

**MECHANISMS OF DEVELOPING EMPATHY AND COMPASSION IN PRESCHOOL CHILDREN****Dumarova Gulfira Kozimbekovna**

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**Abstract:** This article analyzes the pedagogical and psychological mechanisms of the formation and development of empathy and compassion in preschool children. Empathy is the ability to understand and feel the emotional state of others, which is one of the main components of the socialization, moral education and communicative competence of a person. The preschool period is considered the most important stage in the emotional and intellectual development of a child. It is during this period that the child learns to understand the emotions of others, to respond to them appropriately and to show empathy. The theoretical foundations of the development of empathy, its psychological mechanisms, as well as methods of pedagogical influence are covered. Effective ways to form empathic relationships in children through play activities, role-playing games, fiction, fairy tales and conversations are considered. The importance of the personal example of parents and educators is also emphasized.

**Keywords:** Empathy, sympathy, preschool age, social development, moral education, emotional intelligence.

**Introduction**

Today, one of the important factors in the development of society is the upbringing of a harmonious, spiritually mature and socially active personality. The formation of such a personality begins in childhood, especially in preschool age. The emotional and social development of a child during this period directly affects his future life activities.

Providing advice to parents on child psychology through psychological services. Thus, creating a healthy, understanding and loving family environment for children serves as a solid foundation for their socio-psychological health and future social relationships. The role of the family in the emotional and social development of a child is incomparable. It is the family environment - that is, the attitude of parents, the style of upbringing, the level of emotional support and the quality of communication within the family - that are recognized as important factors in the formation of empathic abilities in a child. Research shows that children growing up in loving, open, and supportive families are more empathetic, patient, and tolerant of others. Factors that influence the development of empathy include parental interaction, sensitivity to the child's emotional needs, discipline and reward system in the upbringing process, as well as communicative approaches appropriate to the child's age. Empathic abilities are effectively formed, in particular, by creating an open environment that allows the child to express his feelings and by being an example for him. Also, empathy is not artificially instilled in children, but gradually develops through everyday life experience, communication, and observations. From this perspective, the emotional relationships that parents show towards each other and their children, the compromises they make in problematic situations, and the respect they show towards others leave a deep mark on the child's mind and shape his social behavior. Empathy is one of the important factors in the child's mental and social development. Empathy is the ability to understand the feelings of others and respond emotionally to them. It is through this skill that a child can establish healthy relationships with others, find their place in society, and understand their own feelings. The role of empathy in child psychology.

Empathy and sympathy are important social qualities of a person, through which a person establishes effective relationships with others, adapts to the social environment and finds his place in society. Through empathy, a child understands the feelings of others and responds to them accordingly. Sympathy means a willingness to help and support based on this understanding.

The formation of a sense of empathy and sympathy in preschool children is a natural process, which is further developed through properly directed pedagogical influence. In particular, the family environment, the attitude of parents, and the approach of the educator play an important role in this process. At the same time, modern technologies, increased individualism, and the fact that children spend more time in a virtual environment can negatively affect their emotional development. Therefore, the issue of developing empathy and sympathy in children is one of the urgent problems of today.

The issue of empathy and sympathy has been studied by many foreign and domestic scientists. In European psychology, the concept of empathy was first formulated in the 19th century, and it was interpreted as a person's ability to understand the internal state of others.

American psychologists divided empathy into cognitive and affective components. Cognitive empathy is understanding the thoughts of others, while affective empathy is feeling their feelings. On this basis, it was determined that empathy in children develops gradually.

Asian scientists, on the other hand, emphasized the importance of the family environment and cultural values in the development of empathy. They believe that in societies with strong collectivism, children have a higher level of empathy.

Uzbek scientists have also paid special attention to this issue. They consider empathy as a key component of moral education in preschool children. The studies emphasize the role of play activities, fairy tales and works of art in this process. In modern pedagogical approaches, it has been proven that the development of empathy in children through interactive methods, role-playing games, and dramatization methods is effective.

This study was conducted in preschool educational organizations. Children aged 5-6 participated in the study. The main goal of the study was to determine the effectiveness of pedagogical methods in developing empathy and sympathy.

The following methods were used in the research process:

- Observation
- Conversation
- Role-playing games
- Psychological tests

The experimental group worked with children on the basis of a special program. This program included conversations based on fairy tales, dramatic games, group activities, and exercises in solving problem situations.

The control group received traditional teaching methods. During the study, children's attitudes towards others, willingness to help, and emotional reactions were monitored.

The results of the study showed that children in the experimental group had significantly increased levels of empathy. They began to understand the emotional state of others more quickly and responded appropriately.

The following changes were also observed in children in this group:

- Increased desire to help their friends
- Reduced conflicts
- Improved positive communication

In the control group, such changes were observed to a lesser extent. This confirms the effectiveness of special pedagogical approaches.

The results show that the development of empathy and sympathy is not accidental, but the result of systematic pedagogical activity. In particular, game activities and interactive methods play an important role in this process. The personal example of the educator is of great importance. If a child sees compassion and attention from adults, he will repeat this behavior. In addition, the family environment is also an important factor. The loving attitude of parents towards the child has a positive effect on his empathic development.

### **Conclusion**

In conclusion, the development of empathy and sympathy in preschool children is of great importance in their formation as individuals. In order to effectively organize this process, it is necessary to combine pedagogical and psychological approaches. A child with developed empathy will grow up to be a socially active, kind and responsible person in the future. Therefore, special attention should be paid to this issue in the preschool education system.

In practical terms, the following recommendations can be given:

- Widespread use of role-playing games
- Organizing conversations based on fairy tales and stories
- Creating a positive environment in children
- Strengthening cooperation with parents

On this basis, by developing empathy and sympathy in children, a healthy social environment can be formed in society.

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