

THEORY AND METHODOLOGY OF EDUCATION AND TRAINING**Termez State Pedagogical Institute****Practical Russian language****Arabova Mukhiba Bazarovna**

Education is the key to success in our lives. The progress of a society depends upon education. Education provides the basis for the development of a community. A society's betterment totally depends upon getting an education. In fact, education is compulsory for society in this way as food is necessary for a healthy body. In fact, we can say, "education is the passage to progress"[1].

Education gives us the opportunity to develop confidence in our lives. In fact, personal growth and, personal development depend on education. A well-educated person will become a great citizen of the society and, he will be able to take the right decisions in his life. To explore ourselves and our surroundings we should educate ourselves. Education gives us the freedom to spend a life of our choice. Furthermore, an educated person can be differentiating between wrong and right and, good or bad correctly. If we want to develop critical and logical thinking qualities in our personality then we should educate ourselves. Education will create more employment opportunities. With good academic and educational backgrounds we can get well-paid jobs. Creativity and innovation depend on education. If we are educated then we always secure respect from society. If we want to climb the career ladder very fast then we should upgrade our education level.

Theories of education provide a lens through which we understand how learning occurs and what conditions foster the most effective educational outcomes. These theories can be broadly categorized into traditional, progressive, and critical frameworks[2].

1. Behaviorist Theory. Behaviorism, rooted in the works of B.F. Skinner and Ivan Pavlov, emphasizes learning as a process of conditioning through interaction with the environment. According to this theory, learning is the result of responses to external stimuli. Behaviorist methodologies are often teacher-centered, with a focus on repetition, reinforcement, and clear objectives. Drills, rote memorization, and reward systems are common instructional strategies based on this theory.

2. Cognitive Theory- Cognitive theories, influenced by thinkers like Jean Piaget and Jerome Bruner, view learning as a process of internal mental organization. These theories emphasize the active role of the learner in understanding and organizing information. Piaget's stages of cognitive development highlight how children progress through different phases of thinking, while Bruner's concept of discovery learning encourages learners to construct knowledge through exploration. Cognitive-based methodologies often emphasize critical thinking, problem-solving, and scaffolding learning experiences to match the learner's developmental stage.

3. Constructivist Theory. Constructivism, closely associated with Lev Vygotsky and John Dewey, posits that learners construct their own understanding of the world through experiences and interactions. Vygotsky introduced the concept of the "zone of proximal development," which highlights the importance of social interaction and guided learning. Constructivist approaches promote learner-centered methodologies, such as project-based learning, collaborative tasks, and experiential education, where students actively engage in the learning process.

4. Humanistic Theory. Humanistic education, informed by Abraham Maslow and Carl Rogers, emphasizes the development of the whole person, focusing on emotional, psychological, and social needs. This theory argues that education should not only impart knowledge but also foster personal growth, self-actualization, and self-esteem. In this model, the teacher serves as a facilitator who creates a supportive and open environment for learning, promoting autonomy and self-directed learning.

5. Critical Pedagogy. Critical pedagogy, spearheaded by Paulo Freire, challenges traditional power dynamics in education and advocates for the empowerment of learners. It emphasizes the role of education in addressing social inequalities and encourages students to question and challenge the status quo. Critical pedagogy methods aim to develop critical consciousness among learners, encouraging them to think independently and engage in transformative action.

Teaching methods can be divided into various categories, depending among others on the learning environment, age group, learning goals, skills required, tools or subject matter. In this article, we would like to focus on methods falling into the spectrum between student and teacher-directed methods. In other words, whether the teacher or a student, wields the decisive power to craft the learning experience. There's no better or worse choice here: both approaches have benefits and downsides and the successful application of either depends on the teaching goals, the

environment and the student group itself. The objective of the training can be materialized through different methodologies as we will see below in Formation and studies[3].

