

## STUDYING ANXIETY IN YOUNGER SCHOOLCHILDREN

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The relevance of the problem is due to the fact that anxiety is one of the most common problems faced by psychologists in schools. Anxiety affects the development of school maladjustment of the child and has a bad effect on all areas of his daily life, the child becomes restless, insecure, and is characterized by emotional instability.

**Keyword.** Anxiety, maladaptation, child, junior schoolchildren, fear of self-expression.

Актуальность проблемы обусловлена тем, что тревожность – одна из самых распространенных проблем, с которыми сталкиваются психологи в школах. Тревожность влияет на развитие школьной дезадаптации ребенка и плохо влияет на все сферы его повседневной жизни, ребёнок становится беспокойным, неуверенным в себе, характеризуется эмоциональной неустойчивостью.

**Ключевой слова.** Тревожность, дезадаптации, ребенка, младших школьников, страх самовыражения.

**The purpose of the study:** the study of anxiety in primary school age.

**Object of research:** anxiety of younger schoolchildren.

**Subject of study:** anxiety factors of younger students.

**Research objectives:**

1. Study the literature on the research problem.
2. To identify the general anxiety of younger students.
3. Identify the level of anxiety for each of the individual anxiety factors.

School anxiety is a specific type of anxiety that is associated with the entry of children into a new social situation of development. This concept is quite broad, it includes various aspects of sustainable emotional distress, expressed by excitement in learning situations, the expectation of a negative assessment from teachers and peers. Anxiety in children of primary school age underlies many school difficulties that cause the formation of various negative changes in the functional state. The development of anxiety is greatly influenced by the incorrect upbringing of parents, the wrong leadership style of the teacher, maladaptation to school, and the lack of readiness for

schooling. Severe anxiety reduces the ability to concentrate, worsens the reproduction of information and associative thinking. Its action can manifest itself in an increase in the time interval for the perception and processing of information, in the difficulties of organizing independent activity and choosing adequate memorization techniques.

The main reasons for the development of anxiety in younger students are: features of family education, school success, relationships with teachers, post-traumatic stress and ecology, as well as internal sources such as self-esteem, internal conflict, self-concept. Even in the presence of one of the sources, the child may experience and develop anxiety.

#### **Methods and techniques:**

- clinical and psychological: method "Diagnosis of the level of school anxiety", Phillips;
- statistical methods.

**Research base:** 5th grade students from school No. 81, Samarkand region, Payarik district, aged 12-13 years.

**Research results.** In 57% of junior schoolchildren, an increased level of anxiety prevails. The results obtained in the course of the study indicate a high level of anxiety (48%), which is dominated by the factor "fear of a situation of knowledge testing", which may be associated with fear of punishment and fear of upsetting parents, self-doubt. Also, a high level of anxiety was identified for the following factors: "fear of self-expression" (34.4%), "low physiological resistance to stress" (20.1%), "general school anxiety" (15.3%), "fear of not meeting the expectations of others" (5.3%).

**Findings.** The results of the study indicate the presence of a negative emotional response in situations where it is necessary to reveal the level of one's capabilities and potential, an increased likelihood of an inadequate response to an alarming environmental factor, a tense emotional state associated with general expectations from activities at school, a stress response in the process of educational activities.

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