

THE ROLE OF GYMNASTICS IN DEVELOPING SELF-AWARENESS AND SELF-CONFIDENCE IN PRIMARY SCHOOL STUDENTS**Andijan State Pedagogical Institute Master's Student in the 1st****Year Specialization: Theory and Methodology of****Physical Education and Sports Activities****Mamatqodirov Ziynatulloh Nodirbek o'g'li****mamatqodirovziynatulloh@gmail.com**

Abstract: This article aims to scientifically analyze the impact of gymnastics on primary school students and determine its role in the development of self-awareness and self-confidence. It is also intended to highlight the advantages of a holistic approach to children's physical education and psychological development.

Keywords: self-awareness, confidence, gymnastics, physical education, psychological development, physical development.

INTRODUCTION

The primary school age period represents an important stage in human development. During this period, children experience intensive psychological and physical growth, as well as the processes of self-awareness, adaptation to the social environment, and the development of self-confidence. Successfully managing and supporting these processes has a significant impact on their future lives. Therefore, it is essential to apply effective psychological approaches and specialized methods to foster the development of healthy personalities in primary school students.

This research examines gymnastics as a means of developing self-awareness and self-confidence in primary school students. Gymnastics plays a crucial role not only in strengthening children's physical health but also in enhancing their psychological resilience. Gymnastic exercises, carried out through physical activity and various games, help children identify their abilities, develop determination to achieve their goals, and foster a sense of accomplishment.

LITERATURE REVIEW AND METHODOLOGY

The issue of developing self-awareness and self-confidence in primary school students has been widely studied in modern pedagogy, psychology, and physical education sciences. Many researchers have emphasized the importance of fostering children's personal qualities, particularly self-awareness and self-confidence, during this developmental stage to support their socialization and psychological stability.

Scientific studies on physical exercises, especially specialized gymnastics exercises, highlight motor activity as a tool that positively influences children's psychophysiological development. Therefore, gymnastics is recommended as an effective method for harmonizing the physical and psychological growth of primary school students. Research indicates that specialized gymnastics exercises not only improve students' ability to control their bodies but also enhance their self-confidence and create a supportive environment for personal growth.

From a psychological perspective, Vygotsky (1934) and his followers have emphasized that the process of self-awareness in children develops through the interaction of social and physical factors. Modern educators also highlight the importance of positive emotions in self-awareness, noting that the satisfaction and joy derived from physical activity play a significant role.

Moreover, specially designed gymnastics exercises based on play increase children's motivation and interest, encouraging more active participation.

The interactive nature of gymnastics helps develop communication skills and boosts social adaptability through teamwork and collaboration. [¹]

In conclusion, numerous local and international studies confirm that specialized gymnastics exercises can support both physical and psychological development in children.

This makes gymnastics not only an effective physical education tool but also a valuable pedagogical method for improving children's psychological well-being and personal growth. [²]

Research Participants: The study involved children aged 7–10 years (primary school students). Participants were divided into two groups: the experimental group (children engaged in gymnastics exercises) and the control group (children participating in regular physical education activities). Each group consisted of 25 children, creating a sample size of 50 participants in total. The groups were formed with a balanced ratio of gender and age.

¹ <https://cyberleninka.ru/article/n/zhiznestoykost-i-ee-svyaz-s-tsennostyami-v-podrostkovom-vozhraze>

² Z.N.Mamatqodirov (2023). Harakatli o'yinlar bolalar jismoniy tayorgarligini oshirishning muhim vositasi. Journal of new century innovations, 2(37), 82-85.

The following methods were applied in the study:

1. Theoretical Analysis: The study involved reviewing local and international scientific literature on self-awareness, self-confidence in children, and the impact of gymnastics.

2. Diagnostic Tests: Special tests and questionnaires were used to assess the level of self-awareness among children (e.g., “Who am I?” test). The level of self-confidence was evaluated using the self-esteem scale tailored for children, adapted from R. Rosenberg’s self-esteem measurement. [3]

3. Experiment: For the experimental group, a specially designed gymnastics exercise program was implemented (conducted over 8 weeks, three times a week). The program included activities that focused on games, coordination, and balance exercises. The control group continued with regular physical education activities.

4. Observation: During these sessions, the participation activity, emotional well-being, and level of social interaction among the children were closely monitored.

5. Statistical Analysis: The collected results were processed using the T-test to determine the differences in indicators between the experimental and control groups. (t-test)

The research is carried out in three stages:

1. Initial stage: The participants’ baseline condition is assessed, and their levels of self-awareness and self-confidence are determined.

2. Intervention stage: A specially designed gymnastics exercise program is introduced to the experimental group. Each session ensures active participation by the children and aims to provide positive motivation.

3. Final stage: After the completion of the sessions, all participants are reassessed, and their post-intervention results are compared to the initial baseline indicators.

Processing Results: Statistical analysis is conducted based on the research findings to determine the impact of gymnastics on self-awareness and self-confidence development in primary school students. Afterward, all the data are organized and presented in diagrams and tables.

RESULTS

³ <https://mhpssknowledgehub.sph.cuny.edu/measures/the-rosenberg-self-esteem-scale->

Results: The findings of the research showed that gymnastics exercises have a significant impact on self-awareness and self-confidence development in primary school children. The main highlights of the results are as follows: ^[4]

Baseline Analysis: At the initial stage of the research, the levels of self-awareness and self-confidence in both the experimental and control groups were similar, with no significant differences observed. This confirmed that the initial conditions were comparable.

