



PEDAGOGICAL AND PSYCHOLOGICAL METHODS FOR INCREASING STUDENTS' MOTIVATION

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ABSTRACT

This article analyzes effective methods for increasing students' motivation based on the principles of Pedagogy and Psychology. It highlights the importance of internal and external motivational factors, the role of the teacher, the psychological environment, and innovative approaches in the educational process. Additionally, it examines ways to enhance students' interest, encourage their active participation, and develop their independent thinking skills.

Pedagogy and psychology are important fields directly related to human life, development, and education. These two areas complement each other and play a key role in organizing an effective educational process. In the modern education system, a teacher should not only be a provider of knowledge but also a specialist who understands the psychological state of students. Pedagogy is the science that studies the laws, methods, and principles of the educational and upbringing process. It performs the following tasks: organizing the educational process, developing methods of upbringing, and managing students' learning activities. Pedagogy serves to shape an individual into a well-rounded personality adapted to society. Psychology studies human mental processes, emotions, thinking, and behavior. This field analyzes cognitive processes, emotions and motivation, as well as personality development. Through psychology, it is possible to understand the individual characteristics of students. Pedagogy and psychology are closely interconnected. While pedagogy teaches how to organize the educational process, psychology explains how students learn. For example, psychology identifies students' age-related characteristics, and pedagogy selects teaching methods appropriate to those characteristics. Psychological knowledge also helps teachers communicate effectively with students.

Today, one of the key factors in improving the effectiveness of education is students' motivation. Motivation is a set of internal and external factors that drive a person to act. A student's interest in learning, classroom participation, and academic performance are directly related to their level of motivation. In psychology, motivation is divided into two types: intrinsic and extrinsic. Intrinsic motivation is related to a student's own interests and needs, while extrinsic motivation is shaped by rewards, grades, or incentives. Motivation is the combination of internal and external factors that energize human activity and direct it toward a goal. In psychology, it plays an important role in explaining behavior, needs, and interests. In the educational process, motivation determines students' willingness and desire to learn.

Motivation is a set of factors that drive an individual to engage in a particular activity, closely related to needs, interests, goals, and incentives. Through motivation, a person strives

to achieve the goals they have set. According to the psychologist Abraham Maslow, the hierarchy of human needs forms the basis of motivation. In other words, individuals first seek to satisfy their basic needs and then strive for higher-level goals. The main types of motivation include: Intrinsic motivation engaging in an activity based on a person's own interests, needs, and inner desires. In this case, a person remains active even without external incentives. For example, a student studies because they enjoy gaining new knowledge. Extrinsic motivation arises under the influence of external factors such as rewards, grades, or avoiding punishment. For example, a student studies to receive good grades or to make their parents happy. The difference between positive and negative motivation: Positive motivation involves encouragement through rewards and praise. Negative motivation involves acting to avoid punishment or fear. Conscious and unconscious motivation: In conscious motivation, a person clearly understands their goals. In unconscious motivation, a person does not fully realize the reasons behind their actions.

Motivation can be further enhanced through pedagogical approaches such as organizing lessons in an engaging and interactive way, using modern technologies, properly implementing systems of encouragement and assessment, and providing students with opportunities for independent work. These methods increase students' interest in lessons. From a psychological perspective, a teacher should take into account each student's individual characteristics, create a positive psychological environment, and provide support. A positive environment increases students' self-confidence and encourages them to be active. The teacher is the main source of motivation. Their professional skills, communication style, and ability to organize lessons determine students' attitudes toward learning. In conclusion, increasing students' motivation depends on the harmonious integration of pedagogical and psychological approaches. In the educational process, innovative methods, a positive psychological environment, and an individual approach play a crucial role. Therefore, every teacher should pay special attention to enhancing students' motivation.

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