1. Methodology of face-to-face training. This is the best known type of teaching since most students have had this experience. In this training methodology, students travel to the classroom to attend class in the planned schedule. The teacher explains the lesson and answers the doubts of those present in the classroom. The classroom training methodology is an essential reference for the student.

2. Online training methodology

New technologies constitute an important evolution in training. In this case, students advance in distance learning through a virtual field that provides practical resources. In addition, in this type of methodology the context in which the class is developed changes, however, what is truly important is still present. The personalized attention is key in this type of accompaniment. This is a type of teaching that stands out for the flexibility it offers to those students who plan their study calendar in a personalized way. One of the advantages of this option is the accessibility it offers because participation in the learning program is not conditioned by the proximity to the study center.

3. Blended training methodology. This type of methodology unifies the strengths of the teaching models described above. Thanks to this combination of elements, an action plan arises in which there are face-to-face classes along the course. Classes that, in turn, are completed with online training. This is one of the preferred options for those who value the benefits of online training but do not want to give up the opportunity of traditional teaching. Which of these options is your favorite? Often, face-to-face classes take place over the weekend. In this way, students who often reconcile this learning with their professional career, can travel to the classroom on the scheduled date.

4. Project-based methodology. This is a type of learning that places the student as a proactive protagonist of this experience. The student participates in collaboration with other classmates in carrying out a project that, due to its own characteristics, prioritizes the value of experience in solving difficulties. Around this elaboration, the student reinforces planning, manages difficulties that arise in the process, specifies objectives linked to time frames, it monitors the achievements. Therefore, the experience around a project is key in this type of methodology. In this way, students learn skills, competencies, knowledge and resources. Project-based learning

enhances the proactive role of the student. But, in addition, this teamwork also encourages the development of important skills.

5. Discover the flipped classroom methodology. The understanding of this methodology can be linked to face-to-face teaching. In traditional teaching, students go to class and then they carry out the duties that the teacher has indicated for the next day. The scheme of the flipped classroom it also revolves around these ingredients. However, the student reviews the theoretical content through technology and, in class, delves into what has been learned from a practical perspective. This is a type of methodology that uses the strengths of technology to train students.

To implement pedagogically informed choices of methods, you must first know the capabilities and limitations of all methods of learning to understand what tasks and under what conditions can be successfully solved with the help of certain methods, and for which they are useless or ineffective. Throughout the history of pedagogy and education theorists and practitioners have used two simple and highly attractive solution to the problem of selecting training methods. The first is to find a universal learning method, a kind of educational panacea. Then in the event of any complications the generic method will always help. Less categorical variant of this approach is expressed in the distribution methods for effective (active, intense) and ineffective, and recommend the use of only effective[4]. Life repeatedly to convince the teachers that such distribution is incorrect, because different learning tasks simply cannot be solved on the basis of one or a limited range of methods. I can't help but remember the statements of A. S. Makarenko about the fact that there is no learning methods at all bad or really good. It all depends on the circumstances of time and place, from a system in which the product is used.

In the summary, it should be noted that teaching methods can be sorted out into different classes dependent on two significant boundaries: a teacher-focused methodology versus a student-focused methodology. Teaching methods are further divided based on the level of involvement of technology. However, today we will be talking about the high- tech method since most of the schools and coaching centers and other educational institutions have moved online. Therefore, these are some of the educational methodologies that are important today: classroom teaching, online training, blended learning methodology, project-based learning and flipped classroom.

REFERENCES:

1. Importance of Education. In all of our lives, education plays a... | by Uzma Aslam | Medium

2. Khudoyberdiyeva Odina. THEORY AND METHODOLOGY OF EDUCATION.
"Экономика и социум" №10(125) 2024
3. Teaching methods | SC Training (formerly EdApp) Microlearning
4. Variy M.Y., Ortinsky V.L. Fundamentals of Psychology and Pedagogy:
Textbook. - Kyiv: Center for Educational Literature, 2007