

## ATTENTION SPAN AND MAINTAINING THE ATTENTION OF STUDENTS IN CLASSES

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**Annotation:** The article deals with the peculiarities of attention span of learners. Furthermore, it gives information on focusing and concentrating students attention and methods that can be used by teachers to grab the attention of class targets.

**Keywords:** attention, maintaining attention, play, poem, riddle, exercise, motor skills.

The conscious and robustness of students' knowledge depends on their careful listening and organization of lesson materials. Students' attention is focused on the acquisition of lesson materials by concentrating their strength of mind and will. During the lesson, students pay attention in two ways: voluntarily or involuntarily. If the teacher organizes the lesson vividly and interestingly with the help of visual aids with thorough preparation, the students will have great interest and dynamic zeal. Students involuntarily listen to such lessons with interest. Voluntary attention will be paid if the student uses his mind and will master the course materials or complete an assignment in due course and due order. Voluntary attention of students is also reflected in the lessons. However, students' attention may also be distracted from the main goal for a variety of reasons. Distracted fatigue can be caused by an accident or an illness with different effects. Here it is important to focus attention, that is, to draw students' attention to the acquisition of lesson materials. That is why K.D. Ushinsky:

"When you see children tired, distracted, idle, yawning and squealing, sing a song anyway, everything will be in its order, the energy will be trapped, and the children will keep their energy again. they will continue to keep focused. " This is a fact that has been tested in practice and observed in lessons. First graders' attention can be distracted 2-3 times during the lesson. This is especially common in classes whose activities involve chiefly writing. Using only one type of work to focus and focus students attention does not give good results. If students are distracted in one lesson, it is advisable to focus their attention using two different types of distractions and three different types of distractions.

The effectiveness of the use of the following types of exercises is determined during experiments and observations:

1. Motor exercises (Total physical response)
2. Memory-thinking exercises
3. Memorization-singing exercises
4. Riddle-oriented exercises
5. Organization of short-term educational competitions
6. Teacher's light jokes and actions

During the motor (movement) exercises, students line up in the corridor between the desks and can perform one of the following actions under the guidance of the teacher:

- a) After raising the arms to both sides and up, return them to their original position.
- b) Raise the arms high and clap over the head and return to the original position.
- c) Move the head in a circular motion from right and left.
- g) Sit and stand upright with hands on hips.

Such actions are first explained by the teacher in a practical way. The students then perform in numerical order. That is, they raise their hands to both sides at least once and upwards at least twice. At three, they lower it again, and at four, they return it to its original position. Other types of exercises are performed in the same order. In memory-thinking exercises, the teacher says that something is similar to something in

terms of shape, size, sign, taste, or other characteristics. Students need to remember and say what it is.

For example, if a teacher says “I have thought a thing that is something whose shape looks like an apricot but with bigger hairs” the students will say it is a peach. Similar exercises can be done on different fruits, vegetables or anything else they differ in content and objects according to the age of exercise targets.

Cheerful and funny poems are used in classes as well and they appeal mostly small school-aged children as memorization and singing exercises. The poem is first memorized. Students perform a variety of actions according to the content as they recite or sing the poem. The following can be recommended as examples for such exercises.

Jerry hall, Jerry hall

He is so small,

A rat can eat him,

Hat and all.

Students can sing this in chorus or as an individual. Telling this poem in chorus fosters pupils’ working in harmony skills and sense of group work. It is well known that students are very interested in telling riddles and finding answers of puzzles or interesting questions. Light and interesting puzzles attract the attention of students.

If such exercises are organized in the form of group or individual competitions, depending on the topic and purpose of the lesson, students will do it with great interest.

As soon as students are distracted in class, they should be encouraged to perform an action, recite a poem, a riddle, or sing in order to get concentrated. Then you can continue working according to the purpose of the lesson. Attention is both necessary and sufficient for consciousness of participant of any educational classes.

Teachers should be psychologists to catch the attention of their targets as their attention span reduces if they fail to maintain the interests till the end of the lessons. Moreover, it is good idea to create a positive and colorful atmosphere in classes to direct the attention to the right side. Here atmosphere refers to relevant and appropriate class decoration.

Teachers take the most responsibility in this deal. Young learners have relatively short attention spans compare to their older counterparts. It is true that it is challenging to keep all the students fully-engaged. However, teachers should ever try to make them hydrated and make them interested to the current topic.

There are some students that thy themselves attempt to keep concentrated by sitting always in the front desks. However, “All bread is not baked in one oven” should be kept in mind. Some need the support of others.in the classes using tablets and computers can be distracting and attention killers. Apart from above-mentioned methods, teacher can change the level and tone of voice. Because monotonous speech seems like a lullaby and make them sleep. Using props like whistles and bells can definitely serve as an alarm.

Majority of teachers choose visual instructions to make students now and here in classes. Because if students are one given visual instructions, they try hard to be alert not to miss any following instructions. So, as we have above discussed the approaches to be attention-grabbing teachers, it is now obvious as daylight.

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