
THE ADVANTAGE OF THE COUCHING METHOD IN INCREASING THE PERSONAL COMPETENCE OF STUDENTS

G.M.To'ychiyeva¹

¹ *Fergana branch of the University of Physical Education and Sports of the*

ARTICLE INFO

ABSTRACT:

ARTICLE HISTORY:

Received: 19.04.2024

Revised: 20.04.2024

Accepted: 21.04.2024

KEYWORDS:

Coaching, method, competence, problem, skill, motive, incentive, constructive, skill.

the method of "Coaching" has been of great importance in personal development, since this method helps people identify and develop themselves. Coaching gives students the opportunity to identify, support, and develop themselves through their familiarity of ways to achieve their goals. This increases interaction between faculty and students.

Modern education sets the task not only of imparting knowledge, but also of developing personal qualities of students. In this regard, the coaching method is becoming more and more popular, because it has a number of unique advantages in increasing the personal competence of students.

One of the unique features of coaching is the ability to provide personalized instruction to individual students. Unlike one-size-fits-all teaching methods, coaching recognizes that each student has unique strengths, weaknesses, and learning styles. Teachers work closely with students to understand their unique needs and challenges, allowing for a personalized approach to skill development.

The coaching method includes an individual approach to each student, taking into account his characteristics, needs and goals. This allows you to effectively work on the development of personal qualities such as self-confidence, determination, responsibility, etc. During the coaching process, students actively participate in self-reflection and self-discovery. They learn their strengths and weaknesses, define their values and goals, which helps them develop their personal and professional competencies. Coaching helps develop problem-solving and decision-making skills. Students learn to analyze complex situations, identify alternative courses of action, and make informed decisions, which is an important aspect of personal growth. Students learn to analyze complex situations, identify alternative courses of action, and make informed decisions, which is an important aspect of personal growth. Through coaching, students improve their motivation and self-organization skills. They know their personal motivations and incentives, which allows them to work more effectively to achieve their goals. Coaching supports the student at every stage of development, encourages him to personal growth and achieve new goals. This creates favorable conditions for opening the student's potential and improving his personal skills.

Coaching focuses on setting clear, achievable goals. Teachers work with students to identify goals that align with their aspirations and career paths. By breaking down larger goals into manageable tasks and steps, coaching allows students to stay motivated and effectively track their progress.

Effective feedback is essential for growth, and coaching excels in this regard. Teachers provide constructive feedback on student performance, highlight areas for improvement, and recognize their achievements. This feedback loop encourages students to reflect on their actions, learn from their experiences, and continuously improve their skills.

Teachers play an important role in holding students accountable for their actions and commitments. By regularly checking in with students and monitoring their progress, teachers help maintain momentum and ensure students stay on track toward their professional development goals. This responsibility instills a sense of responsibility and ownership in students.

Coaching emphasizes the development of practical skills in real-world situations. Teachers use a variety of methods, such as role-plays, simulations, and hands-on exercises, to help students develop their professional skills. This experiential learning approach ensures that students not only understand theoretical concepts, but also learn to apply them effectively in professional settings. Confidence is the key to success and coaching plays an important role in building students' self-confidence. Through supportive guidance and encouragement, teachers help students overcome self-doubt and fear of failure. As students succeed and achieve their goals, they gain confidence in their abilities.

One of the most valuable aspects of coaching is that it focuses on developing a lifelong learning mindset. By encouraging curiosity, self-reflection, and flexibility, coaching instills in students a passion for continuous growth and improvement. This mindset prepares students to navigate the complexities of the modern workforce and thrive in a rapidly changing world.

Beyond just acquiring technical skills, coaching also focuses on nurturing qualities such as leadership, communication and emotional intelligence. This holistic approach ensures that students become well-rounded professionals who can excel in a variety of work environments.

In conclusion, coaching offers a dynamic and personalized approach to developing professional competence among students. Providing personal guidance, developing goal orientation, offering constructive feedback, increasing responsibility, facilitating skill development, building confidence, inculcating a lifelong learning mindset and all-round By fostering development, coaching allows students to reach their full potential and succeed in their chosen fields. As education continues to evolve, coaching stands out as a powerful tool for equipping tomorrow's workforce with the skills and mindsets needed to thrive in an ever-changing world.

