



PSYCHOLOGICAL CHARACTERISTICS OF DEVELOPING STUDENTS' INTEREST IN READING BOOKS

Arolov Davronjon Davlatalievich

**Deputy Head of the Namangan Regional Department of the National
Agency for Social Protection under the President of the Republic of
Uzbekistan**

<https://doi.org/10.5281/zenodo.17395336>

ARTICLE INFO

Received: 15th October 2025

Accepted: 16th October 2025

Online: 17th October 2025

KEYWORDS

*reading motivation, interest,
student psychology, reading
culture, emotional state,
personality development.*

ABSTRACT

This article highlights the psychological factors, motivational approaches, and the importance of considering individual personality traits in the process of cultivating and developing students' interest in reading books. It also analyzes effective methods and pedagogical-psychological conditions that enhance positive attitudes toward reading

In today's era of globalization, developing a culture of reading among students has become one of the most crucial directions in the education system. With the rapid advancement of information technologies, students are increasingly drawn to electronic devices, resulting in a declining interest in reading books. Consequently, the responsibility falls on educators and psychologists to boost reading motivation among students and foster their spiritual development through literature.

Factors Shaping Reading Motivation in Students

Students' attitudes toward reading can be enhanced through the following psychological approaches:

- **Learner-centered education** – considering each student's individual interests;
- **Positive reinforcement system** – increasing motivation through competitions, rewards, and praise related to books read;
- **Role-play reading** – encouraging students to "immerse" themselves into characters, thereby stimulating their imagination;
- **Interactive methods** – organizing book clubs, discussion-based reading sessions, and collaborative learning environments.

One of the main principles is studying the young reader in conjunction with their personality. Educators must employ conversations, observations, and other means to obtain a comprehensive understanding of the reader.

Uzbekistan pays great attention to the moral development of youth and nurturing them in a spirit of humanism. In the strategic goals proposed by President Shavkat Mirziyoyev to develop the country and strengthen its independence, particular importance is placed on preparing spiritually mature, well-rounded, competitive, and socially responsible youth with strong national pride. Achieving these goals is based on our centuries-old traditions and the rich heritage of our ancestors, placing a great responsibility on society to raise the younger

generation in the spirit of universal values rooted in Eastern upbringing. Within this framework, the role of school education is invaluable.

The head of our state emphasizes the importance of instilling a reading culture—an element of national identity—among students. Reading plays a vital role in personal intellectual and spiritual development. Today, encouraging students to read and increasing their desire for knowledge is more urgent than ever. From a pedagogical-psychological perspective, cultivating a reading interest in students directly influences their overall development, worldview, and language proficiency.

The Psychological Essence of Reading Interest

In psychology, **interest** is regarded as an internal need for knowledge. Key factors for fostering reading interest in students include:

- **Intrinsic motivation** (the need to know, curiosity, discovery);
- **Emotional engagement** (reading associated with positive feelings);
- **Personal experiences and social environment.**

The emergence of interest during reading is closely related to the student's emotional connection to the subject and the enjoyment derived from the text.

Considering Age-Specific Characteristics in the Reading Process

For **primary school students**, reading interest is primarily based on play and emotions. In **middle school**, social motives such as peer influence become more significant. For **high school students**, reading is more tied to personal values and worldview formation. Therefore, psychological approaches must be adapted to the specific developmental stage.

Conditions for Fostering Positive Attitudes Toward Reading

- Creating a reading-friendly environment at school;
- Establishing cooperation between parents and teachers;
- Organizing creative activities based on books read (essays, illustrations, dramatizations);
- Utilizing modern information technologies (audiobooks, e-libraries).

Young readers are characterized by **concrete and imaginative thinking**. Through reading, their conceptual understanding grows as they engage with characters, events, and storylines rather than just abstract ideas.

Educators must guide students' reading interests, collaborate effectively with genuine readers, and lead students in their reading journey. A proper understanding of individual students is essential for organizing high-quality reading practices and nurturing future-ready individuals.

Some children are natural book lovers, while others are reluctant readers. However, **every child can be encouraged to enjoy reading**. The following recommendations by educators can help cultivate a love for books among students:

Using Modern Technology

Parents may wish for their children to read, while children might prefer computer games. What can be done? Bring reading closer to their digital world. Parents can find many free e-books online and read them on a computer or tablet. These books can be read online or downloaded. Some e-books even offer more features than printed ones—such as embedded audio and video elements—which can increase engagement.

Conclusion. Developing reading interest among students is not only an educational but also a psychological process. In this process, the role of the teacher is crucial. By regularly explaining the benefits of reading, selecting engaging and age-appropriate books, and encouraging students through praise and activities, it is possible to strengthen their interest in reading.

Thus, fostering a love for reading in students can become not only a path to knowledge but also a key component in expanding their worldview, developing language and communication skills, and ensuring overall personal growth.

References:

1. O'zbekiston Respublikasi Prezidentining "Yoshlarni ma'naviy va intellektual jihatdan rivojlantirish chora-tadbirlari to'g'risida"gi qarori. – Toshkent, 2022.
2. Vygotskiy L.S. "Psixologiya razvitiya rebenka". – Moskva, 1991.
3. Karimova V.M. "Umumiy psixologiya". – Toshkent: TDPU, 2019.
4. Allayarov N., "Kitobxonlik madaniyatini shakllantirishning psixologik omillari". – "Ta'lim va innovatsiya" jurnali, 2023.