Self-Confidence Level: Both experimental and control groups displayed low to moderate levels.

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Experimental Effect Results: By the end of the gymnastics sessions, the experimental group showed positive changes in self-awareness and self-confidence levels. In contrast, no significant changes were observed in the control group.

1. Self-Awareness. During the gymnastics sessions, children in the experimental group began to better understand their physical abilities. They demonstrated positive development in controlling their movement, maintaining balance, and showcasing their skills. Seeing their own successes helped the children develop a greater sense of self-respect. Diagnostic test results showed an average increase of 25% in self-awareness indicators in the experimental group, while such changes were hardly noticeable in the control group.

2. Self-Confidence: The successful execution of exercises and the positive group environment in the experimental group played a key role in boosting self-confidence. According to the results from R. Rosenberg's self-esteem scale, the self-confidence level in the experimental group increased by 30%. In the control group, there were no significant changes observed during this time.

3. Execution Activity and Motivation: During the sessions, children in the experimental group exhibited significantly higher physical activity and motivation to engage in the exercises. Observation results showed that these children eagerly participated in exercises enriched with playful elements and found joy in their achievements.

Statistical Analysis Results: The final indicators of the experimental and control groups were evaluated using the T-test. The results showed that gymnastics exercises had a statistically

⁴ Research on Mobile Digital Early Education Model Based on "Parent-Child Accompanied Reading" Software
<https://ieeexplore.ieee.org/document/8845394>

significant impact on self-awareness and self-confidence development in the experimental group.

The findings indicate that gymnastics is an effective tool for developing self-awareness and self-confidence in primary school children. This approach not only strengthens children's physical health but also positively influences their psychological well-being and personal development. Therefore, it is recommended to widely apply gymnastics exercises in primary school education and upbringing.

DISCUSSIONS

The results of the research confirm that gymnastics exercises are an effective tool in developing self-awareness and self-confidence in primary school students. In this section, the findings are compared with other scientific studies, and the implications of these results are discussed in detail.

Gymnastics and Self-Awareness. The results show that specialized gymnastics exercises positively impact students' ability to develop self-awareness. These findings align with the research conducted by Vygotsky (1934) and his followers, which highlights the importance of physical activity in the process of self-awareness. During gymnastics sessions, children began to better understand their physical capabilities, which helped them enhance their control over their movements. Through each successfully completed exercise, children became more aware of themselves, leading to an increase in their self-confidence.

Development of Self-Confidence. The study showed a significant increase in self-confidence levels among the experimental group children. The growth recorded using R. Rosenberg's self-confidence scale indicates that the children benefited psychologically from gymnastics sessions. During gymnastics exercises, the successful movements made by the children strengthened their belief in their own abilities, which in turn positively influenced their overall motivation and social engagement.

Motivatsiya va hissiy rivojlanish. The organization of gymnastics sessions in the form of play significantly increased the interest and participation levels of the children. These findings align with research conducted by Johnson & Johnson (2013) [5], which highlights the importance of play activities in enhancing motivation and shaping positive emotions. During

⁵ <https://psycnet.apa.org/record/2004-12992-009>

the study, children in the experimental group experienced a sense of success and developed positive attitudes towards themselves, which in turn boosted their level of self-confidence.

Limitations and Recommendations for Future Research. One limitation of the study is that it was conducted on a small scale and over a short period of time. To generalize the findings more effectively, a larger number of participants should be involved, and the long-term impact should be further examined. Additionally, investigating the relationship between self-confidence and self-awareness, along with other factors such as family environment or the role of teachers, could be a promising direction for future research.

The results show that gymnastics exercises are not only beneficial for physical development in primary school children but also support psychological growth. These findings emphasize the importance of integrating gymnastics sessions into educational activities to promote children's overall personal development. Based on these results, developing comprehensive approaches to support child development is essential in practical pedagogical practice.

CONCLUSION

This research focuses on examining the impact of gymnastics exercises on the development of self-awareness and self-confidence in primary school students. The results of the study show that gymnastics not only helps to strengthen physical health but also supports psychological development^[6]. In the experimental group, children participating in specialized gymnastics exercises demonstrated a significant increase in self-awareness and self-confidence. The exercises helped them develop better control over movements, maintain balance, and gain a clearer understanding of their physical abilities. As a result, they experienced enhanced self-belief through successful completion of various activities. The incorporation of playful elements and interactive activities created an engaging and motivating environment, which fostered positive emotions and improved social interactions. These findings suggest that gymnastics serves as an effective tool for both physical and psychological development, making it an essential part of educational programs aimed at supporting the holistic growth of primary school students.

Additionally, the study explored the impact of gymnastics on social development. The group activities involved in the specialized gymnastics sessions played a crucial role in

⁶ <https://univerpubl.com/index.php/horizon/article/view/660>

fostering children's abilities to engage in mutual and collaborative communication. This development significantly contributed to strengthening trust in their interpersonal relationships. As the children worked together and shared success during the gymnastics exercises, they built stronger social bonds and improved their teamwork and cooperation skills. These interactions not only enhanced their social confidence but also laid the foundation for more positive and supportive relationships with peers, ultimately promoting a healthier social environment.

In conclusion, gymnastics serves as an effective pedagogical tool for developing self-awareness and self-confidence in primary school students, and its importance should be duly recognized in the education and upbringing of children. This approach not only improves children's physical well-being but also significantly supports their psychological stability and personal development.

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