

DEVELOPING SELF-CONFIDENCE FROM EARLY CHILDHOOD AGES

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Abstract: *This thesis will be devoted to gaining confidence in the growing youth, first of all, in himself, in the opportunities he can do, in his future, in his struggle, in the support of his parents. In addition, it answers questions like “what is self-confidence?”, “How is it developed?”, “Is there a formula of self-confidence?”.*

Annotatsiya: *Ushbu tezis o’sib kelayotgan yoshlarda avvalo o’ziga, qila oladigan imkoniyatlariga, kelajagiga, muvafaqqiyatga erishishiga, ota-onasi tomonidan qo’llab quvvatlanishiga ishonchini orttirishga bag’ishlanadi. Bundan tashqari, “Ishonch nima?”, “U qanday rivojlantiriladi?” “Ishonch formulasi mavjudmi?” kabi savollarga javob beradi.*

Аннотация: *Этот тезис будет посвящен обретению уверенности в растущей молодежи, прежде всего, в себе, в возможностях, которые он может сделать, в своем будущем, в своей борьбе, в поддержке своих родителей. Кроме того, он отвечает на такие вопросы, как “что такое уверенность в себе?”, “Как она развивается?”, “Существует ли формула уверенности в себе?”.*

Key words: *ability, confidence, optimism, self-confident educator, self-efficacy*

Kalit so’zlar: *qobiliyat, ishonch, optimizm, o’ziga ishongan o’qituvchi, samaradorlik*

Ключевые слова: *возможности, конфиденциальность, оптимизм, самоконтроль воспитателя, самооффективность*

In the current period, every company, organization, institution, enterprise needs young personnels who are confident, optimistic, enthusiastic and have bold speeches, able to work effectively in teams . Because it is natural that they bring many future benefits to the company in which they work, contributing to its development, in fact. So that it might require adults to help young people in the way of gaining self-confidence from their early ages through focusing more on them, spending more time with them. Whether parents, caregivers or teachers, they are all equally responsible. First of all, everybody needs the termin meaning of confidence.

What is confidence?

Confidence is a word which we frequently use in everyday language yet rarely do we stop and think what it means. Most dictionary definitions of confidence focus on two related ideas:

- confidence is about being certain of your own abilities
- confidence is about having trust in people, plans or the future.

Confidence is thus not simply a feeling that things will go well but also a judgement on our own or others' abilities. When the abilities in question are our own, having confidence suggests a high level of self-assurance. Since confidence involves the belief that things will turn out well, confidence may sometimes be used interchangeably with optimism.

As confidence is a multidimensional concept it is not a term much used by psychologists. Indeed, the academics who are most likely to use the term are economists. Confidence is a key concept in economics as confidence is necessary both to investment and to the operation of markets.

Instead of confidence, psychologists are more likely to use terms which may still be difficult to define but which are more focused and so more amenable to measurement. The most commonly used terms by psychologists are: self-esteem, self-efficacy and optimism. [1,2]

Allowing kids to 'struggle' through small situations is key to developing, and overcoming insecurities from a very young age. As a parent, even though this is difficult- try not to interfere or intervene too much. Letting children solve their own 'problems' is a component towards maturing and growing up. Give children the opportunity to make their own choices and accept the outcome. Raising a confident child relies on you being confident yourself to let your child venture! To enable kids to build self- confidence, allow them to fail as well as succeed on their own; this builds and achieves confidence and character; which is a life skill.

Children are much more capable than we give them credit. Give your children responsibility and the freedom to make mistakes within the boundaries that you have set. Do not be afraid to set boundaries; sometimes we have to be the 'bad guy' by calling children back to a safe performance path. Setting firm expectations for behaviors help children learn to be responsible and understand the relationship between freedom and responsibility. [2]

Children in their early childhood are more likely shy, quiet. Even though their shyness will be a hedge between their teachers, parents and them to present their problems or negotiations which happened between them and their peers. For example, the quarrel between these friends can get bigger as a result of parental intervention. In this situation, the attitude and responsibility of the teacher and parents in relation to the child will increase even more. In order to create confident individuals, teachers and parents have to do their best. In a way of make them to be confident, outgoing with others- particularly in kindergarten or in social atmospheres. Teachers have to try get children to be more talkative, assertive or outwardly confident. In kindergartens, kids will increase their confident through talking in front of children, saying poems or telling

fairly tales. Building up a child's self-confidence requires a deep understanding of behaviour and action. Here are some tips that help how to boost child's self-confidence:

- Going to a local play-group or kindergarten will definitely help build self confidence. They will learn in a protected safe environment to interact with people outside of their family circle.

- Build self confidence in a child through making a point of praising their speech and correcting mis-pronounced words non-judgmentally. 'Good on you for trying xxx (said correctly) word. It can be tricky. Let's say it slowly together.

- Take your child when you go visiting or shopping. It doesn't have to be all the time but enough for them to learn to feel comfortable in new situations with new people. Later then, go to the supermarket together, send himself with money to the purchase and, of course, keep an eye on him. See the child's self-confidence after the purchase at this moment. He notices that his confidence has increased from the fact that he has made the purchase affordable. He feels the trust of his parents.

- Build self confidence in a child by making unpressurized time to talk with them. Many of us talk to or talk at a child. We give instructions like 'Clean your teeth' or 'Pick your toys up'. This type of communication is very different from talking with. To talk with implies you are actively making room or time to listen to their side of the conversation.

- Avoid teaching a baby language. Why complicate learning to speak with giving a child a sub-language to learn which later must be un-learnt? Support their growth by teaching the right words from the start. By this I do not mean pedantically correct language but definitely giving them a vocabulary appropriate for their age.[3]

The confidence formula

Confidence = self-efficacy + optimism.

In other words, confidence is an individual's belief that he/she can reach specific goals plus the general belief that the future is bright. If an individual's confidence increases it may well be accompanied by a rise in self-esteem.

Self-efficacy is the term that psychologists use to describe the belief a person has that they can reach their goals. Unlike self-esteem, which is more of a global judgement on the self and its worth, self-efficacy specifically isolates the way an individual assesses their competence in relation to achievements, goals and life events. Self-efficacy expert, Professor Albert Bandura from Stanford University, argues that 'ordinary realities are strewn with impediments, adversities, setbacks, frustrations and inequities'. He therefore claims that people need 'a robust sense of efficacy' to keep trying.

Optimism

In everyday life we usually use the word optimism to reflect positive feelings about life. Often we refer to someone who is optimistic as seeing 'the glass as half-full, rather than half-empty'.

In everyday language this means ‘looking on the bright side of life’. In such a definition, pessimism is the tendency to believe that ‘if something will go wrong for me, it will’. Optimists are those who see adversities as temporary and restricted to one domain of life while pessimists often see problems as permanent and pervasive. [1,3]

In conclusion, it can be said that young people are our future, focusing on them is one of our most important tasks. Children believe that what they see than hear. The tone of the educator’s speech, the way of his/her discipline, who speaks and control confidently himself/herself, helps to increase self-confidence of children. Because young kids learn everything by imitating. So, raising self-confident child requires self-confidence from both parents and educators as Montessori techniques also mention about boosting a child’s confidence relies on you being confident yourself.

LIST OF USED LITERATURE:

1. Carol Craig, Creating Confidence, 2007
2. www.montessoriva.com
3. www.chelseaacademia.com