (Prince, 2004) [7].

Activities that encourage students to monitor and control their own thinking processes are important in strengthening cognitive competencies (Schraw & Dennison, 1994) [19].

Through group collaboration and communication, students develop the ability to jointly construct, analyze, and evaluate new knowledge (Johnson & Johnson, 1999) [5].

Tasks and projects that focus on creativity increase students' ability to generate and implement new ideas (Runco, 2004) [18].

Research conducted in educational institutions has shown that interactive and metacognitive methods aimed at developing cognitive competencies significantly improve students' learning outcomes (Sungur & Tekkaya, 2006) [21]. In addition, psychological support and motivational measures have been shown to reduce students' stress levels and increase cognitive activity (Putwain et al., 2013) [8].

Conclusion. It is very important to take into account psychological factors in the development of cognitive competencies in students. Increasing motivation, strengthening attention and memory, teaching various methods of thinking, and ensuring emotional stability strengthen cognitive potential. Active and interactive

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teaching methods, metacognitive strategies, and psychological support allow students to take their intellectual activity to a new level. In the future, these areas should be further developed in educational processes.

Developing cognitive competencies in students is a complex and at the same time very important process that leads to educational success. Taking into account psychological factors and methods in this process plays an important role in increasing students' intellectual potential. In the future, when improving educational processes, greater attention should be paid to cognitive competencies and the psychological aspects of their development.

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