

CONCEPT AND TYPES OF ATTENTION

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Abstract: This article presents the recommendations of scientific research on the concept and types of attention. Also, in the article, the scientific proposal and practical recommendations formed by the author on this issue were also expressed

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Attention - it is said that our mind is actively focused on certain things and events. Attention is such an important psychological state that it is necessarily involved in all human activities. From the simplest activity to the most complex activity, it is absolutely impossible to perform without the participation of attention. Attention can be manifested in the processes of perception, memory, thinking and action. Therefore, depending on the object of attention, the following forms of attention are distinguished: sensory, mental motor forms. Currently, sensory (visual and auditory) attention is more studied. Great Russian physiologists I.P. Pavlov and A.A. The scientific works of Ukhtomsky are of great importance. There was an assumption about the involuntary nature of involuntary attention in the idea put forward by I.P. Pavlov about orienting reflexes, which are special reactions of the nervous system. Orientation reflexes are much more complex than modern information suggests. They are connected with the activity of many parts of the body. In understanding the physiological mechanisms of attention, the principle of dominance is of particular importance. According to A.A. Ukhtomsky, there is always a dominant and dominating center of excitation in the brain. Attention can occur at a certain level of brain activity. Thus, attention is related to the activity of a number of structures. But their role is to educate different forms and types of attention. There are two main types of focus on product characteristics and methods of operation, voluntary and involuntary. Voluntary attention is attention and focus that is consciously controlled and regulated. Voluntary attention is formed on the basis of involuntary attention, involuntary attention also depends on the general orientation of the individual. For example, a person who is interested in theater should immediately notice a new ad about theater without paying attention to an ad about football. The main task of voluntary attention is to actively control the flow of mental processes. In addition to voluntary and involuntary attention, another special network of it was introduced into psychology by N.F. Davrinin. Attention after volition cannot be considered to be self-contained, since volitional attention does not appear after volitional attention. Since this attention is related to a consciously pursued goal, it cannot be reduced to involuntary attention alone. Attention is defined in various qualitative terms. These include the stability, shift, allocation, and span of attention. Attention. stability depends on the characteristics of the objects focused on and the activity of the focused person. The shift of attention consists in the deliberate transition of the subject from one activity to another activity, from one object to another object, from one action to another action.

The success of the transfer of attention depends on a number of conditions, which are related to the activities preceding and following the transfer. There are considerable individual differences in the shift of attention. If he puts aside some activities and quickly and easily introduces them to the other, it will take a long time and a lot of effort to switch to others. Most of today's professions place high demands on the portability of attention. Shifting attention is also of great importance in the teaching process. Along with the shift of attention, they also highlight its division. The division of attention means the involuntary transfer of attention from its main activity to unimportant objects

for its successful performance. The description of attention is a characteristic associated with the ability to successfully perform two or more types of activities at the same time. A high degree of distribution of attention is one of the indispensable conditions for the success of many modern types of work. Operators work on many machine tools and others and require that. The ability to allocate attention depends on a number of conditions. The more complex the types of activities to be performed together or the tasks to be solved, the more difficult it is to become focused.

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