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**EFFECTIVENESS OF IMPROVING MENTAL COMPETENCE OF STUDENTS OF HIGHER
EDUCATION INSTITUTIONS**

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ABOUT ARTICLE

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Abstract: One of the important directions of youth policy in Uzbekistan is wide involvement of talented young people in science. Year by year, more favorable conditions and opportunities are created for the comprehensive development of young people. In this article, the content and essence of intellectual ability of students, ways of its development and the problem of development of intellectual abilities of future specialists are interpreted.

INTRODUCTION

In our republic, special importance is attached to ensuring the mobility of higher education, improving the system of personnel training taking into account the real sectors of the economy, expanding educational opportunities based on advanced foreign experiences, and developing pedagogical mechanisms for the effective use of information, communication and digital technologies. The urgency of these issues is reflected in the following comments made by the President of the Republic of Uzbekistan Shavkat Mirziyoyev in his address to the Oliy Majlis: "Our people should know this very well: we have a long and difficult road ahead of us. If we all stick together, study tirelessly, do our work perfectly and effectively, acquire modern knowledge, and strive forward without sparing ourselves, our lives and society will definitely change." In the educational process, it is aimed at developing the intellectual competence of students, enriching their potential, developing the ability to solve problems independently, forming the ability to work with knowledge, and developing their intellectual culture.

Literature analysis. Intellect, intellectual potential are very important factors that determine the progress of all peoples, entire state and society at all times. Because it is based on elements such as science, spirituality, culture, nationality, and history. Now, in the age of globalization and the information age, how will human thinking and intellectual potential develop, and at the same time, there are many questions about whether the human intellect can withstand such intensity. are the problems that indicate the relevance of this issue. European scientists such as A.G.Zdravomyslov, I.Tallman, R.Marotts-Baden, P.Pindas have carried out many researches in the study of the process of socialization of young people during the period of scientific and technical development, assessing its place in today's dynamic development period. increased. According to them, the socialization of young people has developed in many ways as a result of the progress of science and technology. The multifaceted development of society became the basis for determining the social status of young people.

In the projection of the main professional development, there is an intellectual potential, the formation of which creates the basis for the development of all educational areas of students without exception. It contains all the components of general education content: general cultural knowledge about studied phenomena, general educational skills, advanced methods of activity. Students' ability to search and process information, use new technologies of information and communication mastery, organize their own teaching methods, readiness to participate in activities, cooperation, ability to reflect (knowing the breadth and depth of their knowledge) is the basis of the intellectual potential of the "spiritual carrier" of its characteristics. arises on the basis of mental (conscious) experience. Intellectual potential can be seen as the characteristics of a person formed under the influence of various order factors during a person's life. Understanding is not only knowledge, but also the attitude to this knowledge, its value, content, not only the content of consciousness, but also the essence of the process of understanding. Since the receiving subject has his own value system, the thoughts described in the text are evaluated by the subject and have a personal character⁵. A person's sense of competence forms the basis of the developmental structure from birth to twelve years of age, and at each stage of individual development, parental relationships, values and parenting style, as well as socioeconomic factors related to the stressful life circumstances of family members, family size, and the level of mental health of parents depends on the situation and circumstances.

CONCLUSION

It is necessary to ensure the integrity of the education and training process, and the continuity of spiritual educational work, in order to make young people mature into full-fledged human beings with all-round potential. Because the independence of the country, the tomorrow of the nation, its level of

development, that is, its economic development, spiritual growth and taking a worthy place in the world community are the responsibility of the youth. depends on the participation in the processes.

Intellectual potential is based on multi-level education, a person's ability to effectively solve problem situations in a specific subject and field of knowledge, a specially formed knowledge base. In our opinion, this is a complex system of internal psychological components and deep human characteristics. Examples include values, communication needs, self-confidence, and self-esteem. As the most important condition for the development of intellectual potential, the experience of solving problems in any field can be studied. Intellectual competence can be defined as one of the criteria of intellectual maturity, because a high level of competent development leads to the development of a person's maturity. Intellectual competence (mental skill) at the same time in different conditions, each cognitive function is manifested as a part of visual (visible learning process) thinking, the process of remembering becomes an alloy of memory and thinking, etc. Continuous improvement of intellectual potential, growth of intelligence's unique identity provides formation of intelligence culture, necessary conditions for a well-rounded person. The field of education located in the center of a person is considered as a complex of all efforts aimed at the realization of the goal of education¹. This is one of the areas of the general area of human life, located in the continuous education system. The main task of education is not to form a person according to examples, but to help in self-awareness, disclosure and development of personal potential, acceptance and mastery of responsibility for one's freedom and life choices, disclosure and development of the essence of a person, his positive potential. The content of education should not only be adapted to personal and age characteristics, but also fundamentally changed in the direction of taking into account the actual psychological mechanisms of intellectual development of the individual. The criterion for the effectiveness of higher education is not only knowledge, skills, but also ability, initiative, creativity, self-management, unique intelligence, effective understanding, and reflection. The main intellectual qualities, which include intellectual potential, are the real characteristics of an intellectual person. And accordingly, it becomes an integral part of the broader personal characteristics of evaluating the effectiveness of higher education. The ability to develop oneself is one of the general characteristics of knowledge. This is not an accident, but a natural process. As a system of organizing the knowledge process, the concepts inherent in education were initially introduced. The educational process is understood as creating an image of perfection in a person by actively believing in the world of intellectual, social and spiritual culture of a person. The main tool for the development of the intellectual potential of a person in the field of higher education is personal oriented education aimed at creating conditions for the manifestation of the student's subject experience and the development of his individuality. In the framework of the implementation of the

goals of personal oriented education, two basic knowledge - education and participation in education should be coordinated through the development of intellectual personal competence. The development of the student's personality should be recognized as the main goal of teaching in higher education, but the acquisition of knowledge and skills should not be opposed to professional development. Personality is the most widespread and evolving system of life experience. Therefore, it is impossible not to see the unity of personal characteristics with knowledge, skills and skills that can achieve the rise of a person's personal experience.

Intellectual potential determines the intellectual potential of a specific field of production (profession), as well as the skill level of a future specialist. The joint effective activity of teachers and students who perform innovative educational functions and serve as a generator of cultural tasks, a carrier of a cultural model, its purpose is to create a mechanism of self-management of teaching, mastering science activities and their interactions and documents of individual positions. With the development of a person, it is necessary to create the conditions in which the value is realized in the formation of a person, where the level of openness means the level of mental health of the whole system.

In conclusion, it should be said that the intellectual potential of students is developed during the educational process

- development of students' intellectual potential by activating the activities of testing, processing, inquisitiveness and creativity of the learned knowledge;
- development of scientific thinking that creates a basis for making independent decisions in any non-standard situations that often occur in professional activity, as well as being able to analyze all events and phenomena of the whole process;
- organization of education that allows to have individual methods in mental and practical activities by individualizing preparation for professional activities in the field of study.

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