Conclusion: Coaching method is a powerful tool for increasing personal competence of students. It develops the individual characteristics of each student, helps to recognize their needs and goals, develops problem-solving and motivational skills, supports and encourages their personal growth. The introduction of the coaching method into the educational process effectively prepares students for modern challenges and allows them to successfully implement them in their personal and professional lives.

References:

- 1.Тўйчиева, Г. М. (2022). КАСБИЙ-БИЛИШ КОМПЕТЕНЦИЯНИ ШАКЛЛАНТИРИШНИНГ ЎЗИГА ХОСЛИГИ. INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL, 3(9), 139-142.
- 2.Тўйчиева, Г. М. БЎЛАЖАК ЎҚИТУВЧИЛАРНИНГ КАСБИЙ-БИЛИШ КОМПЕТЕНЦИЯСИНИ ШАКЛЛАНТИРИШ. МУ АЛЛИМ БЎМ ЗЛИКСИЗ БИЛИМЛЕНДИРИ², 125.
- 3.Boqiyev, F. (2024). MASSAJ VA GIMNASTIKA MASHQLARI ORQALI REFLEKTOR HARAKATLAR VA “HARAKAT XOTIRASI” NI TAKOMILLASHTIRISH. SPORT VA XORIJIY TILLAR INTEGRATSIYASINING AMALGA OSHIRISH MUAMMOLARI VA YECHIMLARI, 1(1), 365-369.
- 4.Fazliddin, B. (2024). BO ‘LAJAK JISMONIY MADANIYAT O ‘QITUVCHILARINI TURISTIK FAOLIYATGA TAYYORLASH METODIKASINI TAKOMILLASHTIRISH. Research and implementation, 2(4), 142-146.
- 5.Majidov, R. R., Boqiyev, F. H., Raximov, D. R., Saydaxmadov, A. V., Soliyev, I. S., & Abduqodirov, D. S. (2023). JISMONIY TARBIYA VA SPORT PEDAGOGIKASI DARS MASHG ‘ULOTLARINI SAMARADORLIGINI OSHIRISHNING USULLARI. Educational Research in Universal Sciences, 2(1), 28-32.
- 6.Ergashev, U. B. (2023). SPORTCHILAR FAOLIYATI DAVOMIDA XORIJIY TILLARNING O ‘RNI VA AHAMIYATI. Educational Research in Universal Sciences, 2(11), 387-390.
- 7.Ulug‘bek, E. (2023). DASTXAT MATNLARIDA MUROJAAT SHAKLLARINING QO ‘LLANISHI. European Journal of Interdisciplinary Research and Development, 15, 453-459.
- 8.Nurmatova, M., Ergashov, U. B., & Ergasheva, S. (2023). PRAGMALINGVISTIKANING SHAKLLANISHI VA O‘RGANILISHI. Бюллетень педагогов нового Узбекистана, 1(5 Part 2), 23-24.
- 9.Usmonova, D., & Ergashov, U. B. (2023). DASTXAT MATNLARINING GRAMMATIK XUSUSIYATLARI. Наука и инновация, 1(7), 18-20.
- 10.Ergashov, U., & Rahimov, Z. (2023, May). SIGNATURE AND ITS RELATIONSHIP TO SPEECH STYLES. In International Conference on Business Management and Humanities (Vol. 1, No. 1, pp. 68-69).
- 11.Ergashov, U., & Sulaymonov, M. (2023). SPORTCHILAR DASXATLARINING FUNKSIONAL AHAMYATI VA XOSLANISHINING BUGUNGI KUNDAGI O‘RNI. Gospodarka i Innowacje., 32, 1-4.
- 12.To'lqinova, L., & Orishev, J. (2021). Robototexnika-jamiyat taraqqiyoti asosi sifatida. Физико-технологического образование, 4(4).
13. Kurbonali, S., & Umarali, Y. (2023). AGE-SPECIFIC CHARACTERISTICS OF PHYSICAL FITNESS OF COLLEGE STUDENTS. Conferencea, 188-191.
14. Мамажонов, Н., Хамракулов, Р. А., Хайдаралиев, Х., Хасанов, А., Бобожонов, Н., & Усмонов, З. КБК: 751 М23 Ташкилий кумита.