

Importance of Self-Development Competence for Humans

Nargiza Kahramonovna Kaytarova

Sergeli District of Tashkent City, 6- Elementary School Teacher of State Specialized General Secondary School, Uzbekistan

ANNOTATION: In addition to providing theoretical information about the competence of self-development to the reader through this article, attention is also paid to opinions about how important this competence is for a person and its role in his social life. This article can be used by representatives of the field of pedagogy and psychology, methods, students and masters studying in this field, and independent researchers.

KEYWORD: competence, self-development competence, perfectionism, creative development, intellectual development, spiritual development, spiritual development, independent study.

INTRODUCTION. Today, the concept of competence in social life is not considered a vague concept, because this term has its own level of accuracy as a result of being used in many fields. Nevertheless, it will not be inappropriate to reiterate what competence is.

Competence comes from the Latin word *competo*, which means “I achieve”, “I am worthy”, “I am worthy”. Also, being able to use the theoretical knowledge, practical skills and qualifications acquired in science to solve the practical and theoretical problems encountered in everyday life, and being able to apply them in practice also indicates the existence of competence. At this point, it should be said that education aimed at the formation of competences means education aimed at the formation of competences to be able to apply the acquired knowledge, skills and abilities in their personal, professional and social activities.

Competence is also important because there are types of support in place. It is the type of self-development of competence as a person that represents the original content of this article. Based on this aspect, it was considered necessary to give theoretical information about the competence of self-development below and dwell on the views and opinions about its importance and place in society

LITERATURE ANALYSIS AND METHODOLOGY. A.A.Abdukadirov, B.Adizov, A.Azizkhodjaeva, N.Sh.Azimov, N.N.Alimov, L.S.Beknazarova, R.Kh.Djuraev, B.R.Djuraeva, N.A.Muslimov, In the scientific works of N.I.Toilokov, U.K.Tolipov, S.Rakhmonkulova, U.Yuldashev, the continuous development of students' creative abilities, the formation of pedagogical culture and creativity in future teachers were studied[2]. S. Godnik, A. Dunaeva, N. Kichuk, N. Ankhina, V. Bepalko, D. Bogoyavlyanskaya, E. Varlamova, S. Stepanov, N. Vishnyakova, I. Voloshuk, A. Zakirov, I. Isaev, M. Scientists such as Kaplonova, S.Sysoeva, I.Zyazyun, N.Nikolaenko have studied the peculiarities of the creative activity of pedagogues. I. Borzenkova, M. Kashanov, V. Klimenko, Ya. Ponomarev, E. Nikoleva, M. Merovich, A. Rakhimova, V. Romenets researched the psychological issues of creativity formation [2].

DISCUSSION. What is the competence of self-development? The answer to this can be given as follows:

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Self-development competence is the process of learning new things and building new skills - skills that help you achieve success, achieve your goals and dreams.

It is noted that the competence of self-development is important in the life of a person, and its role is incomparable in social life. That is, the competence of self-development:

continuous self-development as a person, striving for physical, spiritual, mental and intellectual perfection;

independent study throughout life;

regularly increase knowledge and experience independently;

assessment of one's behavior;

self-control;

having positive qualities such as honesty and correctness;

using what he has learned and life experience, he manifests himself in the ability to solve problems encountered in everyday life[3].

Every person (regardless of whether he is a pupil, student, master, or representative of any other field) works on self-development, the necessary social , acquires emotional and practical skills. This makes it easier and more successful.

The competence of self-development is considered important because there are specific types of abilities. It is also not inappropriate to show the following skills as a plan. That is, it is possible to give several necessary and appropriate tips for self-development. For example:

1. Develop a growth mindset: If a person, a person, has a "tough, strong mindset", it becomes easier for him to avoid difficulties. Because he does not want to embarrass himself in front of others or be humiliated in front of others. But this can be a problem. After all, the fear of making a mistake causes a person to avoid difficulties and new experiences. At this point, the question of what kind of experiences are new experiences can be answered as experiences that help a person grow, improve himself in important ways, and create the life he wants.

As long as a person has a growth mindset, he can face challenges despite the risks. Because he values learning and growth more than others, he knows what he's doing. This is why people with a growth mindset are often able to develop new skills more easily because they have the confidence to do so[4].

2. Develop an Entrepreneurial Mindset: Learning to think like an entrepreneur can benefit anyone, whether they own their own business or not. Why? Because entrepreneurs need to be innovative, know how to plan for all possible outcomes, and have the ability to get others to buy into their vision or dream, they are flexible and able to succeed in a variety of situations.

As a person learns how to achieve their goals like an entrepreneur, those goals serve to initiate actions, plans, and foundations for the future that positively impact the world[4].

3. Self-soothing and de-stressing: High levels of stress are not only bad for a person's health and well-being, but they can also prevent them from relaxing and achieving their goals effectively. It is in this process that some strategies should be learned to reduce the current state of stress to a certain extent, as a result of which the human body and mind will be better equipped to solve the problems that inevitably arise.

4. Development of a positive reflex: Life is not always easy, sometimes difficult situations are encountered. Everyone goes through ups and downs. However, not everyone is able to respond to these ups and downs in the same way. Some people enable or help create opportunities to overcome difficult times[6]. Positive

thinking people around the person do not take things and events so hard. Therefore, it is important for a person to develop his positive reflex. If a person is a little bit more positive, the bad events that happen in his life do not reflect depression in him, on the contrary, it motivates him to think about these bad events with positivity and to look for a way out of it.

5. Build a healthy relationship with mobile communication tools: Many people these days are engrossed in their phones or similar devices and this object takes up their valuable time, space and even emotions. causing them to take over. This does not completely condemn smart devices, that is, we cannot say that technology only has a bad effect on people[7]. As a result of relying on one's ingenuity, a person can outsmart smartphones and smart devices in this process, and learning how to use useful methods in situations related to mobile communications can only have a positive effect for him.

6. Encourage or build resilience: Resilience is a very important skill that helps you get back up quickly when you fall down. It can be called one of the most important skills for success. Because if a person does not act when faced with failure, he will never achieve anything. For this reason, a person should create some resilience skills for himself.

CONCLUSION. The above-mentioned essential tips are effective in helping a person to take his place in social life, when a person fully follows these tips or knows how to use them in his place. Based on this, it can be said as a conclusion that personal development is the key to success. A person's self-development is the key to opening the door to great opportunities for him to achieve what he wants. One cannot achieve 100% success all the time. However, the greater the number of tools in his "toolbox", the greater the opportunity to achieve victory and success. And the skills or tips listed by name and separately will help him as tools in the same "toolbox".

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