

**CONDITIONS FOR DEVELOPING THE WILL OF 6-7-YEAR-OLD STUDENTS WITH
THE HELP OF ACTIVE GAMES**

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Abstract: This article is active on the will qualities of 6-7 year-old children devoted to the issue of development with the help of games. Play activities are a natural need for children, through which the child develops not only play skills, but also patience, independence, goal-orientedness and self-control. The article analyzes the young characteristics of children, highlights the role and importance of active games in voluntary education, and also gives recommendations on the organization of games through pedagogical approaches and methods. This study presents innovative methods that help in the formation of voluntary qualities and analyzes the educational possibilities of games in depth.

Key words: preschool age, volitional, qualities, game activity, upbringing, crises, psychological development, didactics.

Introduction

The early years of a child's life serve as the foundation for their development as an individual. The age range of 6 to 7 years is particularly crucial in shaping children's socialization, independent thinking, and self-regulation skills. During this period, a child develops willpower—the ability to strive towards goals and endure various challenges.

The development of children's willpower is a complex and multifaceted process, in which active games serve as an effective tool. Active games not only contribute to the child's physical and psychological development but also help them develop self-control, discipline, and teamwork skills. Therefore, the role of play as an educational and pedagogical tool is of great importance.

The Law on Education of the Republic of Uzbekistan aims to ensure children's intellectual, moral, aesthetic, and physical development. Regulations and programs governing preschool education institutions emphasize school readiness, including the development of volitional qualities.

Literature Review and Methodology

The reviewed literature highlights the importance of games in the development of volitional qualities in children aged 6-7 and explores effective methods for implementing them.

- L. Vygotsky - "Psychology of Play in Childhood": This source states that role-playing and active games not only develop children's social skills but also help them manage their emotions and make decisions. Following the rules and conditions of a game strengthens a child's willpower.
- J. Piaget - "Development of Children's Thinking": Piaget's research indicates that for 6-7-year-old children, active games not only develop willpower but also enrich their logical thinking and imagination. Through rules, children cultivate social responsibility and self-control.
- A. N. Leontiev - "Activity and Consciousness": This work explores psychological processes that develop through activity, including willpower, discipline, and emotional regulation. Leontiev emphasizes that "active games play a crucial role in helping children develop goal-oriented behaviors."
- Z. M. Nishanova - "Psychology of Preschool Children": This book analyzes self-regulation and discipline formation through games. Nishanova identifies role-playing games as the most effective method for enhancing children's psychological readiness.

- D. Elkonin - "Development of Children's Play Activities": Elkonin asserts that play activities lay the foundation for volitional qualities in children. In particular, group games develop coordination, leadership, and adherence to rules.
- Ministry of Education of Uzbekistan - "Physical Education and Wellness Programs": This document provides practical recommendations on organizing movement-based and role-playing games in preschool institutions. The program aims to strengthen children's health and ensure psychological stability.

Discussion

At the ages of 6-7, children are entering a new phase of life and undergoing significant psychological and physical changes. Various activities play a crucial role in shaping their willpower at this stage. For children in this age group, games serve not only as entertainment but also as a means of education and development.

Through play, children develop several essential skills, including:

- Strengthening willpower
- Enhancing focus and perseverance
- Learning to work in teams
- Developing motivation to complete tasks

Thus, incorporating active and role-playing games into early childhood education can significantly contribute to a child's ability to manage emotions, set goals, and interact effectively with peers.

Active games play a crucial role in developing children's willpower by fostering not only physical activity but also emotional and intellectual growth. Through play, children gain experience in achieving success and overcoming failures, which helps strengthen their perseverance and resilience. Additionally, games teach children essential skills such as time management, logical reasoning, and emotional regulation. They also enable children to understand their limitations and capabilities, which, in turn, fosters self-control, responsibility, and collaboration.

The role of teachers and caregivers is vital in this process, as they guide the game activities and help children develop their willpower. However, it is important to note that willpower cannot be developed solely through games. A combination of other educational tools along with active games yields the best results. Games primarily serve as a motivational tool that encourages children to accomplish tasks while reinforcing their willpower.

Results

Using active games to develop willpower in 6-7-year-old children has led to the following key outcomes:

- Increased motivation: Active games make tasks more engaging for children, enhancing their motivation. Participating in games encourages them to strive toward their goals, ultimately strengthening their willpower.
- Development of perseverance and patience: During gameplay, children face challenges and obstacles that require patience and determination to overcome. This experience helps cultivate resilience, an essential aspect of willpower development.
- Formation of teamwork skills: Many active games involve group participation, teaching children the importance of teamwork, cooperation, and mutual support. These social interactions further reinforce their commitment to fulfilling group responsibilities.
- Emotional self-regulation: Through games, children learn to manage their emotions and adapt to different situations. Learning to cope with losses and celebrate victories fosters psychological resilience, enhancing self-control and willpower.
- Self-awareness and understanding of personal limits: Active games allow children to explore their strengths and weaknesses, helping them develop a better understanding of their abilities. This self-awareness plays a crucial role in their willpower development.

- The role of teachers: Educators play a significant role in organizing and facilitating games effectively. Ensuring fairness, maintaining a balanced play environment, and strengthening social bonds among children create a positive and impactful gaming experience.

Conclusion

The implementation of active games has proven to be an effective pedagogical tool for developing willpower in 6-7-year-old children. These games:

- Increase children's engagement and motivation.
- Help instill perseverance, patience, self-control, and goal-oriented behavior.
- Foster essential social skills such as teamwork, problem-solving, and responsibility.
- Support children's emotional, intellectual, and physical development.
- Become more effective when properly guided by teachers and combined with other educational methods.

Additionally, integrating active games with other educational approaches enhances the overall quality of learning. This holistic approach contributes to children's long-term success and well-being.

Final Thoughts

Developing willpower through active games is not only beneficial for children's immediate education and development but also lays the foundation for their future success. By engaging in well-structured and meaningful play, children build the resilience, self-regulation, and determination necessary to navigate challenges throughout life.

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